

Handbook

Bachelor of Therapeutic Recreation

University of
Lethbridge



Faculty of Health Sciences



Table of Contents

| | |
|---|--------------|
| Welcome Letter from the Program Coordinator | 3 |
| Information about the Program, Definition, and Goals | 4 |
| Career Opportunities and Further Education | 5-6 |
| Courses Offered | 6-7 |
| Course Sequencing | 8-9 |
| FAQ about the Program | 10-11 |
| Faculty Biographies | 11-13 |
| Moodle and Email | 13 |
| FAQ about the Internship | 14-16 |
| Program Planning Guide | 16-17 |
| Academic Standing | 17 |
| Student Support Services | 18-19 |
| Professionalism and Professional Conferences | 19 |
| Awards & Scholarships | 20 |
| U of L & Community Resources | 21 |
| Handbook Acknowledgement Form | 22 |



Welcome Letter

Welcome from Mr. Devan McNeill, Program Coordinator of the Therapeutic Recreation Degree – Faculty of Health Sciences

University of Lethbridge

It is my pleasure to welcome you to the Therapeutic Recreation Program. My colleagues and I are delighted that you have selected this opportunity; thus, you are already on the right path to a rewarding career!

I know that you will enjoy your studies and experience professional growth and personal development. We are committed to offering a dynamic and innovative curriculum by encouraging you to think critically about the world around you, expose you to the complexities of clients' and their families' lives, and immerse you in settings that will prepare you to practice in a complex and challenging health care environment.

We worked closely with the Alberta Therapeutic Recreation Association, employers, and practitioners to develop our curriculum. You will benefit from working with experienced instructors and researchers who will provide you with a first-rate education. We emphasize a learning culture that supports continuing professional development and lifelong learning.

On behalf of all faculty and staff in the Faculty of Health Sciences, I extend best wishes to each of you as you embark upon your educational journey.

Best regards,

A handwritten signature in black ink, reading "D. McNeill". The signature is fluid and cursive, with the first name "D." and last name "McNeill" clearly legible.

*Devan McNeill, Ph.D. Candidate, CTRS
Program Coordinator, Faculty of Health Sciences
University of Lethbridge*

Bachelor of Therapeutic Recreation

Through educational and practical experiences, the Therapeutic Recreation program prepares graduates to be competent entry-level Therapeutic Recreation Specialists in the cognitive (knowledge), psychomotor (skills), and affective (behaviour) learning domains. Graduates of the program will be prepared to successfully meet the requirements to complete the National Council for Therapeutic Recreation Certification (NCTRC) exam and become a Certified Therapeutic Recreation Specialist (CTRS).

Therapeutic Recreation Definition

Therapeutic Recreation uses a systematic process (assess, plan, implement, evaluate, and documentation) towards making changes in a person's emotional, spiritual, mental, social, and physical well-being in the environment that they reside. Therapeutic Recreation engages persons based upon their abilities in planned recreation and related experiences, promotes and educates persons in health and wellness, and reduces or eliminates activity limitations to achieve optimal health and well-being.

Goals of Graduates of the Therapeutic Recreation Program

- Demonstrate ethical and professional conduct as defined by Therapeutic Recreation professional, certification, and human rights legislative acts.
- Assess and systematically collect comprehensive and accurate information to plan one-on-one and group programs/interventions.
- Collaboratively plan and develop care plans that identify measurable and meaningful goals, modalities, techniques, and interventions specific to the needs of the person.
- Implement program plans using current, evidence-based interventions to encourage meaningful participation, make changes in the person's well-being, and engage in life activities.
- Conduct evaluation to determine changes that occur based on programs implemented.
- Deliver therapeutic recreation programs that respect diversity of the people that they serve.

Career Opportunities

Graduates pursue careers as Certified Therapeutic Recreation Specialists in a variety of settings including long-term care, acute care, day programs, rehabilitation, youth-at-risk, community centres, and mental health and addictions. The field is growing and there might be opportunities to work in new areas and populations such as private business, school systems, and correctional services.

Job postings related to Therapeutic Recreation and/or Recreation and Leisure (some require membership to view job postings).

- Faculty of Health Sciences – Student Employment,
<http://www.uleth.ca/healthsciences/studentjobs>
- Alberta Therapeutic Recreation Association,
<https://www.alberta-tr.ca/employment/>
- Canadian Therapeutic Recreation Association,
<https://canadian-tr.org/members-only/job-postings-2/>

Graduate Education

Graduates of the Bachelor of Therapeutic Recreation program may choose to pursue graduate studies in the Health Sciences major in the Master of Science program and the Population Studies in Health major in the Ph.D. program at the University of Lethbridge. For more information, please contact health.sciences@uleth.ca.

