



Join us at for this year's Annual Conference, AGM, and Networking Event

October 17th 1-4pm Waterford's Lions Club
Networking Session (lunch provided)

October 18th 9am-5pm (Registration opens 8am)
The Lantern, Barnes Road, St. John's, NL
Conference and AGM

Here are a few of the excellent presenters and presentations you can expect:

Carl Ings is currently employed as a Recreation Development Specialist with Central Health in the area of Mental Health & Addictions Services in Grand Falls-Windsor, NL. He graduated from Dalhousie University in 1999 with a bachelor degree in Recreation with a specialization in Therapeutic Recreation. Carl has been a Certified Therapeutic Recreation Specialist (CTRS) since 2001. Carl is currently the President-Elect for CTRA. Carl is married and has 2 girls; Bryanna who is 13 & Catherine who is 9. His favorite past times are hockey in the winter, golf in the summer, and camping with his family when the Newfoundland weather allows.

Session Description: "Positive Psychology and the PERMA Profiler." This session will outline the development and implementation of a positive psychology-based TR program on an acute care psychiatric unit and a youth addictions treatment center. Initiatives connected to each phase of the APIED process will be discussed and supported with clinical examples

Josie Brown is a registered Speech-Language Pathologist. She received her Master's degree in Communication Sciences and Disorders from Western Illinois University in 2015. Josie currently works full-time with Eastern Health within the Carbonear General Hospital. She provides speech-language services to adults in both inpatient and outpatient settings. Josie also has a private practice in which she primarily provides speech-language services to preschool and school-aged children.

Session Description: "Communicating with Adults with Speech and Language Disorders." This session will provide information relating to the causes of speech and language disorders in adults and characteristics of some (i.e. Dementia, Stroke, Traumatic Brain Injury, etc.). It will also provide useful strategies for clinicians to use to promote communication while working with adult patients. This session will also provide a review of residents, common communication barriers and strategies to enhance communication.

Hilary Trenholm is a registered Speech-Language Pathologist working in St. John's. She received her Master of Science in Communication Sciences and Disorders from Western Illinois University in 2017. She currently provides speech-language services to adults in inpatient and outpatient settings. She also services a variety of patient populations in private practice.

Jonathan Barrow is currently employed as Recreation Development Specialist at Lions Manor, long-term care facility in Placentia. Jonathan graduated from Memorial University of Newfoundland with a Bachelor's Degree in Recreation and is a Certified Therapeutic Recreation Specialist through National Council for Therapeutic Recreation Certification. He recently attended the Canadian Therapeutic Recreation Associations national conference, hosted in Quebec City in June 2019. Jonathan is currently the President-Elect for NLTRA.

Session Description: "Where Our Nation is Headed: An Update from the CTRA Conference." This session will provide an overview of the trends and research that occurring on a national level in the area of Therapeutic Recreation. Information will be provided on the various sessions attended at the CTRA Conference as well as on communities of practice and areas on research that are currently ongoing.

WITH KEYNOTE BY DOMINIQUE HURLEY

Dominique Hurley is an intuitive visionary artist, educator, and naturopath who guides you to explore and express your True Self as you connect to your inner guidance. Grounded in her love of beauty and the beauty of love, Dominique delivers insight and inspiration through her energy-infused art, intuitive teachings & services, meditations, workshops, and writings. Her work is designed to open the gateway to creativity and nourish your transformational journey so that you too can live in alignment with your definition of success.

Dominique has been leading groups & teaching since the age of 15 – in recreational settings, spiritual workshops, schools, and universities across Canada and the world. She has a Bachelors in Social Sciences (Leisure Studies & Public Policy/Administration), a Masters in Education, and several certificates in art & photography. She is also a certified naturopath and the Creator of the Intuition Into Action Treasure Map: 5 Steps to a Healthy Happy Life.

Session Description: "Your Intuition Into Action Treasure Map: 5 Steps to a Happy Healthy Life."

Intuition is your inner GPS that helps you keep your life on track through inspired action. In this highly practical presentation, you'll learn what is intuition, why it is important, and a few techniques to use it to make happy healthy decisions. Plus, it's fun!

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." ~ Albert Einstein



Other sessions include:

Chronic Pain and Therapeutic Recreation, Nia on the Rock demonstration, Intuitive Walkabout, positive behavior modification and much more!

Register at www.nltra.ca