

REC 357 – Theories and Evidence for Therapeutic Recreation Practice

Week	Dates	Topics	Required Readings	Optional Readings	Assignments
1	Sept 8 th to Sept 13 th 2020	Welcome, Introductions, Overview of Course	Course website (LEARN) Syllabus, and Course Schedule Dattilo & McKenney (2016) – Chapter 1: Introduction		Interest Inventory: 11:59pm Sept 13 th 2020
Unit I: Theories, Perspectives and Skills					
2	Sept 14 th to Sept 20 th 2020	TR Models	Heyne & Anderson (2012) – Theories that Support TR	Anderson & Heyne (2016) – Flourishing through Leisure Anderson & Heyne (2012) – Leisure and Wellbeing Model	
		Leisure Values	Dattilo & McKenney (2016) – Chapter 11: Values clarification		
3	Sept 21 st to Sept 27 th 2020	Therapeutic Presence	Geller & Greenberg (2012) Chapter 5 Geller & Greenberg (2012) Chapter 6	Geller & Greenberg (2012) Chapter 4	
		Reflective Interviewing, Listening and Debriefing	Sylvester, Voekl, & Ellis (2001) – Pgs. 143-153 in Ch 6		
4	Sept 28 th to Oct 4 th 2020	Approaches to Care and Leisure Education	Dattilo & McKenney (2016) – Chapter 19: Leisure Education	O’Keefe (2005) – Ground the Therapeutic Recreation Process in an Ethic of Care	
		Foundations for Evidence-Based Practice	Stumbo & Pegg (2010) – Outcomes and Evidence-Based Practice		
5	Oct 5 th to 9 th 2020	Leisure Education	Dattilo & McKenney (2016) – Chapter 19: Leisure Education		TR SciComm Assignment: 11:59pm on Friday Oct 9 th , 2020.
		Processing and Evaluation	Yalom (2005) – Chapter 1. The therapeutic factor	Hutchinson & Dattilo (2001) – Processing	
Oct 10th to Oct 18th Reading Week – No Classes, Readings or Assignments					

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Unit II: Clinical Settings					
6	Oct 19 th to Oct 25 th 2020	Intro to Clinical Settings	Dattilo & McKenney (2016) – Chapter 12: Mindfulness		
		Mindfulness, Stress and Anger Management	Dattilo & McKenney (2016) – Chapter 13: Stress Management Dattilo & McKenney (2016) – Chapter 7: Anger Management		
		Therapeutic Use of Exercise, Tai Chi and Play	Dattilo & McKenney (2016) – Chapter 4: Therapeutic Use of Exercise Dattilo & McKenney (2016) – Chapter 17: Therapeutic Use of Tai Chi Dattilo & McKenney (2016) – Chapter 22: Therapeutic Use of Play		
7	Oct 26 th to Nov 1 st 2020	Therapeutic Expression: Art, Humor & Reminiscence	Dattilo & McKenney (2016) – Chapter 8: Expressive Arts as therapeutic media Dattilo & McKenney (2016) – Chapter 14: Therapeutic Reminiscence Dattilo & McKenney (2016) – Chapter 10: Therapeutic use of Humour		Test Window: 8:00 am Oct 29 th to 11:59 pm Oct 30 th
		Test (Units I & II)			

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Unit III: Residential Settings					
8	Nov 2 nd to Nov 8 th 2020	Intro to Residential Settings	Redd et al (2009) – Using Recreational Therapy to Improve Coping in Residential Treatment Settings		
		Facilitating Supportive Groups and Therapeutic Discussion	Dattilo & McKenney (2016) – Chapter 9: Moral Development Discussions	Cooper, Gustafson & Dawson (1986) - Conflict in group therapy	
9	Nov 9 th to No 15 th 2020	Therapeutic Use of Nature and Adventure	Dattilo & McKenney (2016) – Chapter 2: Therapeutic Use of Adventure Harper et al (in press) – Canada and the State of Adventure Therapy	Harper, Garbielson & Carpenter (2017) – Cross-Cultural Explorations of Wild in WT	
		Facilitating One-to-One: Creating safe & Supportive Spaces	Sylvester, Voekl, & Ellis (2001) – Pgs. 160-164 on Person-Centred Therapy in Chapter 6		
Unit IV: Community Settings					
10	Nov 16 th to 22 nd 2020	Intro to Community Settings & Theories of Community	Stumbo et al (2015) – Community Integration Showcasing Evidence for TR Services Walseth (2008)- Bridging and bonding social capital in sport	Mobily & Dieser (2015) - Seeking alternatives in therapeutic recreation/ recreation therapy	
		Diversity and Inclusion & Relational Theory and Belonging	Kim & Van Puymbroeck (2011) – Providing Culturally Competent Therapeutic Recreation		
11	Nov 23 rd to Nov 29 th 2020	Aquatic Therapy and Therapeutic Use of Sport	Dattilo & McKenney (2016) – Chapter 3: Aquatic Therapy Dattilo & McKenney (2016) – Chapter 5: Therapeutic Use of Sport		Test Window: 8:00 am Nov 26th to 11:59 pm Nov 27th
		Test II (Units III & IV)			
12	Nov 30 th to Dec 4 th 2020	Course Conclusion and Wrap up	Stumbo & Pegg (2017) – Keynote: Ensuring Our Worth, Proving Our Value	Reid et al (2018) – TR's contribution to Canada	Reflection Portfolio: 11:59pm Dec 4 th , 2020