

CTRAC Certification Body of Knowledge

(Approved 1/26/2025)

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 Treatment Outcomes
d. Professional Standards	d. Progress Notes/Charting
e. Ethical Guidelines	e. Comprehensive Plans
f. Job Analysis	f. Discharge Planning
	g. Treatment Care
	h. Person Centered / Driven Intervention Plans
3. Human Development	4. Management and Leadership
a. Human Development and Growth throughout person's Lifespan	a. Employee/Volunteer Management: <ul style="list-style-type: none"> ○ Interviewing ○ Hiring ○ Retention ○ Development ○ Recognition ○ Interactional Behaviors ○ Job Description ○ Team Building / Collaboration ○ Evaluation / Performance Plan ○ Termination / Transition
b. Wellness Components	b. Developing Policy and Procedure (Person Centered / Trauma Informed)
c. Leisure and Aging	c. Time Management
d. Theories of Behavioral Change	d. Financial Management
e. Stages of Change	e. Grant Writing
f. Adaptive Communications	f. Community Partnership
g. Intellectual vs Chronological Ages	g. Mind Mapping
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 / Co-regulation Approaches

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Clients Served with Challenges Cont.’	Therapeutic Program Development and Implementation Cont.’
g. Addictions, Co-Occurring (w/ MH, IDD) & Relapse /Lapse	g. Motivation (intrinsic, extrinsic)
h. Forensics	h. Redirection, Facilitation
i. Victim / Offender of Crimes	i. Challenges to Pursuing Leisure
j. Diversity Factors (e.g., Social, Cultural, Educational, Economic, Geographical, Age, Ethnic, Gender)	j. Adaptations, Modification & Transitions
k. Senior Adults 65+	k. Special Events / Project Oriented
l. Adults 18-65	l. Engagement, Connecting & Empowerment
m. Adolescence 13-17	m. Person-Centered, Patient Driven Recovery Approach
n. Children 0-12	
o. Veterans	
p. Youth at Risk	
q. Visual Impairments	
r. Hearing Impairments	
s. Hospice Care/Palliative	
t. Recovery	
u. Trauma Informed Care/Recovery	
v. Dementia / Alzheimer’s	
7. Treatment Modalities	8. CTRAC Certified Instructors “ONLY”
a. Leisure Education	a. Long-term Care
b. Adaptive Activities	b. Teaching Adults
c. Arts or Crafts	c. Learning Styles
d. Games and Sports	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"> o Art o Dance and Movement o Equine Activities o Aquatics o Drama o Humor o Animal Assisted Activities o Music 	f. Technology
g. Discharge Planning	
h. Palliative Care	