

CTRAC Certification Body of Knowledge

1. Advancement of Therapeutic Recreation/Activities Profession	2. Documentation
a. Professionalism	a. Assessments/Reassessments
b. Promotion of Therapeutic Recreation/Activities	b. Accreditation—JC, CARF, CMS
c. Publication	c. Evaluation of Progress Treatment
d. Professional Standards	d. Progress Notes/Charting
e. Ethical Guidelines	e. Comprehensive Plans
f. Knowledge of Professionals Associations and Organizations	f. Recovery
g. Scope	g. Treatment Care
	h. Palliative
	i. Individualized Intervention Plans
3. Human Development	4. Management and Leadership
a. Human Development and Growth throughout the Lifespan	a. Employee/Volunteer Management: <ul style="list-style-type: none"> • Interviewing • Hiring • Retention • Development • Recognition • Job Description • Team Building • Evaluation • Termination
b. Wellness Components	b. Developing Policy and Procedure
c. Leisure and Aging	c. Time Management
d. Theories of Behavioral Change	d. Financial Management
e. Stages of Change	e. Quality Improvement
f. Adaptive Communications	f. Grant Writing
g. Development vs Chronological Ages	g. Risk Management/Incident Reporting
	h. Consumer Rights
	i. Federal and State Regulations
	j. Community Partnerships
5. Clients Served with Challenges	6. Therapeutic Program Development and Implementation
a. Cognitive	a. Individual and Group Development
b. Physical	b. Activity Analysis
c. Social	c. Participant Analysis
d. Emotional	d. Individual and Group Programs
e. Psychological	e. Implementation
f. Mental Health	f. De-escalation

Clients Served with Challenges Cont.’	Therapeutic Program Development and Implementation Cont.’
g. Addictions	g. Motivation
h. Forensics	h. Redirection
i. Sex Offenders	l. Barriers That Impact Leisure Barriers
j. Diversity Factors (e.g. Social, Cultural, Educational, Economic, Geographical, Age, Ethnic, Gender)	j. Medication
k. Senior Adults 65+	k. Diets
l. Adults 18-65	l. Adaptations and Modification
m. Adolescence 13-17	m. Special Events
n. Children 0-12	
o. Veterans	
p, Youth at Risk	
q. Visual Impairments	
r. Hearing Impairments	
s. Hospice Care	
7. Treatment Modalities	8. CTRAC Certified Instructors “ONLY”
a. Leisure Education	a. Long-term Care
b. Adaptive Activities	b. Teaching Adults
c. Arts and Crafts	c. Learning Styles
d. Games and Sorts	d. Texas Administrative Code
e. Sensory Stimulation and Integration	e. State and Federal Regulations related to Recreation and Activity Professionals
f. Experiential Intervention <ul style="list-style-type: none"> • Art • Dance and Movement • Equine Activities • Aquatics • Drama • Humor • Animal Assisted Activities 	f. Technology
g. Discharge Planning	