

## THERAPEUTIC RECREATION

A health promotion profession



## Therapeutic Recreation

Therapeutic recreation typically focuses on **using planned and purposeful leisure activities as interventions** to assist people with disabilities and illnesses to break down barriers which impede their leisure lifestyle. Focus on:

- **Improvement in functional skills**
- **Education on the importance and role of leisure**
- **Opportunities for practice, application and expression** of leisure interests

### What does a TR Practitioner do?

**Assess, plan, implement, and evaluate** clients, programs and services. Clients include children, adolescents, adults, and older adults who experience a barrier to a healthy leisure lifestyle.

TR practitioners work with individuals and groups in community, residential, agency or institutional settings

## Douglas College TR Programs

At Douglas College, we offer two TR credentials:

- **Bachelor in Therapeutic Recreation**—four years full-time (121 credits)
- **Diploma in Therapeutic Recreation**—two years full-time (61 credits)
- **Entry pathways**
  - Full time and Part time
  - 3rd Year entry into BTR with a related credential
- Academic eligibility for the National Council for Therapeutic Recreation Certification (NCTRC) professional designation.





## Admission Requirements

- Douglas College general admission requirements
- English 12 with a “C” or higher (or an approved substitution)
- 45 hours of volunteer or paid experience in a TR setting
- Letter of intent
- Resume and Eligibility form
- Medical Suitability Self-Declaration
- A criminal record check (only once a seat offer is made)

Attend an **INFORMATION SESSION** to learn more

To register go to:

[www.douglascollege.ca/info](http://www.douglascollege.ca/info)



**Douglas College**  
had a 100% pass rate at  
the last certification  
exam update -  
**January 2017**  
The international average—  
**84%**

Please contact us at:

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or

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Therapeutic Recreation—Douglas College

@TherapeuticRec