

What is Recreation Therapy?

Recreation therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions that are based upon the assessed needs of individuals with illnesses and/or disabling conditions. **The purpose of the RT process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life.**

In our rapidly changing society, recreation therapy has been designated as one of the fastest growing health care and human service occupations in the country.

The Need for Certified Recreation Therapists

For decades, recreation therapy has been recognized as a valuable profession within health care and human services. **Today the Certified Therapeutic Recreation Specialist (CTRS) exemplifies the profession's dedication to quality standards and professional excellence.** There are nearly 30,000 recreation therapists in the United States, with over 16,000 professionally certified by NCTRC.

As demand for recreation therapy increases from acute care hospitals to community living settings, the certification of increasing numbers of recreation therapists is expected to rise and provide the recognition of the important role that CTRSs play in today's health care arena.



NCTRC: Dedicated to Professional Excellence

Established in 1981, the National Council for Therapeutic Recreation Certification (NCTRC) is a non-profit, national organization dedicated to professional excellence for the protection of consumers through the certification of recreation therapists.

Professional recognition is granted by NCTRC to individuals who apply and meet established standards for certification, including education, experience, and continuing professional development. The Certified Therapeutic Recreation Specialist (CTRS) credential is offered to qualified individuals based on these stringent requirements.

NCTRC supports quality human service and health care standards and maintains a relationship with the Joint Commission for the Accreditation of Healthcare Organizations (JCAHO) and the Commission for Accreditation of Rehabilitation Facilities (CARF). NCTRC provides credential verification services to employers and health care agencies. These services are strongly encouraged by NCTRC to monitor personnel adherence to the standards of the Certified Therapeutic Recreation Specialist.

NCTRC is a charter member organization of the National Organization for Competency Assurance (NOCA). NCTRC is accredited by the National Commission for Certifying Agencies (NCCA).

For more information about NCTRC and to review current certification standards refer to our website at:

www.NCTRC.org

NCTRC does not warrant or guarantee the provision of competent services by CTRSs; NCTRC certification helps to demonstrate the certificant has met the entry-level requirements for the profession.

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Recreation Therapy

Why Hire a CTRS®?

**Certified Therapeutic
Recreation Specialists™
Enhance Quality Care**



**National Council for
Therapeutic Recreation
Certification®**

What is a CTRS?

The Certified Therapeutic Recreation Specialist (CTRS) is the most professionally advanced recreation therapist in the field, combining education and work experience to meet the standards of the National Council for Therapeutic Recreation Certification. Recertification is required every five years after initial certification, and is based on continuing education and professional practice or re-examination.

Recreation therapy and the CTRS credential are duly recognized by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Commission on Accreditation of Rehabilitation Facilities (CARF) as well as many governmental regulatory agencies.

A CTRS is Highly Qualified

Recreation therapists with CTRS certification have demonstrated a unique set of competencies, abilities, and skills for practice in a wide variety of health care and human service settings. Entry level professionals who seek the CTRS designation need to complete a defined set of requirements that include:

- A Bachelor degree or higher in the concentrated area of Recreation Therapy or one of the academic equivalency options
- Completion of designated coursework in applied areas of Anatomy, Physiology, Psychology, Human Development and other related academic areas
- Completion of full-time internship under the supervision of a CTRS
- Pass the NCTRC Certification Exam

About NCTRC Certification

The CTRS designation is an important and viable credential within the current health care market. It is recognized nationally as the benchmark of quality, enhancing the protection of the consumer and the provision of safe and effective recreation therapy services.

The benefits of the NCTRC credentialing program are evident within a wide variety of markets and can be summarized as follows:

- NCTRC Certification Standards are based on the knowledge and skill necessary for practice within a wide range of service sectors as verified by national job analysis research.
- Each CTRS has met rigorous professional eligibility requirements and has passed a national certification exam.
- Each CTRS completes a recertification program designed to measure continued competence in order to continue to hold the credential.
- Each CTRS must adhere to NCTRC's professional practice and disciplinary requirements.



The CTRS credential spans the spectrum of health care and human service delivery. Recreation therapists who are NCTRC certified, work with a variety of populations and in a diversity of settings.

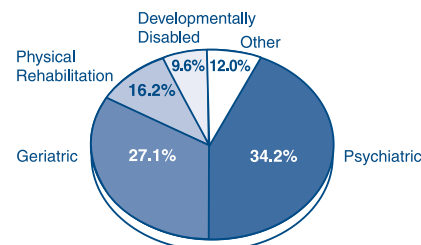
Benefits to Employers

The employment of a CTRS enhances the health care consumer's receipt of professionally delivered recreation therapy. The CTRS is well trained to significantly contribute to the therapeutic delivery system. It is well documented that CTRSs increase both the effectiveness and efficiency of routine care in comparison to noncertified individuals.

In health care settings where professional credentials and training are the benchmarks of quality, the CTRS is recognized as the highest level of certification within recreation therapy, providing value-added services that include:

- Recognition as a rehabilitative service covered by governmental regulatory agencies and third party payers
- Extensive knowledge and skill-based training to enhance quality of care
- Organized and team-oriented approach to care delivery
- Multi-functional and diversified skill base to reach a wider spectrum of consumers
- Training in group-oriented processes to enhance cost effectiveness and efficiencies in service delivery
- Ability to handle greater professional responsibilities and authority
- Training and demonstrated abilities in core therapy skills including assessment, planning, implementation, documentation and evaluation.

Employment of CTRS by Population



Employment of CTRS by Setting

