

# Fundamentals Degree Focused (Half-Day)

**Key Focus: Advanced Topics for degree-level professionals, emphasising research and leadership**

Members:	\$100.00
Non-members:	\$150.00
ARTA Students:	\$70.00

Bookings can be made through the website on [www.recreationaltherapy.au](http://www.recreationaltherapy.au)

## Fri 14th February (12pm-4pm); The Bio-Psycho-Social Model of Health

### Learning Outcomes:

- Understand the components & integration of biological, psychological & social factors in health.
- Apply the bio-psycho-social model to client-centred care in recreation and leisure services.

### Content:

- Overview of the bio-psycho-social model.
- Examples of its application in health and wellness contexts.
- Benefits of a holistic approach to client care.

### Activities:

- **Interactive Lecture:** Explore the theoretical foundation and real-world applications.
- **Case Study Analysis:** Apply the model to assess and develop care strategies for a client scenario.
- **Group Discussion:** Share insights and challenges of implementing the model.

## Mon 28th April; (12pm-4pm) Understanding Terminology in Research Methods & Literature Reviews

### Learning Outcomes:

- Identify & understand key terms & concepts used in research methods & the different types of literature reviews.
- Critically analyse research articles for application in practice.

### Content:

- Overview of research methodologies and their purposes.
- Key terms: qualitative, quantitative, mixed methods, reliability, validity etc.
- How to conduct and interpret a literature review.

### Activities:

- **Mini-Lecture:** Explain research terminology and its significance.
- **Article Review:** Groups analyse a research article to identify methodology and outcomes.
- **Reflection Session:** Share findings and discuss implications for practice.

## Thurs 8th May; (9am-1pm) Recreation (D920) & the International Classification of Functioning (ICF)

### Learning Outcomes:

- Understand the relationship between recreation, leisure and the ICF framework.
- Apply the ICF to assess and improve client outcomes in therapeutic recreation.

### Content:

- Introduction to ICF and its relevance in recreation and leisure.
- Functional assessment and activity design using ICF categories.
- Integrating ICF into documentation and reporting.

### Activities:

- **Presentation:** Overview of ICF and its components
- **Workshop:** Groups map a recreational activity to ICF domains for a hypothetical client.
- **Sharing and Feedback:** Discuss how to integrate ICF practice

## Tues 13th May; (9am-1pm) Using Evidence-Based Practice in Your Services

### Learning Outcomes:

- Understand the principles and importance of evidence-based practice (EBP)
- Incorporate EBP into the planning and evaluation of recreation and leisure programs.

### Content:

- Definition and steps of evidence-based practice.
- Sourcing and evaluating research evidence.
- Application of EBP in program development.

### Activities:

- **Interactive Presentation:** Discuss the EBP process and its relevance
- **Scenario-Based Workshop:** Develop a program plan based on evidence for a given case.
- **Feedback Session:** Present plans and discuss improvements.

### Wed 18th June; (12pm-4pm) Grant Writing and Budgeting for Service Provision

#### Learning Outcomes:

- Develop skills to write compelling grant applications for funding recreation and leisure programs.
- Create and manage budgets for effective service delivery.

#### Content:

- Structure and components of a strong grant application.
- Tips for writing a compelling narrative.
- Basics of budgeting: income, expenses and financial tracking.

#### Activities:

- **Presentation:** Best practices in grant writing and budgeting.
- **Writing Workshop:** Draft a grant application outline for a hypothetical program.
- **Budget Exercise:** Create a basic budget plan based on provided program details

### Fri 25th July; (9am-1pm) Starting Your Own Recreational Therapy Business (Part 1)

#### Learning Outcomes:

- Understand the foundational steps in starting a recreational therapy business.
- Develop a business plan outline tailored to recreation and leisure services.

#### Content:

- Key considerations: licensing, market analysis and branding.
- Essentials of a business plan: mission, vision and goals.
- Understanding your target market and creating a service niche.

#### Activities:

- **Lecture:** Introduction to entrepreneurship in recreational therapy.
- **Business Planning Workshop:** Draft a business plan framework.
- **Peer Feedback:** Share and refine ideas with group input.

### Mon 18th August; (12pm-1pm) Social Capital and Personal Growth - A Self-Reflection

#### Learning Outcomes:

- Understand the concept of social capital and its role in professional and personal growth .
- Reflect on personal networks and develop strategies to enhance them.

#### Content:

- Definition and components of social capital.
- Building relationships and networks in professional contexts.
- Reflecting on personal and professional growth.

#### Activities:

- **Interactive Lecture:** Explore the importance of social capital.
- **Mapping Exercise:** Create a personal network map and identify growth opportunities.
- **Group Discussion:** Share strategies for building and leveraging social capital.

### Fri 24th October; (9am-1pm) Starting Your Own Recreational Therapy Business (Part 2)

#### Learning Outcomes:

- Build on foundational knowledge to create a detailed business and marketing plan.
- Understand strategies for scaling and sustaining a recreational therapy business.

#### Content:

- Marketing and promotion strategies: online and offline channels.
- Financial management and client retention.
- Expanding services and maintaining quality.

#### Activities:

- **Interactive Presentation:** Discuss scaling and sustaining a business.
- **Marketing Plan Workshop:** Develop a marketing strategy for the drafted business.
- **Q&A Session:** Address common challenges and solutions.

### Mon 10th November; (12pm-4pm) Managing Staff and Services

#### Learning Outcomes:

- Develop skills to effectively manage teams and service delivery.
- Create strategies to improve staff engagement and service outcomes.

#### Content:

- Leadership styles and team management principles.
- Strategies for staff training, motivation and conflict resolution.
- Service delivery planning and quality assurance.

#### Activities:

- **Mini-Lecture:** Leadership and team dynamics.
- **Scenario-Based Workshop:** Solve a staffing or service delivery challenge in groups.
- **Reflection and Discussion:** Share approaches and learn from peers.