



American Brain Tumor Association

THERAPEUTIC RECREATION

What do a musical instrument, a gardener's shovel and an artist's paintbrush have in common? These are some of the many tools that are utilized in therapeutic recreation services. According to the American Therapeutic Recreation Association (ATRA), therapeutic recreation services, also referred to as recreational therapy, use art, nature/gardening, music, and dance to help individuals with an illness or disabling condition, improve functioning and/or attain independence, health and well being. Recreational therapists are trained, certified, licensed and/or registered to practice these services and can be found in a number of different settings. Some of these settings include: hospitals, rehabilitation centers, skilled nursing facilities, assisted-living facilities, school districts, community centers, and park districts. Recreational therapists work in collaboration with physicians, nurses, social workers, psychologists, physical therapists and occupational therapists.

Some therapeutic recreation services include: animal-assisted therapy, art therapy, dance therapy, drama therapy, horticultural therapy, music therapy, therapeutic humor and recreation/sports. Given that there are a wide variety of services available, it can be difficult to decide where to begin. Talk with a recreational therapist to start brainstorming. What are some activities that bring you joy? Are there any activities that you have always wanted to try? Which activities are you still able to participate in?

We have listed a number of organizations that provide information and/or have professionals trained to address or provide therapeutic recreation services. Contact each organization directly to learn more about programs and services in your local area. By participating in something new, we hope that you will feel encouraged, inspired and rejuvenated. Please contact the American Brain Tumor Association at 800-886-2282 if you have questions or are in need of further assistance.

ANIMAL-ASSISTIVE THERAPY (AAT)

DELTA SOCIETY

425-679-5500

www.deltasociety.org

The Delta Society is an international organization which promotes the human-animal bond. Their mission is to improve human health through service and therapy animals. This organization offers a number of different programs which include Animal-Assisted Therapy (AAT). According to the Delta Society, AAT is a goal-directed intervention where an animal is an integral part of the treatment process. AAT is designed to promote improvements in human physical, social, emotional and/or cognitive functioning. AAT can be provided to individuals and/or groups and can be provided in a variety of settings.

THE HUMANE SOCIETY

www.hsus.org

The Humane Society is the largest and most powerful animal protection organization in the United States. The Humane Society provides a variety of information which includes information on Animal-Assisted Therapy. To locate your regional office, visit the website's homepage.

THERAPY DOGS, INC.

877-843-7364

www.therapydogs.com

Therapy Dogs Inc. provides registration and support for members who are involved in volunteer, animal-assisted activities. The objective is to form a network of caring individuals who are willing to share their animals and bring joy to others. Therapy Dogs, Inc. offers a quarterly newsletter and a comprehensive bibliography list of books available on pet therapy.

THERAPY DOGS INTERNATIONAL, INC (TDI)

973-252-9800

www.tdi-dog.org

Therapy Dogs International, Inc (TDI) is a non-profit, volunteer group that provides qualified handlers and their therapy dogs for visitation. The primary goal of TDI is to provide comfort and companionship. Contact TDI directly for more information and/or to locate a program in your area.

ART THERAPY

AMERICAN ART THERAPY ASSOCIATION, INC. (AATA)
888-290-0878

www.arttherapy.org

The American Art Therapy Association, Inc. is a national, non-profit organization that is dedicated to the belief that the creative process involved in art-making is healing and life enhancing. To locate your state chapter and an art therapist in your state, visit the website's homepage.

ARTS AND HEALING NETWORK

www.artheals.org

Arts and Healing Network is an international online resource which celebrates the connection between art and healing. This website provides a number of links to different art organizations, artists, books, videos/DVDs, classes and workshops. Arts and Healing Network also offers an art and healing center forum and several blogs that feature the work of healing artists.

VSA ARTS

800-933-8721

www.vsarts.org

VSA Arts is an international non-profit organization for individuals with disabilities which offers programs in art, music, drama, dance and creative writing. VSA Arts administers a number of different programs through a network of local, state and international organizations and affiliates. VSA Arts also provides educators with resources and tools to support art programming in the community.