Qualified faculty member for graduate supervision:

Dr. Sienna Caspar

Dr. Caspar's research interests include organizational behaviour, leadership, teamwork, non-pharmacological treatment of disturbing and responsive behaviours in dementia care, recreation therapy, and culture change. Dr. Caspar is an associate professor at the University of Lethbridge in the Faculty of Health Science's -Therapeutic Recreation program.

Research Interests



Dr. Lyn Litchke

Dr. Litchke's research interests include focus on a 12-step recreation and recovery ministry called Natural High for persons with addiction and mental health issues. Her past research involves adaptive sports, yoga, and drumming focusing on social-emotional well-being with veterans, homeless, persons with Alzheimer's and children with autism. Dr. Litchke is an associate professor at the University of Lethbridge in the Faculty of Health Science's -Therapeutic Recreation program.

Research Interests



Courses Offered

There are nine (9) core Therapeutic Recreation courses offered as well as the practicum experience in the final term. Following NCTRC (2020) standards we are offering three (3) supportive courses that are specific to their guidelines. Students also have three (3) electives they may choose from a number of different faculties and interests.

TREC 3000 - Foundations of Therapeutic Recreation

Foundations of therapeutic recreation, including models of service, definitions and benefits of therapeutic recreation, the history and development of the profession and the nature of therapeutic recreation service.

TREC 3100 - Program Planning in Therapeutic Recreation

Overview of development, application and evaluation of therapeutic recreation programming. Development and on-going assessment of programs will be explored through theoretical and practical situations.

TREC 3200 - Introduction to Recreation and Leisure: Across the Life Course

Examination of the characteristics, evolution, and functions of leisure in Canada. Review of relationships between leisure and time, play, work, health, family, education, ethnicity, gender, and the environment. Discussion of recreation and leisure resources explored across the life course.

TREC 3300 - Processes and Techniques in Therapeutic Recreation

Focus on advanced study in the theoretical and practical aspects of procedures necessary for assessment, planning, implementation, management and evaluation specific to therapeutic recreation services. Contemporary research outcomes that influence the application of professional practice will be utilized.

TREC 3400 - Facilitation in Therapeutic Recreation

This course will explore facilitation techniques, including processing and building rapport and trust with individuals and groups, when implementing a variety of evidence-based therapeutic recreation treatment interventions. This course is designed to be hands-on and students will be tasked with facilitating mock interventions with their peers.

TREC 3500 - Therapeutic Recreation for Special Populations

This course introduces the characteristics and needs of individuals with various abilities as they relate to Therapeutic Recreation domains of service delivery.

TREC 4000 - Issues and Trends in Therapeutic Recreation

Contemporary issues in the field of therapeutic recreation including such areas as psycho-social, legal and structural, and increasing diversity trends in the field and its regulation will be examined through contemporary research and student-based research projects.

TREC 4100 - Research Design in Therapeutic Recreation

A practical understanding of research methodologies relevant to therapeutic recreation. Advanced application of current assessment and evaluation instruments.

TREC 4200 - Administration in Therapeutic Recreation

Essential management and effective practices of therapeutic recreation in clinical, health care facility, and community-based leisure and/or health care service settings are examined. Students focus on specific administrative functions including Operational Management, Human Services Management, and Client/Consumer Management.

TREC 4550 - Practicum in Therapeutic Recreation

Students will develop and practice skills under the direct supervision of a Certified Therapeutic Recreation Specialist.



Online Course Sequencing

The program offers an Online option for those who wish to continue to work, continue to live in their community, and those who wish to take Open Studies courses for upgrading. **While we offer much of the program online, there are some learning outcomes that require in-person evaluations—this is our practicum/internship course (TREC 4550).** For more information about the practicum/internship, please visit our website <https://www.uleth.ca/healthsciences/tr>. The internship/practicum course is on-site and full-time for successful completion of the degree. You can complete the internship/practicum anywhere that meets the specific requirements of the NCTRC standards related to internship. More often than not, students need to relocate to complete their internship/practicum due to the availability of CTRs or recreation therapist in your city or town. Most students need to relocate for the duration of the internship/practicum, outside of their home city but only for this course (TREC 4550). This course is 15 weeks, placed in the Fall and Spring terms only. More information can be found in the FAQ on Internships.

The courses have been sequenced in a way that you can complete the program in 2.5, 3.5, or 4.5 years enrolled in the online/blended program. **All students have 6 years to complete all the required courses necessary for graduation.** The courses in the Fall term run from September to December with all access online via Moodle. The courses in the Spring term run from January to April with all access online via Moodle. One course (TREC 3400) will be online synchronous learning. This means that you will be required to schedule time that fits the class and the learning objective for that term. Times will be posted in the Bridge when registration opens for that course. The times and days of the week could change based on availability of students and the instructor. Almost all other online courses will be asynchronous, which means that the learning is done on your own time, when you have free time.

