



## NCTRC® Exam Reference List

Individuals wishing to become certified through the National Council for Therapeutic Recreation Certification® (NCTRC) and earn the Certified Therapeutic Recreation Specialist® (CTRS®) credential must meet specific educational and professional experience requirements, in addition to passing the NCTRC Certification Exam.

The following list includes the major therapeutic recreation literature that was available as reference material during the development of the exam items for the current NCTRC Certification Exam.

NCTRC does not wish to give the impression that these resources are definitive sources for test item development. The resources were used as supportive documentation and reference materials that commonly held practice knowledge. Therefore, please note that NCTRC does not endorse any of these documents. Nor are these references comprehensive. Rather, they are provided as illustrative materials referenced in the exam development process and NCTRC recognizes other worthwhile references exist.

American Psychiatric Association. (2022). *Diagnostic & Statistical Manual of Mental Disorders*. 5th ed. Text Revision. (DSM-5-TR). Washington, DC: American Psychiatric Association.

Anderson, L., Heyne, L. (2021). *Therapeutic Recreation Practice: A Strengths Approach*. 2nd ed. Champaign, IL: Sagamore-Venture Publishing.

Austin, DR., Dawson, S. (2023). *Therapeutic Recreation: Processes and Techniques*. 9th ed. Champaign, IL: Sagamore-Venture Publishing.

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## NCTRC Exam Reference List

(continued)

Austin, DR., Lee, Y. (2013). *Inclusive and Special Recreation: Opportunities for Diverse Populations to Flourish*. 6th ed. Urbana, IL: Sagamore Publishing.

burlingame, j., & Blaschko, T.M. (2010). *Assessment Tools for Recreational Therapy*. 4th ed. Ravensdale, WA: Idyll Arbor.

Carter, MJ., Van Andel, GE. (2020). *Therapeutic Recreation: A Practical Approach*. 5th ed. Prospect Long Grove, IL: Waveland Press.

Dattilo, J. (2023). *Facilitation Techniques in Therapeutic Recreation*. 4th ed. Champaign, IL: Sagamore-Venture Publishing.

Kemeny, B. (2024). *Recreational Therapy for Older Adults*. 2nd ed. Champaign, IL: Sagamore-Venture Publishing.

National Council for Therapeutic Recreation Certification. (2025). *NCTRC Certification Standards*. New City, NY: NCTRC

O'Morrow, GS., Carter, MJ., Smith, CG. (2022). *Effective Management in Therapeutic Recreation Service*. 4th ed. Champaign, IL: Sagamore-Venture Publishing.

Porter, H. (2016). *Recreational Therapy and the International Classification of Functioning, Disability, and Health*. Enumclaw, WA: Idyll Arbor.

Stumbo, NJ., Peterson, C. (2021). *Therapeutic Recreation Program Design: Principles and Procedures*. 6th ed. Champaign, IL: Sagamore-Venture Publishing.

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