

Innovative Education (Free for members)

Key Focus: Access to cutting-edge knowledge & research at no cost

**Wed 16th Apr (Group 1); Mon 1st Jul (Group 2); Thurs 2nd Oct (Group 3)
9am - 3pm**

Reablement Project Introduction

Learning Outcomes:

- Understand the principles and objectives of the reablement approach.
- Learn to implement & record reablement strategies in your own recreation & leisure services.

Content:

- Definition and importance of reablement.
- Examples of reablement programs and their outcomes.
- Role of recreation and leisure in supporting reablement goals.

Activities:

- **Interactive Lecture:** Explore the theory and application of reablement
- **Workshop:** Participants design a reablement-focused program for a client scenario.
- **Feedback Session:** Share and refine program designs with group input

Wed 9th July; 9am-10am

Positive Emotion as a Basis for Treatment Dr Jared Allsop, Indiana University

Learning Outcomes:

- Explore the role of positive emotions in therapeutic outcomes.
- Apply strategies to foster positive emotions in recreation and leisure services

Content:

- Research on positive psychology and its relevance to therapy.
- Techniques for integrating positive emotion into client interactions.
- Measuring the impact of positive emotion-based interventions.

Activities:

- **Expert Lecture:** Presentation by Dr Jared Allsop on the science of positive emotions.
- **Application Workshop:** Develop a program that incorporates positive emotion strategies
- **Q&A and Reflections:** Discuss challenges and opportunities in applying these techniques

18th/19th September

Interim Report on Reablement Project at Conference

Learning Outcomes:

- Analyse preliminary findings from the reablement project
- Discuss implications for future practice in recreation and leisure services.

Content:

- Key insights and data from the reablement project.
- Challenges and successes encountered during the implementation.
- Recommendations for enhancing project outcomes.

Activities:

- **Presentation:** Overview of the interim findings from the project
- **Group Discussion:** Explore implications for individual practices
- **Feedback Session:** Provide input on how the project can evolve

Wed 26th November; 1pm -3pm Leisure Education

Dr Nicole Peel, Western Sydney University

Learning Outcomes:

- Understand the concept and value of leisure education in various client populations.
- Develop leisure education interventions to enhance client engagement and well-being.

Content:

- Overview of leisure education principles.
- Strategies for teaching leisure skills and fostering participation.
- Case studies demonstrating the impact of leisure education.

Activities:

- **Interactive Lecture:** Explore theory and examples of leisure education.
- **Design Workshop:** Create a leisure education program for a specific population.
- **Role-Play:** Practice delivering a leisure education session