



Newfoundland & Labrador  
Therapeutic Recreation Association

2024 NLTRA

# CONFERENCE

*Sneak peek*

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# REVITALIZING RECREATION THERAPY: APPLYING TRANSTHEORETICAL MODEL AND MOTIVATIONAL INTERVIEWING TO PRACTICE

In this session we will discuss the Transtheoretical Model of Change and Motivational Interviewing Principles. We will explore approaches on how to integrate these techniques into recreation therapy practice to evoke behavior change, build rapport and increase self awareness to obtain positive outcomes. This session will be interactive with participants engaging in case studies with opportunity to apply learned skills.

PRESENTED BY:

*Gillian Kinsella, CTRS &  
Charlene Edwards, CTRS*



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# POWER OVER PAIN: RE-ENVISIONING CHRONIC PAIN CARE TO IMPROVE ACCESS & CONNECTION

When acute pain is not addressed in a timely and effective manner, it can become chronic. Chronic pain impacts an estimated 7.6 million Canadians, and its prevalence is expected to rise to 9 million by 2030. Here in NL our rates are disproportionately higher; 1 in 3 adults will experience chronic, debilitating pain. CP can reduce quality of life, cause depression, increased suicidal ideation, insomnia, impaired cognitive function and other damaging long-term effects including fear of movement, physical deconditioning, and social isolation. Improving access to quality pain care is one of the top priorities identified among Canadians living with pain and their families. Power over Pain (PoP) is a national initiative funded by Health Canada to improve connection and access for those live with pain, as well as those who treat it. This talk will explore the biopsychosocial model of chronic pain and introduce the PoP as a resource that can be used within a recreation therapy practice.

PRESENTED BY:

*Julie Dwyer, MSc, PhD(c)*



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# TRANSGENDER RECREATION EXPERIENCES - A TR LENS

In recent years, awareness of the need for recreation policies supporting the inclusion of the transgender community has become more prevalent in Canada. Inside and outside of recreation, the transgender community continues to experience discrimination, layered forms of stigma, and violence that have a significant impact on self-esteem, mental health, self-image, and ability to feel safe moving through society. The primary aim of this study was to determine what internal and external factors contribute to increased recreation engagement in the transgender community in the Lower Mainland. The findings illustrate unique areas of challenge experienced by transgender people in recreation. This information is relevant to the field of therapeutic recreation and TRP's understandings of how to incorporate gender inclusion in their work as well as directly support individuals from the transgender community.

PRESENTED BY:

*Anna Parrish, CTRS*



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# ENHANCING STUDENT WELL- BEING WITH RECREATION THERAPY IN NL SCHOOLS

This pilot project introduces Recreation Therapy (RT) into Newfoundland and Labrador (NL) schools, aiming to promote holistic wellness among students through engaging and purposeful recreational activities. Recognizing the growing mental health challenges faced by youth, this program integrates therapeutic recreation to enhance students' social, emotional, and physical well-being.

PRESENTED BY:

*Gillian Batten, CTRS &  
Charlene Edwards, CTRS*



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# CREATING A SEAT AT THE TABLE: ESTABLISHING SPACE FOR COMMUNITY TR AND INCLUSIVE PROGRAMMING

As the TR field evolves more and more, we continue to see just how transformative it can be for many of our clients and participants. However, it leave us thinking - how can we play a more supportive and more effective role in community settings? Is there gaps we may be missing within current advocacy, programming and inclusion practices? This engagement session will aim to open up more dialogue and education on this area, allowing us to create more space for TR advancement and connections in the future.

PRESENTED BY:

*Aimee Coles, CTRS*



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# POWER OF PLAYING WITH WORDS: THE ESSENCE OF CULTURAL HUMILITY AND TRAUMA INFORMED LANGUAGE IN CREATING SAF(ER) SPACES

By recognizing the power of words and their potential to either reinforce or challenge oppressive attitudes, recreation therapists can contribute to the creation of inclusive and empowering spaces for people supported, ultimately improving outcomes for individuals from diverse backgrounds. This presentation will provide an overview of the principles of cultural safety and trauma-informed care and delve into the importance of language in shaping therapeutic relationships and fostering a sense of safety and trust. By adopting culturally safe and trauma-informed language, recreation therapists can enhance their ability to connect with clients, validate their experiences, and promote healing and resilience. The discussion will focus on the intersectionality of culturally safe practice and trauma-informed care; strategies for incorporating culturally safe and trauma-informed language into everyday practice to create a more holistic and effective therapeutic environment. The session will also address the challenges and potential barriers that recreation therapists may encounter when implementing these language practices.

PRESENTED BY:

*Chelsea Lazar, CTRS*



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# DEVELOPING AND IMPLEMENTING THE P.I.N TOOL

A collaborative approach to utilizing the P.I.N (perma intervention navigator) tool in the GDLP (Geriatric Discharge Liaison Program) with a select group of mental health and addiction clients over a six week period. The pin is an evidence-informed tool that utilizes PERMA assessment scores to determine appropriate therapeutic recreation interventions.

## PRESENTED BY:

*Taylor Harding, CTRS,*  
*Jonathan Barrow, CTRS &*  
*Sean Baker, B. Rec*





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