

Recreational Therapist Job Description

Duties and Responsibilities:

- Organize therapy sessions to interact with patients and proffer recommendations for physical and mental wellness
- Develop and implement rehabilitation programs to help patients adjust to a disability or illness
- Ensure treatment plans are suitable for patients' physical condition and are in accordance with their preferences
- Monitor and keep track of patient's progress to modify treatment program as necessary
- Obtain and review patient's medical records to assess patients abilities, interests, and needs
- Provide health tips to patients and their families on leisure activities and lifestyle changes necessary for improved health conditions
- Organize and lead patients in recreational activities such as art, sports, music or dance
- Liaise with other health care professionals to plan and evaluate therapy programs
- Help patients develop skills useful in participating in leisure exercises
- Maintain accurate record of patient information, treatment program and recovery progress
- Prepare and present reports to treatment team to highlight patients response to therapy
- Reassure patients and provide them emotional and psychological support during treatment
- Assist patients in building confidence and socializing with people
- Help people with new disabilities to reintegrate into the society and adapt to activities such as using public transportation and playing video games
- Proffer recommendations useful in overcoming depression and anxiety.

Recreational Therapist Requirements – Skills, Knowledge, and Abilities

- **Education and Training:** To become a recreational therapist, you require a Bachelor's degree in any of leisure studies, psychology, or recreational therapy, or in a related field. A Master's degree is necessary to function as an art or dance therapist. Recreational therapists usually embark on an internship program to gain useful job experience. Many employers require recreational therapists to be certified by the National Council for Therapeutic Recreation Certification (NCTRC)
- **Listening Skill:** Recreational therapists are adept at listening and communicating with patients to identify their interests
- **Critical thinking skill:** They are able to develop suitable leisure activities for physically and mentally impaired patients
- **Compassion:** They are empathic towards disabled patients thus are able to offer them emotional support.