Building Your Strengths as a Recreational Therapist

The hibiscus is bold and beautiful. It is highly therapeutic in many forms, but it requires care to grow well.

Anderson & Heyne 2018
Overview

1. Assess your strengths-based practices
2. Strategies to build your strengths
3. “My Letter from the Future”
4. Application of your strengths-based practice
5. Discussion and questions

Be the change you want to see in the world. ~ Mohandas Gandhi

Anderson & Heyne 2018
Assess your strengths-based practices!

Anderson & Heyne 2018
Strengths-Based Practice

Empowerment

Cultural Competence

Sensitivity and Knowledge

Relationship and Support

Anderson & Heyne 2018
Strategies to Build Your Strengths

Anderson & Heyne 2018
**Strategy #1**

Know and use your strengths and virtues in practice

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Head Strengths)</td>
<td>(Heart Strengths)</td>
<td>(Strength of Others)</td>
</tr>
<tr>
<td>Curiosity</td>
<td>Valor</td>
<td>Kindness</td>
</tr>
<tr>
<td>Love of learning</td>
<td>Perseverance</td>
<td>Loving</td>
</tr>
<tr>
<td>Judgment</td>
<td>Integrity</td>
<td>Social intelligence</td>
</tr>
<tr>
<td>Ingenuity/creativity</td>
<td>Zest/vitality</td>
<td></td>
</tr>
<tr>
<td>Perspective</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Community Strengths)</td>
<td>(Strength of Self)</td>
<td>(Strengths of Spirit)</td>
</tr>
<tr>
<td>Citizenship</td>
<td>Self-control</td>
<td>Appreciation of beauty</td>
</tr>
<tr>
<td>Fairness</td>
<td>Prudence</td>
<td>Gratitude</td>
</tr>
<tr>
<td>Leadership</td>
<td>Humility</td>
<td>Hope</td>
</tr>
<tr>
<td></td>
<td>Forgiveness</td>
<td>Spirituality</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Humor</td>
</tr>
</tbody>
</table>

Anderson & Heyne 2018

---

- Curiosity
- Love of learning
- Judgment
- Ingenuity/creativity
- Perspective
- Valor
- Perseverance
- Integrity
- Zest/vitality
- Kindness
- Loving
- Social intelligence
- Citizenship
- Fairness
- Leadership
- Self-control
- Prudence
- Humility
- Forgiveness
- Appreciation of beauty
- Gratitude
- Hope
- Spirituality
- Humor
Strategy #2

Know and use professional ethics
Strategy #3

Know and use the body of knowledge

Anderson & Heyne 2018
Strategy #4

Know and use standards of practice

Anderson & Heyne 2018
Strategy #5

Assure your competence to others

Anderson & Heyne 2018
Strategy #6

Continue to grow as a professional

Anderson & Heyne 2018
Strategy #7

Network and develop professional support systems

Anderson & Heyne 2018
My letter from the future

Worksheet 16.13

My Letter from the Future

Write a letter to yourself that describes you as a therapeutic recreation specialist five years from now. Ask yourself:

What would be my best possible future as a therapeutic recreation specialist? What does my future look like? What am I doing? What philosophy do I use in my practice? What other dreams do I have about being a therapeutic recreation professional?

Date:

Dear (your name),
Application of your strengths-based practice

1. What are the most valuable things you learned about the strengths approach today?
2. How can you apply them to your practice?

*Please share your answers at your table*

Anderson & Heyne 2018
Discussion and Questions

Anderson & Heyne 2018
"One evening an old Cherokee told his granddaughter about a battle that goes on inside people.

"He said, 'My child, the battle is between two wolves inside us all. One is Negativity. It's anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate. The other is Positivity. It's joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and, above all, love.'

"She thought about it for a minute and then asked her grandfather: 'Which wolf wins?' The old Cherokee simply replied, 'The one you feed.'"
Strengths-Based Therapeutic Recreation Resources List


Anderson & Heyne 2018


**Internet Resources:**

Authentic Happiness, University of Pennsylvania: [www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu)

Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School: [umassmed.edu/cfm/](http://umassmed.edu/cfm/)

Gratitude Revealed: [http://gratituderevealed.com/](http://gratituderevealed.com/)

Greater Good Science Center: [http://greatergood.berkeley.edu/](http://greatergood.berkeley.edu/)

National Center for Complementary and Integrative Health: [https://nccih.nih.gov/](https://nccih.nih.gov/)

Positive Emotions and Psychophysiology Laboratory: [http://www.unc.edu/peplab/home.html](http://www.unc.edu/peplab/home.html)

Positive Psychology Center: [http://www.positivepsychology.org/](http://www.positivepsychology.org/)

VIA Institute on Character: [www.viaclass.org](http://www.viaclass.org)

**Video Resources:**

Aimee Mullins, My 12 Pair of Legs: [http://www.ted.com/talks/aimee_mullins_prosthetic_aesthetics](http://www.ted.com/talks/aimee_mullins_prosthetic_aesthetics)


Flame, the Band: [http://www.flametheband.com/](http://www.flametheband.com/)