BIBLIOTHERAPY

HEALING STORY ALLIANCE (HSA)

www.healingstory.org

The purpose of HSA is to promote the use of story-telling (bibliotherapy). HSA provides access to stories on a variety of topics such as peace, self and community, and children in crisis. Visitors to the website are able to discuss these stories by posting comments/opinions. Also provides an email listserv, searchable resource database and links to other creative arts websites.

CINEMA THERAPY

CINEMATHERAPY.COM

925-376-8359

www.cinematherapy.com

Cinematherapy.com is a website dedicated entirely to cinema therapy. According to the website, cinema therapy can be a powerful catalyst for healing and growth and can provide inspiration and emotional release. The website offers a FAQ section, movie reviews and guidelines for choosing and watching films. There is also a cinema therapy listserv and bibliography list available. Personal stories inspired by movies can be submitted to the website as well.

DANCE THERAPY

AMERICAN DANCE THERAPY ASSOCIATION (ADTA)

410-997-404

www.adta.org

As defined by the ADTA, dance/movement therapy is the psychotherapeutic use of movement as a process which furthers the emotional, social, cognitive and physical integrations of the individual. ADTA provides a wide variety of information on dance/movement therapy which includes an FAQ section, research section and bibliography listing. ADTA also offers a number of publications and a listserv.

DRAMA THERAPY

NATIONAL ASSOCIATION FOR DRAMA THERAPY
(NADT)

571-333-2991

www.nadt.org

NADT is a non-profit organization that is dedicated to promoting the profession of drama therapy through information and advocacy. According to NADT, drama therapy is the systemic and intentional use of drama/theatre processes and products to achieve the therapeutic goals of symptom relief, emotional and physical integration and personal growth. On the NADT website, there is a FAQ section to learn more about drama therapy. NADT also offers a listserv and comprehensive bibliography list. Contact NADT directly to locate a drama therapist in your local area.

HORTICULTURAL THERAPY

AMERICAN HORTICULTURAL THERAPY ASSOCIATION (AHTA)

800-634-1603

www.ahta.org

AHTA is the only U.S. organization that focuses on the promotion and development of horticultural therapy programming. According to AHTA, horticultural therapy is the engagement of a person in gardening-related activities, facilitated by a trained therapist to achieve specific treatment goals. On AHTA's website, there is an informative FAQ section as well as a number of publications available. AHTA also has state chapters throughout the United States.

GARDENING FOR GOOD

508-801-8473

www.gardening4good.org

Gardening for Good is a national, non-profit organization that serves as an educational resource for professionals, individuals and caregivers which provides ideas and programs that help older adults continue to enjoy nature and gardening. Gardening for Good provides suggestions/ideas for garden therapy programs, an email newsletter and workshops/events.

MUSIC THERAPY

AMERICAN MUSIC THERAPY ASSOCIATION (AMTA)

301-589-3300

www.musictherapy.org

AMTA's mission is to advance public awareness about the benefits of music therapy and to increase access to music therapy services. AMTA describes music therapy as an established healthcare profession that uses music to address the physical, emotional, cognitive and social needs of individuals of all ages. Music therapy can help to promote wellness, manage stress, alleviate pain and express feelings. AMTA's website provides a FAQ section, fact sheets on the effects of music therapy on specific populations and research bibliographies. Contact AMTA directly to locate a music therapist in your local area.

POETRY THERAPY

NATIONAL ASSOCIATION FOR POETRY THERAPY (NAPT)

866-844-NAPT

www.poetrytherapy.org

NAPT is a world-wide community of poets, writers, journal keepers, helping professionals and educators. According to NAPT, poetry therapy encompasses bibliotherapy (the interactive use of literature), journal-therapy (the use of life-based reflective writing), therapeutic story-telling, the use of film in therapy and other language-based modalities. NAPT offers several publications which includes an online newsletter. The NAPT website also provides links to NAPT members, poetry resources, and other creative arts organizations.