Online students will follow the course sequencing below:

2.5-year Course Sequence Plan

| Year | Fall | Spring |
|-----------|--|--|
| 2021/2022 | TREC 3000 TREC 3200 HLSC 3150 | TREC 3100 TREC 3300 TREC 3500 HLSC 1060 |
| 2022/2023 | TREC 4000 TREC 4200 Elective Elective | TREC 3400 TREC 4100 HLSC 1170 Elective |
| 2023 | TREC 4550 | |

3.5-year Course Sequence Plan

| Year | Fall | Spring |
|-----------|------------------------|-------------------------------------|
| 2021/2022 | TREC 3000 TREC 3200 | TREC 3100 TREC 3300 TREC 3500 |
| 2022/2023 | TREC 4000 HLSC 3150 | TREC 3400 TREC 4100 HLSC 1060 |
| 2023/2024 | TREC 4200 Elective | HLSC 1170 Elective Elective |
| 2024 | TREC 4550 | |

4.5-year Course Sequence Plan

| Year | Fall | Spring |
|-----------|------------------------|------------------------|
| 2021/2022 | TREC 3000 TREC 3200 | TREC 3100 TREC 3300 |
| 2022/2023 | HLSC 3150 | TREC 3500 HLSC 1060 |
| 2023/2024 | TREC 4000 TREC 4200 | TREC 4100 HLSC 1170 |
| 2024/2025 | Elective Elective | TREC 3400 Elective |
| 2025 | TREC 4550 | |

Frequently Asked Questions – Therapeutic Recreation

Q: Can I take the program online delivery?

A: Yes, we offer admission into an online cohort. The internship/practicum is full-time (30-40 hours a week), 15-week placement with a CTRS supervisor and must be completed during the degree. Often, students will need to relocate for the internship/practicum experience. Students can complete the online program part-time or full-time (depending on the number of courses taken per semester). Students must complete the program in 6 years.

Q: Can I take the program at the main campus?

A: Yes, If you attend the main campus the majority of your classes will be taught in a classroom setting, although students should be prepared to complete a few online courses throughout the program. Students who attend main campus full-time can complete the program in two years.

Q: I possess an undergraduate degree in a related field and wish to be a Certified Recreation Therapist Specialist, can I enter the program?

A: Yes, we have an after degree option for both our on campus and online formats for those who have an approved undergraduate degree (a minimum of 90.0 credit hours from a recognized degree-granting institution).

Q: I am currently working in the field and already possess an undergraduate degree, can I take some courses from the program without applying to the program?

A: Yes, if you are seeking certification through NCTRC and do not need the internship/practicum component to meet your certification then you can sign up to take courses through Open Studies. Online and on campus registration through Open Studies is always dependent upon seats available in the course, after admitted students have registered. If you are interested in Open Studies, please email our general email address, health.sciences@uleth.ca

Q: How long do I have to complete the program?

A: All degree requirements must be completed within six (6) years of completion of the first Therapeutic Recreation/Health Sciences course used for credit towards the degree.

Q: I already completed some of the support courses in my diploma program, do I have to retake them?

A: Yes. Because we are granting students a block transfer of two years towards a four-year degree no additional transfer credit will be granted. Students also need to take these classes to ensure that they are meeting NCTRC and CARTE requirements, which are included in our courses.

Q: Can I complete the program completely online?

A: No. The program requires students to complete a full-time internship that must take place at an agency in person. Often, this means the student must relocate for the internship/practicum course for the 15 weeks required to complete the degree.

Q: What GPA requirements do I need to graduate from the program?

A: Students must maintain a 2.5 GPA in order to graduate from the Therapeutic Recreation Degree program. Student also need to maintain a 2.0 GPA in all TREC courses or you need to redo that course. More information can be found in the Academic Calendar or by contacting your academic advisor, health.sciences@uleth.ca

Faculty Biographies



Sienna Caspar, Associate Professor

Sienna received a B.Sc. in Therapeutic Recreation from the University of South Alabama in 1990. She has worked in long-term care facilities in both Canada and the United States for over 20 years as both a certified therapeutic recreation specialist (CTRS) and a consultant. She is the author of the MARRCC (Measurable Assessment in Recreation for Resident-Centred Care). In 2008, she received a MA in Gerontology from Simon Fraser University. Her thesis explored the relationship between care staff empowerment and the ability to provide person-centred care in long-term care settings. She continued to study this important topic at the University of British Columbia, where she completed her PhD in the Interdisciplinary Studies Graduate Program.



