



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	2. Completed areas of interest checklist
3. Personal Goals/objectives of internship	4. Personal Strengths/areas for improvement
5. Official Transcript (must be in sealed envelope from university)	6. Brief description of all completed Recreation Therapy courses
7. Application Questionnaire	

If you have any questions, I can be reached at 404-350-3109

Sincerely,

Cecilia Rider, MS, CTRS

Cecilia Rider, MS, C.T.R.S.
Internship Coordinator
Recreation Therapy Department



Shepherd Center RECREATION THERAPY

INTERNSHIP GUIDELINES AND GENERAL INFORMATION

1. Prior to the student's training at Shepherd Center, all necessary contracts, forms, paperwork, and certifications must be completed and on file, as outlined in Shepherd Center's Clinical Affiliations policy.
2. The student's internship will last for a period of fifteen weeks. The student will be oriented to the center, center-wide staff and operations, and more specifically to the Recreation Therapy department operations and staff. This orientation is completed within the first 4-6 weeks of the student's affiliation.
3. No stipend is offered to the student. Responsibility for housing is that of the student. Assistance in locating housing is provided upon request.
4. Work hours are generally Monday - Friday 8:00/9:00 am – 4:30/5:30 pm, with the possibility of 1 evening per week, and approximately one weekend per month. Flex schedule to meet 40 hours a week.
5. The dress code standards include: closed toe, rubber soled shoes, slacks or NEAT blue or black jeans, shirts/blouses with sleeves, name badge. No sleeveless garments are permitted and we do not wear lab coats. Also, you will need appropriate attire for aquatic therapy. This would include a conservative bathing suit or shorts.
6. Parking is available without charge.
7. The student works with a patient/client population mainly consisting of spinal cord injuries or acquired brain injuries secondary to trauma. Experience with patient populations consisting of multiple sclerosis, transverse myelitis, and guillian barré is also a possibility.
8. The student will be supervised by a certified Recreation Therapy specialist, as certified by the National Council for Recreation Therapy Certification.
9. The student and supervisor will meet weekly or more often if needed. The student is responsible to the supervisor for all patient/client contact. The student will be supervised on each new skill/responsibility that is done.
10. The student will be responsible for meeting all expectations and completing all responsibilities as outlined in the intern job description.



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.



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

4. Describe your comfort level in working with the following age groups:
On a scale of 1-5, with 1 being “Extremely uncomfortable” and 5 being “Extremely Comfortable”.

Adolescent (age 14-18)	1	2	3	4	5
Young Adult (age 19-50)	1	2	3	4	5
Older Adult (age 50-70)	1	2	3	4	5
Geriatric (age 70-90+)	1	2	3	4	5

5. How would you feel about your clinical instructor doing the following activities?
Please use the same scale as above.

A.	Coming into your session unannounced to demonstrate a technique	1	2	3	4	5
B.	Calling you out of your session to provide suggestions	1	2	3	4	5
C.	Videotaping part of your session to watch for feedback/critique	1	2	3	4	5
D.	Asking you to present in staff conference on your client	1	2	3	4	5
E.	Co-treating with other exercise specialist on a pre-arranged basis	1	2	3	4	5
F.	Asking your supervisor for more support and instruction in an area	1	2	3	4	5
G.	Discussing an issue with a coworker	1	2	3	4	5

Feel free to provide additional comments and examples of your preferences or clarify.

6. Do you have a preference in how you receive feedback (i.e. written, verbal, role playing, or a combination or other method)?

7. What are your special interests in Healthcare and wellness?

8. For the following, describe your strengths, limitations or lack of experience, and **specific** activities you would like to gain experience during your clinical internship.

A. Completing evaluations and identifying needs of the patient and reporting.

My strengths:

My limitations or lack of experience:

Specific areas:

B. Writing a treatment plan or goals and prioritizing the client's needs.

My strengths:

My limitations or lack of experience:

Specific areas:

C. Performing treatment with a client and reporting progress.

My strengths:

My limitations or lack of experience:

Specific areas:

9. Why did you choose Shepherd Center as your clinical internship facility?

10. Additional comments, requests, or information regarding prior supervision experiences and learning style and patient care experiences:

Please be aware that clinical instructors are responsible for the ethical and legal provision of services to clients and patients of Shepherd Center, as well as, your clinical training. Your clinical instructor will consider your comfort level and supervision needs when providing clinical instruction; however, the level of supervision provided will change as needed to assist you in service provision and clinical skill development.