THERAPEUTIC HUMOR

ASSOCIATION FOR APPLIED AND THERAPEUTIC HUMOR (AATH)

888-747-2284

www.aath.org

AATH is a national, non-profit organization which focuses on advancing the understanding and application of humor and laughter for their positive benefits. According to AATH, therapeutic humor is any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life's situations. Therapeutic humor may be used as a complementary treatment of illness to facilitate healing or coping, whether physical, emotional, cognitive, social or spiritual.

THE CANCER CLUB

800-586-9062

www.cancerclub.com

The Cancer Club is the first organization to offer hope and support to cancer patients, their families and friends through the healing power of humor. The Cancer Club offers a free e-newsletter, humorous cartoons/books and an inspirational section called, Attitudes.

THE HUMOR COLLECTION

919-544-2370

www.thehumorcollection.org

The Humor Collection is a clearinghouse of humor resources that is dedicated to promoting humor and happiness in health care, in the community and in personal lives. The website was created by a cancer survivor and includes information on movies, tapes, CD's, radio programs and books. The website also includes articles on health and humor and links to other organizations/humor resources.

RECREATION/ SPORTS

AMERICAN THERAPEUTIC RECREATION ASSOCIATION (ATRA)

601-450-2872

www.atra-online.com

ATRA is the largest national membership organization that represents the interests and needs of recreational therapists. According to ATRA, therapeutic recreation remediates or rehabilitates in order to improve functioning, independence, health and well-being. ATRA's website provides articles about therapeutic recreation and a FAQ section. ATRA also offers a number of publications, a blog and links to other recreational therapy organizations.

DISABLED SPORTS USA (DS/USA)

301-217-0960

www.dsusa.org

DS/USA's mission is to provide an opportunity for individuals with disabilities to gain confidence and dignity through participation in sports/recreation. DS/USA is a nationwide network of community based chapters which offer a wide variety of recreation programs to anyone with a permanent disability.

NATIONAL ALLIANCE FOR ACCESSIBLE GOLF

703-234-4136

www.accessgolf.org

The mission of the National Alliance for Accessible Golf is to ensure the opportunity for all persons with a disability to fully engage in a game of golf. The Alliance offers a toolkit for golf owners, operators and golfers and offers a program called GAIN. GAIN (Golf: Accessible & Inclusive Networks) is a national research and development project funded through the U.S. Golf Association Foundation, the PGA tour and the PGA of America Foundation. GAIN involves individuals with disabilities in the physical game of golf and in the social and community aspects of the game.

NATIONAL SPORTS CENTER FOR THE DISABLED
(NSCD)

970-726-1540 or 303-316-1540

www.nscd.org

NSCD's mission is to provide quality outdoor sports and therapeutic recreation programs that positively impact the lives of people with physical, cognitive, emotional or behavioral diagnosis. NSCD is one of the largest outdoor therapeutic recreation agencies in the world. Specially trained NSCD staff teaches a variety of winter and summer sports/activities to individuals with disabilities. Provides links to adaptive sports programs in your state. On the website homepage, click "Links & Resources." Then click the link to locate a local program.

NATIONAL THERAPEUTIC RECREATION SOCIETY (NTRS)
NATIONAL RECREATION AND PARK ASSOCIATION

703-858-0784

ntsrnpa@nrpa.org

www.nrpa.org

The National Therapeutic Recreation Society is a branch of the National Recreation and Park Association. NTRS specializes in the provision of therapeutic recreation services for persons with disabilities in clinical facilities and in the community. NTRS provides articles about therapeutic recreation, an e-newsletter and a therapeutic recreation journal.

UNITED STATES ASSOCIATION OF BLIND ATHLETES
(USABA)

719-630-0422

www.usaba.org

USABA is a community based organization of the US Olympic Committee that provides athlete and coach identification and support, program and event management and international representation. The mission is to increase the athletic opportunities for Americans who are blind or visually impaired. Provides links to sports education camps, sports events and scholarship information.

This information is not intended as a substitute for professional medical advice and does not provide advice on treatments or conditions for individual patients. All health and treatment decisions must be made in consultation with your physician (s), utilizing your specific medical information. The American Brain Tumor Association does not endorse any of the organizations listed or guarantee that individuals will qualify for the services they provide. Please contact each organization for their specific guidelines.

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