Aimee Douziech, Instructor

Aimee completed her undergraduate degree in Therapeutic Recreation from the University of Lethbridge in 2017, and shortly thereafter she became a Certified Therapeutic Recreation Specialist (CTRS). Up until recently Aimee had been working hands on in the profession, where her main focus was in geriatric and mental health settings. Aimee is passionate about meaningful recreation and how it can build connection within oneself and in communities. Aimee completed her Master's of Health Sciences (MSc) degree in 2021.



Zac Crouse, Instructor (online)

Zac Crouse (M.Ed., CTRS) has worked for over 17 years as a practitioner. He has a M.Ed. from St. Francis Xavier University and a Bachelor of Recreation from Dalhousie University. He has worked extensively with youth who have mental health and substance use issues; and most recently worked as part of an interdisciplinary team on a family therapy program. Zac has an extensive background in adventure therapy and eco-therapy. In 2013, Zac released the film *Paddle To The Ocean* – a documentary film about Zac's use of recreation therapy as part of his treatment for PTSD.



Devan McNeill, Program Coordinator and Instructor

Devan completed his undergraduate degree at Brock University in Inclusive and Therapeutic Recreation. From there he completed his internship in Halifax, Nova Scotia and later became a Certified Therapeutic Recreation Specialist (CTRS). He worked as a Recreation Therapist for a number of years in mental health and addictions, acute care, day programs, and on a stroke unit. He completed his master's degree at the University of Waterloo in Recreation and Leisure studies focusing on concepts of community and identity of persons with schizophrenia through narrative methodology. Devan previously taught at the Nova Scotia Community College, Marconi Campus in the Therapeutic Recreation diploma program before moving to Lethbridge. Devan is a Ph.D. Candidate in the Population Studies in Health program at the University of Lethbridge.



Lyn Litchke, Associate Professor

Dr. Lyn Litchke is a new Associate Professor of Therapeutic Recreation (TR) in the Faculty of Health Sciences here at University of Lethbridge. She comes from Texas State University where she taught TR for 18 years and won the Presidential Distinguished Award for Excellence in Service. Lyn has been a Certified Recreation Therapy Specialist for over 35 years and is currently certified as a master trainer in Drums Alive Drumtastic®, 200 hr. Integrative Yoga Therapy, Lakshmi Voelker Chair Yoga, Horticulture therapist, and Tai Chi Easy Practice Leader. Her current research will focus on a 12-step recreation and recovery ministry called Natural High for persons with addiction and mental health issues. Her past research involves adaptive sports, yoga, and drumming focusing on social-emotional well-being with veterans, homeless, persons with Alzheimer's and children with autism.

How to access student email and Moodle The University of Lethbridge

Getting Started:

This link provided by IT services will get you started on setting up your student email address, accessing the Bridge and Moodle.

<https://www.uleth.ca/information-technology/>

As well, how to configure your email.

<http://www.uleth.ca/information-technology/services/email-students-and-alumni>

Your email is conveniently provided using Gmail interface, which makes use and access easy from both your computer and mobile device.

Moodle specific Instructions:

<https://moodle.uleth.ca>

This one stop-shop allows you access to all of your ULeth web tools (email, Moodle, The Bridge)

<http://www.uleth.ca/webtools> or log in to ULink, a centralized portal where you can check your finances, course announcements and even calculate your GPA!

Frequently Asked Questions

TREC 4550 – Practicum in Therapeutic Recreation

Q: When is a student eligible for the internship/practicum course?

A: An acceptable internship/practicum must be completed after all required therapeutic recreation, support, and elective coursework is completed. Students must have a minimum GPA of 2.5 before they can commence their internship/practicum.

Q: How long is the internship/practicum?

A: The internship/practicum experience will take place over a 15-week period. The total minimum number of required hours is 560. Some agencies request a 16-week period for this experience.

Q: How do students select their internship/practicum sites?

A: With the assistance of the academic supervisor, students will select potential internship/practicum sites and may or may not be asked to make initial contact with the agency. There is a pre-internship survey form that students will be asked to complete. This will assist the student in recognizing the type of setting, location, and population that interests them. This survey will also provide assistance to the academic supervisor when supporting the student to find a placement. Students are encouraged to do their research into potential agencies. Certain agencies have processes that must be followed to submit student application for placement. For large agencies such as Alberta Health Services students **cannot** reach out supervisors directly, application must be made by the internship specialist. Students should do their research and understand the application process for the particular agency that they are interested in. If you have a contact that you think could be a supervisor, please let the internship specialist know as soon as possible (marina.christman@uleth.ca). Marina will make sure the contact is able to be contacted directly or through a different process if you are unsure of the agency processes. In order to finalize placement, it's important for students to advise Marina as early as possible so we can ensure the potential supervisor meets the supervision requirements and to initiate an agency agreement with the agency. Once an internship agreement is complete, the student submits the agreement form to the academic supervisor for final approval.

