



Shepherd Center

RECREATION THERAPY

Dear Student:

We are pleased that you are interested in Shepherd Center's Recreation Therapy Internship Program.

All interns are supervised by a certified recreation therapy specialist, and all interns progressively experience the responsibilities of a full-time therapist. We require students to complete a 15-week internship. The number of internship positions offered depends on the time of the year for which you will be applying, as well as staff availability.

Shepherd Center is a 152-bed rehabilitation facility located in Atlanta, Georgia. The primary diagnosis is spinal cord injury or related problems, but some patients may have a neurological disorder affecting the spinal cord such as multiple sclerosis, Guillian Barre', spina bifida, etc. We also have a 40 bed Acquired Brain Injury Program, and offer Day Program, and outpatient services in the continuum of care. In addition to being a Model Spinal Cord Center, Shepherd is recognized as a National Multiple Sclerosis center. Comprehensive services are provided for the patient such as physical therapy, speech therapy, occupational therapy, therapeutic recreation, rehabilitation and vocational counseling, and education in addition to medical and nursing care. Within our continuum of services offered at Shepherd Center, we also have our Center for Spine Care offering comprehensive medical and rehabilitative services to patients with chronic pain.

This rotation is fast paced and can be very challenging. You will have plenty of opportunities to refine your observation and clinical skills. I strongly encourage you to review examination procedure for brain injuries, along with considerations for treating patients with these conditions.

DATES:

SEMESTER	APPLICATION DEADLINE
Summer	January 15
Fall	April 15
Spring	September 15

All applications are held until the deadline date, and interviews are scheduled after reviewing the pool of candidates.

Enclosed is literature about Shepherd Center, the Recreation Therapy department, internship guidelines, an internship job description, and an areas-of-interest checklist. The following items must be submitted together in order for your application to be considered complete and to be reviewed:

1. Resume (can be emailed but transcript must be mailed)	2. Completed areas of interest checklist
3. The following five (5) questions must be answered through a video response: <ol style="list-style-type: none"> 1) Part of your experience as a fieldwork student is receiving constructive feedback from your fieldwork educator regarding your treatment plans, documentation, and communication skills. How do you like to receive constructive feedback? Can you tell us about a time that you received constructive feedback and were able to use that feedback to improve your skills or performance? 2) Why did chose Shepherd Center as your clinical Internship Facility? 3) What would your friends say are your best attributes? What would they say is your biggest area of improvement? 	4. Letters of recommendation (optional)

<p>4) What is your shark tank Idea for Recreation Therapy?</p> <p>5) Name your favorite recreation therapy class and what you gained from that class that will help you in your fieldwork?</p>	
<p>Title your video as the semester you are submitting for internship, your name and University you attend. Email video to Shannon.Ali@shepherd.org Video must not exceed 7 minutes.</p>	
<p>5. Official Transcript (must be in sealed envelope from university. Mailed to: Shepherd Center</p>	

Attn: Shannon Ali, Recreation Therapy
 2020 Peachtree Rd. NW
 Atlanta, GA 30309

If you have any questions, I can be reached at 404-350-7474.

Sincerely,

Shannon Ali, C.T.R.S.
 Internship Coordinator
 Recreation Therapy Department



RECREATION THERAPY INTERN JOB DESCRIPTION

I. SUMMARY

Provides supplemental assistance to the recreation therapy program while gaining professional work experience.

II. QUALIFICATIONS

- 1) Completed a majority of required recreation therapy and general recreation coursework.
- 2) Signed contract on file from school.
- 3) Necessary verbal and writing skills to communicate effectively.
- 4) Evidence of recent physical exam and appropriate health screening.
- 5) Evidence of health and personal liability insurance.
- 6) Passed a background check and drug screening.
- 7) Certified in Cardiopulmonary Resuscitation.

