



# CTRS<sup>®</sup>

*profiles in  
recreation  
therapy*



**National Council for  
Therapeutic Recreation  
Certification<sup>®</sup>**

## **CTRS®: Certified Therapeutic Recreation Specialist®**

*meet the*

The CTRS is the recognized qualified provider of recreation therapy services, combining extensive knowledge, education, and experience to meet the credentialing standards of the National Council for Therapeutic Recreation Certification. CTRSs are employed in a variety of health care and human service settings to provide the full spectrum of recreation therapy programs in an effort to achieve outcomes related to health, independent functioning, and full participation in life.



*professionals...*

## *10 years CTRS*



**David Lee, CTRS:** “Therapeutic Recreation makes treatment enjoyable, as it focuses not just on activities that work but are of interest. Many people fail to succeed at things that are good for them because they find them not enjoyable. By making treatment enjoyable due to the activity’s inherent traits or the social aspect of that activity, clients are motivated to continue.”

### **David Lee, CTRS**

**Recreation Therapist  
Program Coordinator**

Northeast Passage  
Durham, New Hampshire

**Facility Type**

**Community-based TR  
Health Promotion and  
Adaptive Sports**

**Population**

**Physical Disabilities  
Youth at Risk  
Developmental Disabilities**

### ***The Tomasewski Family:***

*7 boys, 10 -17 yrs; one has spina bifida and uses a wheelchair, two are amputees, one is hearing impaired, one has ADHD and two have a previous medical history. According to John Tomasewski “With the outdoor sports which our children do, the more they are up and the more they are doing things, the less I see them sick or feeling bad. Therapeutic Recreation gives them the chance to get out and interact with other people and each other.”*

## Rebecca Crisp, CTRS

### Recreation Therapist

Genesis Medical Center  
Davenport, Iowa

### Facility Type

Inpatient Rehabilitation

### Population

Amputation

Brain Injury

Spinal Cord Injury

Stroke

**Rebecca Crisp, CTRS:** "Recreation Therapy interventions are endless because we use the patient's leisure interests to assist him/her in accomplishing their treatment goals. Every session that a patient participates in is designed to assist him/her in improving their level of functioning."

## 4 years CTRS

**Bob** is a patient at Genesis Medical Center due to a recent spinal cord injury. "A CTRS brings something completely different to my rehabilitation. It's extremely helpful not only for facilitating cognitive change but for physical change as well... Recreational Therapy is a continuation of what I'm working on in PT, OT and Speech Therapy but in a different way."





## **Amy Davison, CTRS**

### **Inclusion Director**

Black Hawk County YMCA  
Waterloo, Iowa

### **Facility Type**

**Community Agency**

### **Population**

**Developmental Disabilities**



# *10 years CTRS*

**Amy Davison, CTRS** feels that Therapeutic Recreation professionals are a valuable part of the treatment team because “we can help people apply learned skills into their daily lives. The CTRS can work with the team to help the client to bring formal learning into informal settings.”

**Kaylin** is developmentally delayed due to autism. According to her mother, during Therapeutic Recreation programs, “Kaylin is able to develop social skills and to show other kids that she is not so different from them. The programs that she can participate in give her an opportunity to enjoy not being so special.”

## Rodney Jackson, CTRS

### Lead Recreation Therapist

Central Arkansas Veterans  
Healthcare System  
North Little Rock, Arkansas

### Facility Type

**Mental Health Service**

### Population

**Psychiatric/Mental Health**

# 13 years CTRS

### Kathleen Harris, CTRS:

"Recreation Therapy assists the patient to become more independent and provides them the opportunity to practice critical skills out in the community."



**John, VAMC patient:** *"The community re-entry outings taught me that I can accept certain crowded conditions without undo stress. I am confident that as I leave the program and return home, I will continue to benefit from the techniques and guidance that I learned through recreation therapy."*

**Rodney Jackson, CTRS:** "The value of employing and supervising Certified Therapeutic Recreation Specialists is a vital part of innovative patient care. A CTRS requires less supervision and has the support of a treatment team to provide clinical outcome driven care without the stigma of being an 'activities person'. At the Central Arkansas Veterans Healthcare System, the important work of our Recreation Therapy staff (CTRS) means improved quality of life for our hospitalized veterans!"

**William Frazier, CTRS:** "I enjoy being a CTRS because it indicates that I have demonstrated a higher level of professional competency." William feels that the direct outcomes of Therapeutic Recreation are the most important factor. William states: "The quality of life for the residents is significantly enhanced through the efforts of the Activity Therapy Department."

## **William Frazier, CTRS**

### **Director of Therapeutic Activities**

Laguna Honda Hospital  
& Rehabilitation Center  
San Francisco, California

### **Facility Type**

**Long-term Care  
Rehabilitation**

### **Population**

**Geriatrics  
Psychiatric/Mental Health  
Physical Disabilities**

# ▼ 26 years CTRS



**Bob**, a 16-year resident of Laguna Honda Hospital, talks about the constant encouragement from the CTRS: "The most outstanding benefit that I have embraced was the development of the creative ability to paint with my left hand after losing the functional and physical use of my right hand due to the advancement of Multiple Sclerosis."



## **NCTRC: Dedicated to Professional Excellence**

Established in 1981, the National Council for Therapeutic Recreation Certification (NCTRC) is a non-profit, international organization dedicated to professional excellence for the protection of consumers through the certification of recreation therapists. Professional recognition is granted by NCTRC to individuals who apply and meet established standards for certification, including education, experience, and continuing professional development. The Certified Therapeutic Recreation Specialist (CTRS) credential is offered to qualified individuals based on these stringent requirements.

NCTRC supports quality human service and health care standards and maintains recognition by the Joint Commission for the Accreditation of Healthcare Organizations (JCAHO) and the Commission for Accreditation of Rehabilitation Facilities (CARF). NCTRC provides credential verification services to employers and health care agencies. These services are strongly encouraged by NCTRC to monitor personnel adherence to the standards of the Certified Therapeutic Recreation Specialist.

NCTRC is a charter member organization of the National Organization for Competency Assurance (NOCA). NCTRC is accredited by the National Commission for Certifying Agencies (NCCA).

**For more information about NCTRC and to review current certification standards refer to our website at [www.NCTRC.org](http://www.NCTRC.org)**



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