

What is Recreational Therapy?

Recreational Therapy is a client-centred practice, recognising that recreational and leisure experiences are the right of all individuals.

Practitioners work with people of all ages and abilities to design and facilitate recreation, leisure and meaningful activity programs.

Activities are designed to support, challenge and enhance the psychological, spiritual, social, emotional and physical well-being of individuals.

Recreation therapy provides opportunities for individuals to participate in recreation and leisure activities, which promote self-esteem and personal fulfilment.

Therapists facilitate individual client choice, decision-making and participation when developing and managing recreational programs.

Through specialised education and training practitioners possess specific skills and knowledge applicable to health, community and leisure settings



**Australian
Recreational
Therapy
Association**

About Us

ARTA is the peak professional body representing people working in recreation, leisure and health. The association supports, advocates and informs industry, government, and non-government organisations, consumers and the public about recreational therapy and its benefits. While the association represents all members working in the profession, different titles are used based on the training completed.

Recreational Therapists

Recreational Therapists, Diversional Therapists, and Leisure Therapists have completed a bachelor degree with discipline specific knowledge in recreation, leisure and health in line with other health professionals who are university trained.

Recreational Therapy Assistants or Recreation Coordinators (or similar titles) require Cert IV in Leisure & Health, at a minimum.

How do I become a member?

To gain membership you will need to hold, or to be working towards a qualification in leisure, recreation and health. Only members with a degree qualification will be recognised as a Certified Recreational Therapist.

Recreational Therapy Assistants or Recreation Coordinators (or similar titles) require at a minimum a Cert IV in Leisure & Health.

Members must complete 20 hours of Continuous Professional Development (CPD) annually to maintain their membership.

Contact Us

For more information:

Website: www.recreationaltherapy.au

Email: enquiries@recreationaltherapy.au

Type of memberships:

Certified members

ARTA has several types of membership to cater for different levels of education and different ways of staying connected with the association.

Certified Member

The degree confirms the holder has knowledge in health, recreation and leisure and has met the competencies expected in terms of knowledge application as assessed in their three years at university. These competencies include assessing individual client's needs using various assessment tools based on the client needs and goals; using professional judgement guided by laws, ethics and organisational requirements; identifying goals with clients and developing an intervention plan or program to meet the identified goals; measuring and evaluating the intervention based on the outcomes and expectations of the intervention. Activities are designed to support, challenge and enhance the psychological, spiritual, social, emotional and physical well-being of individuals.

Recognised Certified Member

This membership category is completed through an application process where members who demonstrate knowledge and competencies equivalent to those with a degree will be recognised as such. To be eligible for this membership category at least five years of clinical experience is required.



Associate Members

Associate Member- Diploma

This membership category is for members that hold a diploma qualification in leisure, recreation and health. In aged care, a person holding this qualification can coordinate the recreation service and performance manage staff but do not have training in interpreting and analysing results from different assessment tools to most effectively meet individual client's needs.

Associate Member- Cert 4

This membership category is for members who have completed all of the subjects in a certificate IV. The role is to essentially assist with the delivery of the recreation program in a supported capacity as opposed to running the program themselves.

Associate Member- Student

Student members are welcomed into ARTA. Membership is at a discounted rate and students have the opportunity to be mentored by experienced members in specialised areas the students choose to develop in.

Affiliate Members

There are a range of affiliate memberships for those not working directly in recreational therapy in Australia. This includes retired members, international members and academic affiliates. Please contact the office for further information.

Life Membership

Life membership will be considered by other members recognising the contribution made to the professional association

Why join ARTA?

Membership benefits include:

- Being part of the peak professional body
- Monthly newsletters to keep informed about progress or changes in the industry, training opportunities and employment options
- Professional networking opportunities through network groups both in person and online
- Members only access to the website with resources and information to support practice
- Opportunities to contribute to a growing body of knowledge
- National conference with evidence based research and practice at discounted rates
- Award for Excellence presented annually
- ARTA merchandise available to promote the profession
- Discounted industry specific education provided in a number of formats to meet member needs
 - Face to face workshops
 - Online workshops
 - Hour to empower sessions
 - Online learning platform
- Communities of practice to assist in influencing contemporary areas of practice and developing the industry

