

# 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.

Recreational 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.



## How do I become a member?

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

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

## Contact Us

For more information:

Phone: (02) 9887 2111

Website: [www.recreationaltherapy.au](http://www.recreationaltherapy.au)

Email: [enquiries@recreationaltherapy.au](mailto:enquiries@recreationaltherapy.au)



**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.

## 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.

# Type of memberships:

## Certified members

### 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 Student Members

### 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. Students must be studying the relevant RT degree to be eligible for membership.

Australian Recreational Therapy Association (ARTA) has announced that, due to recent amendments to its constitution, it will no longer be accepting membership with qualifications of less than a degree (according to The Australian Qualifications Framework level 7) in leisure and recreation. This decision comes as part of a broader commitment to align with current best practices as an Allied Health Profession with recreational therapy and ensuring the highest standards of service delivery for the communities we serve.

While ARTA will no longer be able to accept new members with Certificate IV or Diploma qualifications in Leisure and Recreation, we are committed to ensuring that all current professionals, and those impacted by these changes, continue to receive the support, education, and resources they need to thrive in the industry. To help facilitate this, ARTA is pleased to announce a collaboration with the Allied Health Assistants National Association (AHANA). Together, we will provide a comprehensive suite of continuous education programs and professional development opportunities. This collaboration will focus on ensuring that individuals currently working in the field have access to relevant, up-to-date training and resources, empowering them to continue providing quality support to groups and individuals in recreational therapy and allied health settings.

ARTA's membership policy amendments are part of a larger, ongoing effort to strengthen the recreational therapy profession in Australia and maintain alignment with evolving industry standards. These changes also reflect a commitment to providing high-quality therapeutic services to clients across the country.

## 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
  - Online workshops covering many topics
  - Free workshop series for members only
  - Hour to empower sessions
  - Full day & half day comprehensive training
  - Online learning platform
- Communities of practice to assist in influencing contemporary areas of practice and developing the industry