Q: When may students look for internship/practicum sites?

A: Students are encouraged to begin researching possible internship sites once they have completed 10 courses (30 credit hours).

Q: Who qualifies as a site/agency supervisor?

A: According to NCTRC, an acceptable internship must have one (1) identified primary supervisor. The primary supervisor is responsible for working with the student on a consistent basis, coordinates all other secondary supervision, and completes all evaluation materials and weekly reports pertaining to the internship experience.

Individuals must have had their CTRS credential for at least one year in order to supervise. You can go to www.NCTRC.org and place the supervisor's last name there and see if they have had their credential for at least one (1) year.

Q: Can students get paid for their internship/practicum?

A: All internships are unpaid. The agency is not required to arrange living quarters for students or defray student living expenses while they are engaged in the internship; however, there are some that may partially cover expenses or allow for a stipend to be given to the student. Students are also responsible for parking, transportation, insurance, and other costs associated with the role.

Q: How will students be evaluated and graded?

A: Students will receive a pass/fail upon completion of their internship experience. The grade will be based on the agency supervisor's evaluation and satisfactory completion of assignments. Students are required to achieve a minimum final GPA greater than 2.5 to be eligible to complete TREC 4550.

Q: Can students complete an international internship/practicum?

A: No, with the current COVID-19 situation, we are not allowing international placements at this time. This may change depending on the safety and health measures in certain countries.

Q: Once a student graduates with a degree in Therapeutic Recreation from the University of Lethbridge and complete their internship/practicum are they automatically considered a Certified Therapeutic Recreation Specialist (CTRS)?

A: By graduating from the program (including completing all required courses), and by completing the internship under an NCTRC approved CTRS supervisor, students are then eligible to apply to NCTRC to write the exam for CTRS designation. There are other routes to becoming a CTRS, however these need to be discussed with NCTRC. The BTR program is set up for students to become CTRS; however, it is not something that the university grants. NCTRC is the only organization to grant the CTRS designation (NCTRC.org).

Q: What supports are available to students pertaining to the internship/practicum?

A: Prior to the internship there will be several internship information sessions where pertinent internship information will be provided to students. These will start approximately 1 year prior to the internship commencing. It is important that students attend these meetings so the various internship components are understood by the student. The internship specialist, academic supervisors, and internship coordinator are available to provide support to the student prior to and during the internship. An internship crisis plan will also be created by the student to assist in recognizing the specific supports available to them during their internship.

Q: Are there tuition fees during the internship/practicum?

A: Yes, the internship is considered a full time five-course (15.0 credit hours) semester and tuition fees are calculated accordingly.

Q: Other than the actual internship, are there any other expectations during the semester that the internship takes place?

A: Yes, students will have assignments that require completion on top of the on-site internship. These will pertain to the internship, but will generally need to be completed on the student's own time outside of the internship hours.

Bachelor of Therapeutic Recreation Calendar Year – 2021/2022
Course Requirements

Therapeutic Recreation 3000 - Foundations of Therapeutic Recreation
 Therapeutic Recreation 3100 - Program Planning in Therapeutic Recreation
 Therapeutic Recreation 3200 - Introduction to Rec. and Leisure: Across the Life Course
 Therapeutic Recreation 3300 - Processes and Techniques in Therapeutic Recreation
 Therapeutic Recreation 3400 - Facilitation in Therapeutic Recreation
 Therapeutic Recreation 3500 - Therapeutic Recreation for Special Populations
 Therapeutic Recreation 4000 - Issues and Trends in Therapeutic Recreation
 Therapeutic Recreation 4100 - Research Design in Therapeutic Recreation
 Therapeutic Recreation 4200 - Administration in Therapeutic Recreation
 Therapeutic Recreation 4550 - Practicum in Therapeutic Recreation (15.0 credit hours)

Health Sciences 1060 - Human Anatomy and Physiology
 Health Sciences 1170 - Human Development Across the Lifespan
 Health Sciences 3150 - Abnormal Psychology

One of:

Aboriginal Health 3300 – Traditional Aboriginal Health Concepts
 Health Sciences 2450/History 2450 - Evolution of Health and Illness Care
 Health Sciences 4500/Fine Arts 4500 - Global Health, Fine Arts, and Social Change
 Health Sciences 3560/History 3560 – History of Nursing: Women and the Care of the Sick
 Kinesiology 2130 - Humanities Perspectives
 Philosophy 2001 - Introduction to Ethics

Two ABHL/ADCS/HLSC/PUBH/TREC Electives (6.0 credit hours)

