

ABOUT RECREATION THERAPY

Fast Facts:

- Recreation therapy or therapeutic recreation = the field
- Recreation Therapists = the providers
- Certified Therapeutic Recreation Specialists = the credential
- There are approximately 18,000 Certified Therapeutic Recreation Specialists registered in 17 countries around the world

What is recreation therapy?

Recreation therapy is a process using recreation and activity-based interventions to help individuals improve health, wellbeing, and quality of life. While it may look like all fun and games, recreation therapy interventions are designed and chosen intentionally to work toward the person's goals. Additionally, at Smiling Goat Ranch, all activities are based in the Horse Boy Method of equine-assisted therapy and learning. These activities are not only fun, but also backed by research!

Who are Recreation Therapists?

The Certified Therapeutic Recreation Specialist (CTRS) is the qualified provider of recreation therapy services. Requirements to become a CTRS include a bachelor's degree in therapeutic recreation, a 560-hour clinical internship, and a national certification exam. Smiling Goat Ranch employs one CTRS, and can accommodate one recreation therapy intern each semester.

Who does recreation therapy serve?

Recreation Therapists work in a variety of settings, including hospitals, long-term care facilities, community organizations, and equine therapy centers. Research has shown benefits of recreation therapy to improve physical and psychological health in people of all ages with a wide range of physical, psychiatric, developmental, and other conditions. Essentially, recreation therapy services can be beneficial for everybody!

How does recreation therapy help?

Recreation therapy is an evidence-based practice, often provided alongside physical therapy, occupational therapy, psychotherapy, and behavioral health services. Recreation Therapists are trained in assessment, planning, implementation, evaluation, and documentation of services. Services are individualized based on the goals of each client, and can use a variety of recreation or activity-based interventions, especially those that the participant is interested in and enjoys! The skills gained during these activities carry over to everyday life and can help lessen the impact of disability and improve overall quality of life.