

Recreational and  
crafts – is a creative



**ASSIGN  
BUSTER**

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Recreational Therapy (RT) Modalities

There are five possible modalities for addressing anxiety. They include anger management, animal-assisted therapy, art and crafts, aquatics, and sensory stimulation. Anger management - involves the process of an individual learning to identify symptoms that they are becoming angry, and taking an action(s) to calm down and deal with the presenting issue in a different fashion. According to Robertson & Long (2008), an individual learns, rehearses, and applies effective thinking strategies in social situations. Arts and crafts - is a creative expressive therapeutic intervention in which paintings, drawings, sculptures, photography, and digital arts, are used in the therapeutic process. This allows the patient to express himself/herself, develop leisure skills, and experience personal achievement (Robertson & Long, 2008).

Aquatics - is a physical activity therapy in which patients perform exercises in water to relax and become fit, among other therapeutic advantages. An aquatic therapist uses this approach to assist the patient to achieve his or her therapeutic goals (Robertson & Long, 2008). Sensory stimulation -

This modality involves the use of pleasurable activities such as home videos to stimulate the mind (Robertson & Long, 2008). Even so, the best modality for the disabling condition is animal-assisted therapy. Animal-assisted therapy is a nature-based intervention that involves the use of animals to achieve the goals of positive social, emotional, and/or cognitive functioning of the patient (Robertson & Long, 2008). It emerged from the belief that animals have supernatural powers and spirits. The earliest form of AAT was used in

the 18th century by William Tuke in England (Serpell, 2000). Since then, animals, such as horses, birds, dolphins, cats, and more so, dogs, are used during this form of intervention to educate and motivate the patient.

Sigmund Freud, for instance, kept dogs for his psychoanalysis (Coren, 2010). Florence Nightingale also appreciated the use of pets for healing. Significant studies show that this form of therapy is effective for patients suffering from chronic anxiety disorders (Giuliana & Jacquemetta, 2017; Leslie et al.

, 2014; Baker & Dawson, 1998) **APIE Process for animal-assisted therapy**  
**Assessment** For animal-assisted therapy, there are particular behaviors, attitudes, and skills that the patient must have to maximize the benefits of this therapy. For instance, the patient must have a liking of animals, say a dog, and be able to stand and walk with the animal. This establishes the foundation for planning, implementation, and assessment of the therapeutic intervention. **Planning** During planning, the therapist and the client outline the goals, objectives, content, and processes for implementation and evaluation. The goal of therapy may include but not limited to relieving stress and personal care (Robertson & Long, 2008).

**Implementation** In the implementation stage, a therapeutic relationship is established, and the therapist creates a safe environment to facilitate and supervise AAT in light of achieving the objectives. **Evaluation** Finally, the data of client's progress is collected and assessed for subsequent decision-making.

This may include changing the program or intensifying it. **Specific**

**Activities** Talking to the animal - allows the patient to express his or her emotions and fears to address her worries, grief, and isolation. **Park Walk** -

allows the patient to stroll with a confidant in places they dread to ease his or her anxiety. Doggie soccer game - allows the patient to engage in a game like doggie soccer to increase his or her focus and attention, and experience a greater sense of control and teamwork. Pet feeding - allows the patient to feed the animal to increase the sense of self-sacrifice, trust, and reduce isolation. Pet sitting - allows the patient to take care of the animal, increasing his or her sense of responsibility, enhanced problem-solving, and teamwork.

#### Activity Description and Activity Analysis Form & Summary Playing Doggie

Soccer Doggie soccer game can be one of the most effective ways of reducing anxiety. The therapist use a typical Golden Retriever to engage the patient in doggie soccer games. This breed of dogs is known to be patient, loves work, and is keen on tasks (Coren, 2000). They are sociable, calm, and willing to learn.

The purpose of doggie soccer is to increase the patient's aerobic capacity, improve cardiovascular health, build strength and flexibility, promote coordination and teamwork, enhance thinking, enhance concentration, and promote self-discipline. The goal of the game is to score a goal (Bindoff, 2011). The game entails teaching the dog to toss the ball around using its paws. In fact, the dog can be taught to score a goal by pushing a ball towards the goal line using its snout. While the game is played on the playing ground, it can be done indoor but the patient controls the ball. There might not be goal posts indoor; buckets can be set up to serve the purpose of a goal post.

Apparently, dogs like biting and may end up biting the ball. The dog should be encouraged to bite and nose the ball, and be allowed to achieve

the desired behavior (scoring a goal) (Bindoff, 2011). To train the dog to score, the patient kicks the ball using his nasal bone, three paces away from the post into the goal post. Nose touches, timing, and success are imperatives when playing doggie soccer. Even so, a goal post should not be the main thing in the game. The patient can also teach the dog other tricks such as serving the ball, shooting, and fetching the ball. However, it is imperative that the therapist supervises the activity to ensure both the patient and the dog are safe during therapy.

**Activity summary**

**Physical aspects** Doggie soccer requires significant use of the body, body parts, movements, coordination, speed, energy and flexibility.

**Social aspects** Playing doggie soccer requires significant social capabilities such as contact with the dog, developing a cooperative relation, and both verbal and non-verbal communication.

**Cognitive aspects** Cognitively, doggie soccer does not require intense memory and thought processes.

**Affective aspects** The game provides the patient the opportunity to express different emotions, such as frustration and joy.

**Administrative aspects** There are no significant administrative aspects required from the patient. Even so, the patient coordinates with the therapist to have access to a ball, a playing area, and a time schedule.