Sample Sequencing Plan for On-Campus Students

Year 1, Fall 2021

Health Sciences 1170
Health Sciences 3150
Therapeutic Recreation 3000
Therapeutic Recreation 3100
Therapeutic Recreation 3200

Year 1, Spring 2022

Health Sciences 1060
Therapeutic Recreation 3300
Therapeutic Recreation 3500
Therapeutic Recreation 4100
Elective

Year 2, Fall 2022

Therapeutic Recreation 3400
Therapeutic Recreation 4000
Therapeutic Recreation 4200
"One of" List course
Elective

Year 2, Spring 2023

Therapeutic Recreation 4550 (15.0 credit hours)

Academic Standing

It is very important to your success in the Therapeutic Recreation program that you achieve minimum standards, both in required Therapeutic Recreation and Health Sciences courses and in your support courses. If you have questions or concerns, please speak to your academic advisor (health.sciences@uleth.ca).

A student shall be placed on academic probation if their term grade point average (GPA) and/or cumulative grade point average falls below the minimum listed for all courses or below the minimum listed for required Therapeutic Recreation courses for one semester at the University of Lethbridge:

Number of Completed
Courses

21 – 40

Term & Cumulative GPA
in all courses

2.00

GPA in TREC courses
for graduation

2.50

Required Withdrawal for One Full Year/Academic Disqualification

A student shall be required to withdraw from the program if their term GPA and/or cumulative GPA fall(s) below the minimum listed above for all courses or the minimum term GPA listed above for required Therapeutic Recreation or Health Sciences courses for two or more consecutive semesters.

A student dismissed for academic reasons may apply for readmission after a lapse of one full year from the beginning of the semester in which they were disqualified. Students dismissed for a second time will not be re-admitted to the program.

Student Support Services

- **Program Planning** – Consult the Academic Advisor, Tara Froehlich (tara.froehlich@uleth.ca) regarding selection of optional courses and career planning in relation to areas of therapeutic recreation. For graduate studies please contact graduate.health@uleth.ca. Students are encouraged to review and track progress in the Program Planning Guide. To book an academic advising appointment please visit www.uleth.ca/healthsciences/advising
- **Internship Specialist** – Consult the Internship Specialist, Marina Christman (marina.christman@uleth.ca) to discuss opportunities to gain experience by completing a 15-week internship placement. Students are encouraged to contact the Internship Specialist 9 months to 1 year prior to the internship placement to being planning, as a placement application is usually submitted 6/4 months prior to an internship.

Student Support Services

The University of Lethbridge maintains a liability insurance program, inclusive of Comprehensive General Liability and Malpractice Insurance that extends coverage to therapeutic recreation students enrolled in the program **while acting within the scope of their academic requirements and duties**. The insurance provides coverage for activities required for completion of the course of studies including home visits, field trips, and contracted affiliations at other agencies. (Note any activities performed outside of the student's academic program or independent of the student's academic requirements are not insured under the University's liability insurance program. Also the student is responsible for ensuring that they have insurance in place for their health and dental coverage as well as their personal effects as well as any automobile which they may operate).

University of Lethbridge is not responsible for therapeutic recreation students who are working as volunteers (with the exception of service learning or field schools completed as a part of a course requirement) or paid employees in other institutions. Students participating in functions for other agencies do so as private individuals unless there is a contractual agreement between the institutions and the agency.

Support Services for Aboriginal Students in Health Sciences

The Faculty of Health Sciences provides personal and academic support services to self-declared First Nations, Inuit and Métis students who are interested in careers in the health sciences. An integrated approach involving incorporation of Elders, mentors and advisors is used. Assistance is also offered to help locate resources such as laptops, tutors, scholarships and bursaries. Social networking opportunities help students successfully adjust to student life and create peer support systems.

If you would like to access our services or have any questions, you're encouraged to contact the Learning Facilitator at 403-332-4579, email at Marilyn.lamb@uleth.ca, or stop by the office in Markin Hall, M3100.

Insurance

For insurance purposes all incidents/accidents occurring in the course of the student's academic initiatives that result in injury and/or property damage to others or that may have the potential to give rise to a claim against, must be reported to Risk & Safety Services. For more information, <https://www.uleth.ca/risk-and-safety-services/>

Professionalism

A basis for any health care professional, we in TR are obligated to follow the Standard of Practices and Code of Ethics of the professional. This applies to every student, in and out of the classroom. This includes time spent during the practicum/internship. Certain courses in the program will review these in further detail.

