



TRALI SPRING SEMINAR
WEDNESDAY,
NOVEMBER 8, 2017

8:45 REGISTRATION
PRESENTERS:

Karen Nash, CTRS

Karen was the former Director of Therapeutic Recreation at Gurwin. She is an adjunct professor at Columbia University Teacher College, St. John's University, Suffolk Community College and the New York Institute of Technology. She is a published author and presenter.

Webb Garrison, Ph.D. is a Clinical Psychologist who has been practicing and teaching for over 20 years. In this time, he has worked in a variety of settings including community mental health, psychiatric hospitals, child welfare, skilled nursing and rehabilitation and private practice and has taught at both undergraduate and graduate levels. He currently works for IPC Healthcare, serving at Carillon Nursing and Rehabilitation Center and Gurwin Jewish Fay J. Lindner Residences.

**Domenico's of Levittown
3270-A Hempstead Turnpike
Levittown, NY 11756**

From the Southern State Parkway:

Take the Southern State Parkway to Wantagh Parkway North (Exit 27N). Continue on the Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway make a left at the Stop Sign and a right onto Hempstead Turnpike at the traffic light. Continue on Hempstead Turnpike approximately 1 mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.

From the Northern State Parkway:

Travel on the Northern State Parkway to Wantagh Parkway South (Exit 33). Continue on Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway, bear right and then turn right at the first light onto Hempstead Turnpike. Continue on Hempstead Turnpike, approximately 1 mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.

From the Long Island Expressway:

Take the Long Island Expressway to the Seaford Oyster Bay Expressway South (Exit 44 S). Exit the Seaford Oyster Bay Expressway at Hempstead Turnpike going West (Exit 7W). Continue West approximately 1.5 miles and look for the King Kullen Shopping Center, located at the Gardiner's Avenue Intersection. Turn left onto Gardiners Avenue and stay in the right lane. Turn into the King Kullen Shopping Center, where Domenico's is located in the southwest corner.



<http://trlongisland.org/>

QUESTIONS???

Please e-mail Teresa at tsawicki@whiteoaksrehab.com at least one day prior to conference.

trlongisland.org

**TRALI
FALL
SEMINAR
2017**



DATE:
Wednesday, 11/8/17
TIME: 8:45AM
Domenico's of Levittown
3270-A Hempstead
Turnpike
Levittown, NY 11756

TRALI FALL SEMINAR

8:45 Registration

9:00-12:00 .3 CEUs

FKW-Foundation Knowledge, PTR-Practice of TR/RT

Speaker: Karen Nash, CTRS

Topic: “Non-Pharmacological Interventions for Disruptive Behaviors”.

Learning Objectives:

- Participants will be able to address an effective assessment process and treatment plan for various types of dementia
- Learn the causes and identify the symptoms of various types of dementia
- Identify effective verbal and non-verbal communication strategies, including behavior modules for disruptive behaviors
- Focus affirm the value/benefits that therapeutic recreation and therapeutic activities provide.

Understanding Behavior

Discuss how to understand behavior and the factors that influence behavior; including environmental factors. Review and identify possible risk factors that contribute to behaviors, differentiate physical non-aggressive and physical aggressive behaviors, and discuss appropriate interventions that can be utilized with residents. Determine how to recognize and quantify benefits to residents and the facility, as well as ways to monitor program effectiveness.

Discuss effective verbal and non-verbal communication strategies for staff working with residents with dementia.

Discuss and identify specific therapeutic recreational programs that can be utilized to reduce behaviors and the use of anti-psychotics.

12:00-1:00 Lunch

1:00-4:00 .3 CEUs

“FKW-Foundation Knowledge, PTR-Practice of TR/RT

Speaker: Webb Garrison, PhD.

Topic: “Finding Care and Health In the Midst of Healthcare”

The Current Healthcare Environment

- The role of oversight by multiple layers of hierarchy, decision makers are not providing direct service; focus on minimizing liability, minimizing cost.
- Diagnosis (labeling others), managing behaviors, managing illness, paperwork.

Realities of Stress:

- Symptoms of Stress (physiological, cognitive, emotional, behavioral)
- Cost of Stress (Developing disease, indulging, poor coping mechanisms, negative effects on relationships)
- Sources of Stress (Personal, Familial, Financial, Professional, Coworkers, Others from different departments, Families of Patients, Patients themselves).

The Centrality of Self-Care

- being more capable of taking care of others’ needs than taking care of our own.
- beware of poor substitutes for self care: addictions,

compulsive behaviors (overeating, alcohol and drug use, overspending).

Self-Care Practices (The Creative/Expressive and The Observing/Receptive)

- The role of creativity in self-care..
- _Forms of creativity (music, art, writing, dance, athletics, cooking).
- _Activities and Practices that Integrate Creative/Expressive and Receptive (Group Activities, Interactive forms of Entertainment, Concerns, Engaging Nature, Theatrical Productions)

The Importance of Positive Relationships in Health and Balanced Living.

-Distinction between experiencing others as objects and engaging them as subjects.

_The importance of finding positive avenues for discussing professional challenges.

-There can be a fine line between communicating about challenges and engaging in negative, objectifying communication (aka gossip).

-The importance of attunement to self and other in maintaining balanced relationships.

5 Minute Break

Experiential Exercises:

Guided visualization:

This exercise will involve a 15 minute guided visualization followed by drawing a picture. Participants will pair into dyads to share their pictures with each other.

Active Listening/Attunement Exercises:

Speaker, Listener Observer

In this exercise participants will be divided into triads. Participants will take turns as a designated speaker, listener and observer and discuss their thoughts/reactions.

Total .6 CEUs