**Activity Adaptation and Evaluation**

**Adaptation** Physical aspect Doggie soccer game with a dog requires the use of motor skills, both fine and gross. During the play, a patient suffering from anxiety has an opportunity to walk and run. When teaching the dog to play, patients require a spacious environment to engage in hopping, catching, jumping, throwing, bouncing, kicking, and striking, subsequently developing their motor skills. During

constant worry, the patient is prone to developing suppressed immune system, reduced sexual performance, muscle tension, premature coronary diseases, and heart attack. However, a research by Cherniack and Cherniack (2014), revealed that AAT improved older people's physical health in all aspects, including reducing the risk of cardiovascular diseases due to increased cardiovascular activities involved in playing with pets. Cognitive aspect People with anxiety disorders are often in constant worry traumatic memories. Interestingly, animals require attention, and playing Doggie soccer game with them will require even much attention, as much as you learn.

As such, a patient suffering from anxiety will be forced to forget about himself or herself for quite some time to spend time with and train the animal using the ball. In fact, it will require his or her ability to recall the appropriate skills to play with the dog, thereby boosting his or her dog playing memory and learning (Giuliana & Jacquemetta, 2017). Ultimately, he or she becomes focused on the animal companion and spends less time worrying about his or her fears, gradually reducing the anxiety levels (Baker, 1998). Social aspect People suffering from anxiety disorder often worry about others judging their behavior.

Even so, animals are not judging; therapy animals are loving and accepting, as they recompense their human caretakers with unconditional love (Leslie et al., 2014). The Golden Retriever breed, for instance, is sociable, calm, and willing to learn. Despite their significant demand for attention and care, dogs and animals used in AAT can significantly provide an environment for a patient to take great comfort knowing that the therapy pet is a reliable, non-judgmental companion. Emotional aspect People suffering from anxiety

may experience mood disorders following their inability to handle their worries and fears (Davidson, 2000). Moreover, low moods can be experienced as a result of anxiety diagnoses and lack of strong social support.

These may be followed up by anger outbursts. Statistics, however, shows that AAT has positive impact on mood and feelings of joy and happiness, and an increased sense of motivation (Leslie et al., 2014).

In another research conducted by Giuliana and Jacquemetta (2017), the authors revealed that patients who were anxious because of their learning disabilities not only improved their learning and reduced their anxiety but also increased in happiness as a result of their achievement.

**Evaluation Physical aspect** The patient should be able to improve his or her eating behavior, increase his or her body weight, be active during the day, and have a good peaceful sleep during the night. **Cognitive aspect** The patient should be able to worry less about his or her fears, record and share good memories, and learn new adaptive skills. **Social aspect** The patient should be able to have more friends, establish a strong relationship with family members as well as the pet, and engage in more outdoor activities.

**Emotional aspect** The patient should have an elevated mood, demonstrate joy, confidence and happiness, and reduce his or her fears significantly. For instance, she should be confident when exposed to prior traumatic situation without losing her sense of joy. **Second Disabling Condition and Activity Adaptation Condition** Social impairment is a unique category of disabling conditions, which involves dissociation from and lack of individual involvement in relations with other people.

While it occurs with other mental and developmental problems, such as schizophrenia, autism, and severe anxiety disorders, it can be triggered by substance-related behaviors, criminal behavior, and at-risk youth among other disabling conditions. In this section, the second disabling condition that can be managed by AAT is substance related disorders. As established in the DSM-5, "substance-related disorders encompass 10 separate classes of drugs: alcohol; caffeine; cannabis; hallucinogens (with separate categories for phencyclidine or similarly acting arylcyclohexylamines and other hallucinogens); inhalants; opioids; sedatives, hypnotics, and anxiolytics; stimulants (amphetamine-type substances, cocaine, and other stimulants); tobacco; and other (or unknown) substances" (American Psychiatric Association, 2013, p. 481). These are disorders of intoxication, dependence, and abuse, as well as substance withdrawal as a result of the aforementioned substances, some of which are legal while others are illegal. Adaptation and Evaluation Physical aspect Statistics show that being idle is a major reason why people engage in substance use and abuse (Mills, 2013). Playing Doggie soccer game can be a means of engaging a drug patient in a body exhausting activity. In a controlled environment, using a dog and a ball, a therapist who ensures successful therapy outcomes guides the patient.

As a result of this therapy, the patient should be able to be active, improve his or her appetite and eating, and have better sleep, leading to a healthy life. Cognitive aspect People suffering from substance-related disorders such as dependence and intoxication are unable to control their thoughts about the specific drug of abuse, and have impaired judgment (American Psychological Association, 2013). One way to control their thoughts is by



engaging in AAT activities such as playing doggie soccer to divert their attention. They require a therapist who actively encourage them to divert their energies towards the game and develop personal ability to resist the temptation of taking a drug (Libal, 2014). As a result of this therapy, the patient should be able to not only resist the temptation of taking the drug, but also make rational judgments. Social aspect Apparently, most substance-related disorder patients such as alcohol abusers experience severe withdrawal symptoms due to elimination of the substance (American Psychological Association, 2013).

These symptoms can be so severe that the patient dissociates with other people. Even so, Doggie soccer game can be a means of enhancing relationship with the dog and family members. During the Doggie soccer game, a family member(s) should take part in bonding with the patient and the dog. Following this therapy, the patient should be able to associate with family members and learn how to become attached with them. Emotional aspect Patients who are intoxicated may suffer from mood lability (American Psychological Association, 2013). Engaging in Doggie soccer game can enable the patient increase his or her sense of joy. According to Libal (2013), drug abusers who engage in playful activities such as soccer enhances the feeling of positivity, courage, and more so, empathy.

As a result of this therapeutic intervention, the patient should be able to be more positive about the therapy and life in general, feel encouraged to take part in therapy and other personal activities, and be empathic about his closer relations who participate in his therapy. References Barker, S. D., & Dawson, K. S. (1998). The effects of animal-assisted therapy on anxiety

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