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

- We also offer internships that are split between one of the above mentioned programs and one of our specialty programs. The specialty programs focus on specific areas of recreation and everything it takes to teach patients how this interest can be done given their disability. You only should consider a split internship if you have a very strong interest in professionally specializing in one of the below described program areas. If after reading the examples of the specialty programs you decide that you are interested in a split internship, please check the area(s) in which you are interested. If you do not have an interest in an area, please leave it blank.

  ___ 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)

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

  _____ Summer  _____ Fall  _____ Spring
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**

- 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.
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 therapeutic recreation 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 1-2 evenings per week, and approximately one weekend per month.

5. No uniform is required. Students will abide by the hospital’s policy and procedure for dress code. Shepherd Center attire will be available for students to purchase.

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 therapeutic recreation specialist, as certified by the National Council for Therapeutic Recreation 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.
Dear Student:

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

All interns are supervised by a certified therapeutic recreation 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. Application deadlines are as follows:

- Summer - January 15
- Fall - April 15
- Spring - October 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 Therapeutic Recreation 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. Goals/objectives of internship
4. Strengths/areas for improvement
5. Official Transcript
6. Brief description of completed Therapeutic Recreation courses

If you have any questions, I can be reached at 404-350-7793.

Sincerely,

Kelly Edens, C.T.R.S.
Manager of the TR Department/Internship Coordinator
Therapeutic Recreation Department
I. SUMMARY

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

II. QUALIFICATIONS

1) Completed a majority of required therapeutic recreation 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 TR competency packet.
   2. Maintain a personal caseload of 6-8 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 therapeutic recreation staff meetings.
   7. Attend therapeutic recreation 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 inservice to the therapeutic recreation 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 therapeutic recreation 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 therapeutic recreation policies and procedures.
   4. Provide support for all other therapeutic recreation 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.
THERAPEUTIC RECREATION 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 therapeutic recreation (TR) 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 therapeutic recreation specialist (CTRS) as part of the treatment team. The CTRS determines when and at what level TR services are appropriate, and integrates them into the patient’s/client’s daily therapy schedule. The TR 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 TR 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, fundraising, 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, handcycles, 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, lawncare, 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 patient’s/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.