III. JOB RELATIONSHIP

Responsible to: Intern Supervisor

IV. RESPONSIBILITIES AND EXPECTATIONS

A. By the end of the internship, the intern will:

1. Complete the Rec Therapy competency packet.
2. Maintain a personal caseload of up to 8-12 patients, completing all necessary treatment interventions, referrals, documentation and scheduling.
3. Plan, organize, and implement community reintegration outings.
4. Attend weekly team conferences
5. Attend scheduled goal setting conferences.
6. Attend recreation therapy staff meetings
7. Attend recreation therapy inservices
8. Attend program meetings
9. Attend all relevant/required program inservices.
10. Attend weekly meeting with supervisor. The intern should come prepared with questions/issues and should have all/any weekly assignments/documentation as outlined by the supervisor.
11. Develop and present an in-service to the recreation therapy staff. This inservice should be a topic that is relevant and educational to the staff.
12. Complete a long-term project that has on-going value to the recreation therapy department or program specific area within which the internship is being completed.
13. Attend weekend camping trips and/or appropriate camps.
14. Participate in family training.
15. Teach one full rotation of leisure education classes.
16. Complete the Shepherd Center Intern Program Evaluation

B. Throughout the course of the internship, the intern will:

1. Assure confidentiality of all patients.
2. Conduct self professionally at all times
3. Follow all Shepherd Center and recreation therapy policies and procedures.
4. Provide support for all other recreation therapy staff and programs as assigned by supervisor.
5. Assist staff in gathering patients for classes when needed.
6. Report all concerns, questions, issues, etc., to supervisor.
7. Be responsible for meeting all expectations and completing all responsibilities as outlined in the intern job description and internship expectations, and as assigned by supervisor.
8. Keep your supervisor informed of all issues.
9. Have your supervisor approve/proof everything before it is sent out internally or externally.



Shepherd Center

RECREATION THERAPY

AREAS OF INTEREST CHECKLIST

We offer internships in our spinal cord injury program and our acquired brain injury program. Please rank your preference of the programs in which you would prefer your internship. If you have an equal preference, rank both as "1." If you have no interest in one of the programs, please leave it blank

Spinal cord injury program Acquired brain injury program

Check the areas below in which you have experience/interest in:

- Aquatics (i.e., swimming, water exercises, relaxation, scuba diving, water skiing)
- Sports/fitness (i.e., basketball, tennis, golf, quad rugby, weight training, billiards, bowling, handcycling, hockey)
- Outdoors (i.e., hunting, riflery, fishing, camping, boating, all terrain vehicles)
- Horticulture
- Art Therapy
- Military Veterans

Please check the time of year for which you are applying for an internship.

Summer Fall Spring



THERAPEUTIC RECREATION

Researchers have identified that involvement in recreation activities provides many benefits, some of which include increased physical fitness, increased self-confidence and increased social interaction. Research shows that productive and positive use of recreation time for someone with a disability is not only desirable, it is imperative. Attitude and activity strongly affect a person's health and well-being. Involvement in positive and meaningful recreation activities assists with decreasing medical complications and the need for further medical intervention and /or hospitalization, and it is one of the best ways to adjust to lifestyle changes caused by a disability.

WHO IS APPROPRIATE?

Anyone who has acquired a disability and wishes to return to an active lifestyle.

INITIAL ASSESSMENT

Individuals are assessed to see what goals they have for themselves and what goals the Therapeutic Recreation Specialists finds appropriate for the individual. Once goals are agreed upon then individual sessions are set to work towards achieving these goals.

THERAPEUTIC RECREATION SERVICES

Leisure Counseling/Leisure Education Content Areas

- Laws and rights
- Meaning of wellness
- Benefits of recreation
- Problem solving techniques
- Community accessibility
- Self-advocacy
- Transportation and Air travel

- Time management
- Community resources
- Stigma management

Leisure Skill Instruction Content Area

- Explore Recreation Interest
- Adaptive equipment
- Adaptive techniques
- Activity modifications
- Recreation Resources

COMMUNITY REINTEGRATION

All learned information is combined to assist an individual with the confidence and knowledge to return to their community. Individuals with the support and guidance of the Therapeutic Recreation Specialists, learn how to function more independently and practice skills within their community. External resources are used whenever needed to assist in achieving a goal. Through the assistance of Therapeutic Recreation services individuals gain the confidence and knowledge to become active members of their community.