Standards of Practice (Canadian Therapeutic Recreation Association, 2006)

| | |
|--------------|----------------------------------|
| STANDARD #1 | ASSESSMENT |
| STANDARD #2 | INTERVENTION PLAN DEVELOPMENT |
| STANDARD #3 | INTERVENTION PLAN IMPLEMENTATION |
| STANDARD #4 | DOCUMENTATION |
| STANDARD #5 | EVALUATION |
| STANDARD #6 | INTERDISCIPLINARY COLLABORATION |
| STANDARD #7 | PROFESSIONAL DEVELOPMENT |
| STANDARD #8 | RESEARCH |
| STANDARD #9 | ETHICS |
| STANDARD #10 | SENSITIVITY TO DIVERSITY |
| STANDARD #11 | RISK MANAGEMENT |

https://canadian-tr.org/wp-content/uploads/2015/02/Standards_of_Practice_2006-English.pdf

Code of Ethics (Alberta Therapeutic Recreation Association, 2021)

Respect, Integrity, Competence, and Non-Maleficence

<https://www.alberta-tr.ca/about-atra/code-of-ethics/>

Professional Conferences

Students are encouraged to attend and/or present at conferences related to TR.

- *Provincially* – Alberta Therapeutic Recreation Association, usually held every October. <https://www.alberta-tr.ca/professional-development/>
- *Nationally* – Canadian Therapeutic Recreation Association, usually held in the spring/summer every year. <https://canadian-tr.org/>
- *Internationally* – American Therapeutic Recreation Association, usually held in September/October every year. <https://www.atra-online.com/>

Awards & Scholarships

There are a number of different scholarships offered through the Faculty of Health Sciences and through the University of Lethbridge in general. Below is a table of key scholarships for which students in the Therapeutic Recreation program are eligible. There is also a link to all of the University of Lethbridge's scholarships across programs. <https://www.uleth.ca/ross/student-finance/awards>

| Title and Donor | Value and Number | Eligibility | Criteria | Application |
|---|----------------------------------|---|--|--|
| Therapeutic Recreation Entrance Award (Faculty of Health Sciences) | Value: \$500 Number: Up to 10 | Full-time students entering the Bachelor of Therapeutic Recreation program | • Regular admission requirements | • Not required • All admitted students are automatically considered |
| Charlotte Gregory Memorial Scholarship (Dr. Stan Gregory and Mrs. Mathilde Miller) | Value: \$1,000 minimum | • Students enrolled in the Faculty of Health Sciences | • Academic achievement | • May 1 |
| Health Sciences Award of Excellence (UofL alumni and friends) | Value: \$500 minimum | • Continuing students in the Faculty of Health Sciences | • Academic achievement | • Not required |
| Helen Morgan Community Health Award (Family of the late Helen Morgan) | Value: \$300 minimum | • Students enrolled in the Faculty of Health Sciences | • Academic achievement • Demonstrated interest in Community Health through employment or volunteer work in the field | • Not required |
| Vincent Menard Memorial Scholarship (Mrs. L.D. Menard) | Value: \$300 minimum | • Preference will be given to a graduate of the UofL Faculty of Health Sciences | • Academic proficiency as measured by the Dhillon School of Business admission average | • Not required |
| Frank M. and Lila Linn Thompson Prize | Value: \$1,700 | • Students graduating from the Faculty of Health Sciences | Highest cumulative GPA among spring or preceding fall graduates of the Faculty of Health Sciences during that academic year. | • May 1 |

Alberta Therapeutic Recreation Association (ATRA) Awards

There are many benefits of joining the provincial Therapeutic Recreation association, including being eligible for awards! One award that students are eligible for is the *ATRA Entry to Practice Bursary*. Students are encouraged to fill out the application form and submit it before September 15 of each year. More information can be found at <https://www.alberta-tr.ca/students/tr-student-awards-bursary-program/>

