

Presentation Title:

Brave Spaces: Fostering Vulnerability and Growth in Recreational Therapy Practices

Date and Time:

Friday, February 9th, 2024, 10:00-11:00am

Venue (Physical address or virtual platform):

Microsoft Teams

Continuing Education:

1 Contact Hour / 0.1 CEU / 1 Credit

Presentation Synopsis: (150 words or less)

Recreation therapy spaces work to create moments of vulnerability through meaningful engagement in various ways. With this comes a responsibility for Recreation Therapists in creating a space that fosters both discomfort and validation. As we engage with clients, it is important to be intentional in creating these spaces. Discomfort is an unavoidable feeling within spaces of vulnerability- spaces such as a recreational therapy session. Brave spaces welcome discomfort, allowing this feeling to be both seen and heard, while concurrently challenging clients in their personal growth journey. Many personal testimonials about Recreation Therapy identify small or large moments of personal transformation. Such transformation hinges on feeling discomfort in a productive way which can be encouraged by intentional creation of brave spaces in recreation therapy sessions. These intentional efforts create improved outcomes for individual clients and can also be a catalyst for broader transformation within a group, facility, or the profession wholly.

Learning Outcomes:

Upon completion of this session, participants will

- *Be able to identify the purpose of creating brave spaces*
- *Identify two approaches to creating a brave space*
- *Identify barriers to brave spaces within Recreation Therapy field*

NCTRC Job Analysis (RT):

Implementation (IMP)

Advancement of the Profession (ADV)

ATCB CE Content Areas (AT):

Psychological and Psychotherapeutic Theories and Practice

CBMT Board Certification Domains (MT):

Professional Development and Responsibilities

Name and Credentials of Presenter:

Abby Peterson, TRS, CTRS, MSW-I

Presenter Bio:

Abby Peterson, TRS, CTRS, MSW-I, currently works as a recreational therapist, challenge course facilitator, and Autism Adventure Camp director at the University of Utah Huntsman Mental Health Institute (HMHI). They have over 5 years of recreation programming experience working in community, mental health, and school settings, with a specific background in individuals on the autism spectrum. They have a passion for inclusive and accessible programming, especially in recreation settings. They are a firm believer in the power of recreation participation in improving mental health and overall quality of life throughout the entire lifespan.

Outline

Topic/Concept	Time Spent
Opener question/activity	5 minutes
Language introduction	5 minutes
Brave space overview	10 minutes
Importance to RT practice	10 minutes
Tips and techniques	10 minutes
Barriers and benefits	10 minutes
Q & A	10 minutes

In accordance with the American Disabilities Act (ADA), the University of Utah and Huntsman Mental Health Institute invite any participant with special needs to contact us at joe.walker@hsc.utah.edu upon registration for special accommodations.