REASSESSMENT AND FOLLOW UPS:

Once an individual and their support system feel comfortable and knowledgeable with performing a goal, and the Therapeutic Recreation Specialists feels confident that they are successful with the goal it is considered met.

CONTACT INFORMATION:

For more information about Therapeutic Recreation services, call Shepherd's Therapeutic Recreation Department at 404-350-7375.

Visit Shepherd Center online at www.shepherd.org.



SERVICES

“What you do during your working hours determines what you have...what you do during your leisure hours determines who you are.” --George Eastman

Attitude and activity strongly affect a person’s health and well being, and involvement in meaningful recreation activities is one of the best ways to adjust to lifestyle changes caused by a disability. Studies show that recreation therapy (Rec Therapy) improves functional outcomes during rehabilitation, and that it reduces the risk of post-discharge secondary medical complications, such as cardiovascular and respiratory problems, pain, and skin breakdown. At Shepherd Center, each patient/client admitted to an inpatient or day rehabilitation program is assigned a certified recreation therapy specialist as part of the treatment team. The recreation therapist (Rec Therapist) determines when and at what level Rec Therapy services are appropriate and integrates them into the patient’s/client’s daily therapy schedule. The Rec Therapy department also has program specialists who specialize in the following recreation areas: aquatics, art, horticulture, music, outdoors, and sports.

Based on diagnosis, input from the rest of the team, and a leisure interests and needs assessment, an individualized treatment plan is developed that identifies the recreation goals for the patient/client. The overall goals of the Rec Therapy department are to improve physical, cognitive, and/or social functioning, and to return the individual to as independent and active of a lifestyle as possible. These goals are achieved through the following therapeutic interventions:

Leisure Counseling - individual or group sessions where topics can include, but are not limited to, community accessibility issues, problem solving, disability rights, self-advocacy, stigma management, travel, time management, community resources, and recreation resources.

Leisure Skill Instruction - individual or group sessions where individuals explore past or new recreation interests. They learn how they can return to these interests through the use of adaptive equipment, adaptive techniques, activity modification, compensatory strategies, and/or a variety of resources. Skill areas can include, but are not limited to, basketball, softball, power soccer, quad rugby, tennis, hand cycles, snow skiing, weight training, billiards, bowling, ping pong, swimming, scuba diving, water skiing, jet skiing, all terrain vehicles, boating, fishing, camping, hiking, hunting, riflery, horseback riding, gardening, lawn care, landscaping, indoor plants, painting, drawing, crafts, ceramics, pottery, drama, photography, needlework, singing, musical instruments, video games, cards, reading, board games, and computers.

Community Reintegration Outings - individual or group out-of-center sessions where a patients/client’s abilities and independence are tested in real-life situations. These outings are designed to help the individual adjust to the disability and re-enter society as quickly, as independently, and as easily as possible. Skills that patients/clients work on include, but are not limited to, practicing maneuvering their wheelchair in a crowd, curb management, money management, feeding, specific recreation skills, safety, learning how to ask for help when needed, dealing with accessibility issues, coping with public misconceptions, and solving barrier and obstacle problems. Outing destinations include restaurants, movies, museums, sporting events, shopping, the airport, and any recreation skill setting.

Leisure Education Classes – group sessions where the following information is covered: the value and benefits of recreation, time use change after a disability, disability rights, how to handle discrimination, problem solving techniques, attitudes towards people with disabilities, and coping strategies.

In addition to the above therapeutic interventions, patients/clients also are encouraged to use the evenings and weekends to pursue their interests as much as possible. For inpatients, a movie is shown every Saturday night, there is an educational program or social activity every Sunday afternoon, and patients can check out board games, movies, or video games to have in their room. For day program patients, they are encouraged to initiate involvement in activities of interest on their own/with family or friends.