



## Why should you hire a Certified Therapeutic Recreation Specialist (CTRS)?

- As a consumer or employer, you want the most qualified recreational therapy professional available.
- Certification by NCTRC demonstrates to the public and employers that the recreational therapist has a minimum of a bachelor's degree, has passed the national certification exam and met the requirements for training, skills and knowledge recognized as essential for recreational therapy practice.
- In our society, where professional credentials and training are indicators of quality, the CTRS designation is recognized as the benchmark for certification within recreational therapy, providing additional value-added services that include:

*Training and demonstrated abilities in core therapy skills including assessment, planning, implementation, evaluation and documentation*

*Extensive knowledge and skill-based training to enhance quality of life for persons served*

*Training in group-oriented processes to enhance cost effectiveness and efficiencies in service delivery*

*Assurance that staff qualifications are in compliance with accreditation standards, health districts and legislative requirements*

## CTRS—The Qualified Provider

The CTRS credential is the only international certification designed to protect the consumer of recreational therapy services.

- NCTRC certification standards are based on the knowledge and skills necessary for practice within a wide range of service sectors, as verified by national job analysis research.
- Each CTRS completes a recertification program designed to ensure continued competence in order to maintain the credential.
- Each CTRS must comply with NCTRC's professional practice and disciplinary requirements.

# What is recreational therapy?

Recreational therapy is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.\*

## Benefits of recreational therapy include:

### Physical Benefits

*Pain reduction; improvement in muscular strength, flexibility and balance; improved gross and fine motor skills; decreased blood pressure*

### Cognitive Benefits

*Increased attention span; enhanced memory; reduced confusion; enhanced executive functioning; increased awareness and alertness*

### Psycho-Social Benefits

*Improved stress management; enhanced body image and attitude toward disability; improved social and communication skills; decreased feelings of loneliness*

### Emotional Benefits

*Reduced fear and anxiety regarding procedures; enhanced coping skills; reduced anxiety and depression*

Recreational therapy and the CTRS credential are recognized by the Commission on Accreditation of Rehabilitation Facilities (CARF), Joint Commission (JC), Centers for Medicare and Medicaid Services (CMS), Accreditation Canada, the National Center on Health, Physical Activity and Disability (NCHPAD), Diversional & Recreational Therapy Australia, as well as in federal, provincial and state legislation.

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Recreation Certification®**

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