THERAPEUTIC RECREATION

Bachelor of Arts

Therapeutic Recreation Specialists are involved in helping individuals with disabilities or illnesses learn the skills necessary to develop satisfying leisure lifestyles. The program is concerned with the treatment of conditions which are disabling, and the facilitation of independent leisure functioning. Recreation is a tool used by health professionals to bring about desired changes in psychomotor and social behavior.

Career Opportunities
As an allied health professional, graduates would be able to work in the following settings:
- Rehabilitation Medicine (dealing with head injuries, spinal cord injuries, strokes and orthopedics)
- Psychiatric hospitals, State institutions (for the developmentally disabled, chronic psychiatric or juvenile offenders)
- Corrections
- Group homes
- Camps for disabled individuals
- Long-term Care
- Treatment centers for substance abusers
- Community Parks and Recreation
- Pediatrics
- Hospitals
- Day Treatment Centers

Beginning salaries are usually comparable to the beginning salaries of public school teachers. Career opportunities are very divergent and are available throughout the United States.

Knowledge and Skills
The program is for people who are patient, tactful, and persuasive when working with people who have a variety of special needs. Ingenuity, a sense of humor and imagination are needed skills to adapt activities to individual needs.

The program helps students learn how to use a variety of techniques, with arts and crafts, pet therapy, sports, games, dance and movement, drama, music, and community outings, to help individuals reduce depression, stress and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively so that they can enjoy greater independence as well as reduce or eliminate the effects of their illness or disability.

Therapists are often required to lift and carry equipment as well as lead recreational activities. The program prepares their students for this by requiring volunteer and/or paid experience in recreation and leisure.

Curriculum
The program is designed to provide a progression of courses that builds the student’s knowledge about theories, practices and techniques in therapeutic recreation.

The program major is accredited by the National Recreation and Park Association (NRPA) and the American Association for Leisure and Recreation (AALR) which is approved by the Council on Accreditation (COA).

The major consist of 100 credit hours. In addition the program requires 1500 hours of either volunteer and/or paid experience in recreation and leisure.

These hours must be completed before the student begins the 16 week professional internship.
Special Features
Distance Education courses are available to help professionals in Therapeutic Recreation continue their education in the least restrictive environment. Seven upper-division courses are available: Five are theory based and deal exclusively with Therapeutic Recreation content and two are General Recreation. In addition, for those professionals who need an academic internship, we can provide the necessary support, supervision and credits to complete the internship. Our courses and program have been approved by the National Council on Therapeutic Recreation Certification (NCTRC). These courses can be used for Continuing Education Units (CEU) toward recertification.

Preparation for Admission
General university requirements apply for admission to the program. Students will find it useful to prepare for the major with courses in public speaking, writing and courses that develop critical thinking skills. For more information on this program please visit the department website: http://www.ewu.edu/pehr Therapeutic Recreation Distance and Extended Learning website: www.ewu.edu/x10001.xml

Prospective students of EWU can apply online via http://www.ewu.edu/admissions or contact the Office of Admissions at (509) 359-2397 to request an application.

For More Information Contact
Physical Education, Health and Recreation Department
c/o Susan Beam
200 P.E. Classroom Building
EWU Cheney, WA 99004
509-359-2341
sbeam@mail.ewu.edu
www.ewu.edu/pehr

Diana Thew, CTRS/R
Coordinator Therapeutic Recreation Program
(509) 359-6545
dthew@mail.ewu.edu

The University
Eastern Washington University is a student-centered, regionally based, comprehensive university. This vision informs and inspires EWU’s future. Its campus is located in Cheney within the Spokane metropolitan area, with additional learning centers in the region and elsewhere in Washington State.

Note:
Information in this guide is subject to change without notice. To learn more about the official program of study, please check the catalog online at: http://www.ewu.edu/x15588.xml