Recreation Therapy Internship Program

Program Description

The Recreation Therapy department offers a 16-week Clinical Leadership Internship program in a non-for-profit psychiatric facility in the Sacramento Region that is part of an integrative health care system. Sutter Center for Psychiatry is part of the Sutter Health, Northern California’s largest health care network.

The internship is devised to integrate a student’s academic knowledge with clinical practice through experiential learning in a context critical to therapeutic application of that knowledge. The student will learn and practice:

- Therapeutic interventions and programs based on patient’s need and develop activity and task analysis consistent with diagnosis.
- Use a variety of interventions/programs to improve physical, cognitive, social, emotional and behavioral functions and independence in life activities and leisure functioning.
- Identify recreational activities that promote the health/wellness concept.
- Implement knowledge and principles of the Recovery Model in group therapy sessions.

Patients are assessed and provided treatment to improve socialization, leisure functioning and therapeutic techniques for various behavioral health conditions. Based on the specific needs of the patients, the following interventions are developed and implemented:

- Arts & Crafts
- Physical Wellness/ Education
- Team Building Activities
- Leisure Education
- Dialectical Behavioral Therapy education
- Problem Solving: learning and use of coping skills/tools
- Games and socialization activities
- Role Play, Creative Writing and Music activities

Intern Expectations

Interns will receive training and weekly clinical supervision with the Internship Supervisor as well as certified members of the Recreational Therapy department. Interns will facilitate daily RT groups, attend Interdisciplinary treatment team meetings, responsible for carrying a caseload for documentation; assessment, treatment goals, care plans and progress notes, in addition to completing weekly assignments, Special event and an Internship project.
Eligibility Requirements

To be eligible to apply for the Recreation Therapy Internship, a student must be enrolled in an accredited university/college in Recreation Therapy or Therapeutic Recreation. For the majority of the 16 week internship, the schedule will include eight-hour days, five days per week. While the regular workweek is usually 40 hours, additional projects, patient activities and homework may be assigned. The hours may vary from morning shifts to evening shifts, and will include weekends.

Internship Calendar Year

When the above requirements are met, the student may then apply. Applications will be accepted at the following times:

- Fall Internship - April 15th - May 15th
- Summer Internship - March 15th - February 15th

Certification

Upon completion of the Recreation Therapy Internship, the student will be eligible to take the National Certified Therapeutic Recreation Exam to begin work in the field as an entry-level therapeutic recreation specialist.

Recreation Therapy Internship Program

Lindsay Thuy Dao, CTRS
daotl@sutterhealth.org
Certified Therapeutic Recreation Specialist
Coordinator of Allied Therapy and Internship Supervisor
Full Time Recreation Therapist on the Inpatient Child/Adolescent Unit and the Adult Unit

Jessica Castano, CTRS
CastanJ4@sutterhealth.org
Certified Therapeutic Recreation Specialist
Full Time Recreation Therapist on the Inpatient Child/Adolescent Unit and the Adult Unit

Byron Williams, RT
Brenda Gunder, RT
Full Time Recreation Therapist on the Inpatient Child/Adolescent Unit and the Adult Unit

Surinder Kaur, CTRS
Lindsay Stewart, RTC
Per-Diem Recreation Therapist on the Inpatient Child/Adolescent Unit and the Adult Unit
## Application Procedure for the Recreation Therapy Internship Program

*Please complete and send this application with your Letter of Intent, Resume, two (2) Letters of Reference to the attention of: Lindsay Thuy Dao, CTRS Sutter Center for Psychiatry, 7700 Folsom Blvd, Sacramento CA 95826*

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<td>Academic Internship Supervisor:</td>
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**Please answer the following questions on a separate attached sheet of paper:**

1. What do you expect to learn from this Internship program at Sutter Center for Psychiatry?
2. What characteristics do you possess that would make you a good candidate for this position, and for the patients we serve in our program?
3. Identify your strengths or any special skills that could be utilized for this Internship program.
4. What facets of Recreational Therapy interest you the most and the least?