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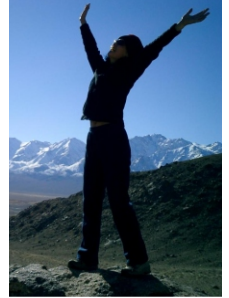
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Building a Life of Meaning: The Role of Recreation Therapy in Supporting Well-Being



Outline:

All people, regardless of ability or disability, desire a life of meaning. Like us, the people we work with want to build a life of fulfillment and engagement; they want to feel their lives have purpose and value; they want to experience happiness and a sense of connection to others; and they want to feel that they are powerful agents in their own lives. Recreation Therapy professionals have an important part to play in supporting clients in building a life of meaning and leisure. This session will describe how recreation therapy supports well-being and how professionals can enhance their own sense of well-being.

Tuesday, February 5, 2008
Lunch 11:30 a.m. (Provided by Homewood)
Presentation 12 noon to 1:00 p.m.
Homewood Lecture Theatre,
150 Delhi Street, Guelph

Please RSVP by Friday, February 1, 2008
to: Cathy Barber (519) 824-1010, ext. 2213

Presenter



Colleen Deyell Hood, Ph.D., CTRS
Associate Professor and Chair,
Department of Recreation and
Leisure Studies, Brock University

This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons Canada. Twenty-five percent of the time for these rounds will be devoted to interactive learning.

Educational Objectives

- (1) Participants will be able to describe the value of focusing on positive emotion and experience for client well-being.
- (2) Participants will be able to describe the importance of focusing on client capacities in addition to addressing client problems.
- (3) Participants will be able to articulate the central role of leisure experience in supporting clients to develop social agency and well-being.



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