

2016 Conference Recording

“T16 - Growing Gratitude: Using Positive Psychology in TR Practice for Persons with Mental Illness”

Objectives:

1. Identify at least 2 evidence-based gratitude interventions that contribute to personal well-being.
2. Identify at least 3 benefits of cultivating gratitude in a person's life.
3. Demonstrate understanding of an evaluation tool used to measure subjective gratitude as judged by self-assessment activity.
4. Formulate 1 suggestion for the application of a gratitude strategy in TR practice as judged by group discussion.

Session Description:

Based on theories and interventions rooted in positive psychology and therapeutic recreation, Growing Gratitude is a locally designed 4-session leisure education program for persons in an acute mental health setting. Participants will learn about the benefits of gratitude and will have an opportunity to review the components of each session including module content, evidence-based gratitude interventions, and differentiated learning opportunities through the use of technology, discussions and activities. The presentation will include an overview of a pre and post subjective gratitude measure which is utilized as means to evaluate this program. Furthermore, the presenters will discuss how TR professionals can use gratitude and gratitude-based interventions within their practice as a means to increase participant well-being.

Presenters:

Jackie Frail, R/TRO, Niagara College

Megan Campbell, St. Joseph's Healthcare Hamilton

PCCs:

- Pre-approved for 1 professional contribution
- [Purchase a PCC Transcript](#) at the TRO Store in advance and follow the login and post-test instructions

CEUs

NCTRC Pre-Approved for Job Analysis Areas:

- Foundational Knowledge
- Implementation

Register:

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