University of Lethbridge & Community Resources

| University of Lethbridge Contacts | Phone | Email | Website |
|---|--------------|--|---|
| Therapeutic Recreation Coordinator Devan McNeill (M3053) | 403-332-4456 | devan.mcneill@uleth.ca | ulethbridge.ca/healthsciences/tr |
| Therapeutic Recreation Professor Sienna Caspar (M3045) | 403-329-2724 | sienna.caspar@uleth.ca | ulethbridge.ca/healthsciences/tr |
| Therapeutic Recreation Instructor Aimee Douziech (M3060) | 403-332-4576 | aimee.douziech@uleth.ca | ulethbridge.ca/healthsciences/tr |
| Therapeutic Recreation Instructor Zac Crouse | 902-220-0313 | zac.crouse@uleth.ca | ulethbridge.ca/healthsciences/tr |
| Therapeutic Recreation Professor Lyn Litchke (M3039) | 403-394-3946 | Lyn.litchke@uleth.ca | ulethbridge.ca/healthsciences/tr |
| Therapeutic Recreation Student Advisor Tara Froehlich (M3098) | 403-329-2649 | health.sciences@uleth.ca | ulethbridge.ca/healthsciences/advising www.facebook.com/facultyofhealthsciences/ |
| Internship Specialist Marina Christman (M3080) | 403-329-2576 | Marina.christman@uleth.ca | https://www.uleth.ca/healthsciences/practicum-therapeutic-recreation |
| FNMI Learning Facilitator Marilyn Lamb (M3100) | 403-332-4579 | marilyn.lamb@uleth.ca | ulethbridge.ca/healthsciences/fnmiservices |
| Accommodated Learning Centre (B760) | 403-329-2766 | alc@uleth.ca | ulethbridge.ca/ross/accommodated-learning-centre |
| Admissions (SU140) | 403-382-7134 | admissions@uleth.ca | ulethbridge.ca/ross/admissions |
| Bookstore (SU210A) | 403-329-2611 | bookstore@uleth.ca | ulethbridge.ca/bookstore |
| Campus Food Bank (SU180) | 403-329-2222 | foodbank@ulsu.ca | |
| Career & Employment Services (AH154) | 403-329-2187 | ces.students@uleth.ca | ulethbridge.ca/ross/ces |
| Counselling Services (TH218) | 403-317-2845 | | ulethbridge.ca/counselling |
| Daycare | 403-332-4064 | | ulethbridge.ca/daycare |
| Health & Dental Plans (SU180) | 403-329-2039 | su.health@uleth.ca | ulsu.ca/?p=20 |
| Health Centre (SU020) | 403-329-2484 | healthcentre@uleth.ca | ulethbridge.ca/hr/health-centre |
| Housing Services (C420) | 403-329-2584 | housing@uleth.ca | ulethbridge.ca/housing |
| IT Solutions Centre (E610) | 403-329-2490 | help@uleth.ca | ulethbridge.ca/information-technology |
| Library | 403-329-2265 | gsd.library@uleth.ca | ulethbridge.ca/lib/ask_us |
| Registrar's Office (SU140) | 403-320-5700 | regoffice@uleth.ca | ulethbridge.ca/ross |
| Scholarships & Student Finance (AH115) | 403-329-2585 | fin.aid@uleth.ca | ulethbridge.ca/ross/student-finance |
| Security & Parking Services (L911) | 403-329-2603 | security.services@uleth.ca | ulethbridge.ca/security |
| Sport & Recreation Services (PE160) | 403-329-2706 | | ulethbridge.ca/sportrec |
| Students' Union (SU180) | 403-329-2222 | su.adasst@uleth.ca | ulsu.ca |
| Writing Centre (L1006A) | 403-394-3963 | writingcentre@uleth.ca | ulethbridge.ca/artsci/academic-writing/writing-centre |
| Community Contacts | Phone | Email | Address |
| CASA (community art centre) | 403-327-2272 | | 230 - 8 th Street South |
| Interfaith Food Bank | 403-320-8779 | info@interfaithfoodbank.ca | 1116 - 3 rd Avenue North |
| Lethbridge Food Bank | 403-320-1879 | director@lethbridgefoodbank.ca | 1016 - 2 nd Avenue South |
| Lethbridge Police Services | 403-327-2210 | inquiries@lethbridgepolice.ca | 135 - 1st Avenue South |
| Lethbridge Public Library | 403-380-7311 | | 810 - 5 th Avenue South |
| Lethbridge Transit | 403-320-3885 | transit@lethbridge.ca | 619 - 4 th Avenue South |
| YMCA | 403-327-9622 | admin@lethbridgeymca.org | 515 Stafford Drive South |
| YWCA | 403-329-0088 | inquiries@ywcalethbridge.org | 604 - 8 th Street South |
| Important Contacts | Phone | Email | Website |
| Alberta Therapeutic Rec. Association | | atra@alberta-tr.ca | www.alberta-tr.ca |
| Canadian Therapeutic Rec. Association | | CTRA@canadian-tr.org | www.canadian-tr.org |
| National Council for TR Certification | 845-639-1439 | NCTRC@nctrc.org | www.nctrc.org |

Handbook Acknowledgement Form

Please read the below statements and sign the bottom of this form so that it can be placed in your permanent advising file.

I have reviewed the Therapeutic Recreation Undergraduate Program Student Handbook for Academic Year 2021-2022. I understand that it is my responsibility to monitor and fulfill the curriculum and graduation requirements and maintain an acceptable GPA (See the University of Lethbridge's 2021-2022 Academic Calendar for more information). I understand that it is my responsibility to be knowledgeable about the program and university policies and procedures, as outlined in this handbook.

Student Name (please print)

Student's Signature Date

Witness' Signature