

California State University, Sacramento
College of Health and Human Services
Therapeutic Recreation Internship Goals and Objectives
(Sample)

When writing your goals and objectives for the therapeutic recreation internship, please refer to the 2007 NCTRC Job Task Analysis at www.nctrc.org. The goals and objectives for your internship should reflect these tasks. The following are examples constructed from the 2007 NCTRC Job Task Analysis. These are not set in stone and may be modified to reflect the nature of your internship experience.

TR Interns: Construct two goals with two objectives for each one of the Job Task areas.

1. Professional Roles and Responsibilities
 1. Will participate in in-service training and staff development.
 - 1.1. Will attend two trainings related to therapeutic recreation
 - 1.2 Will visit two different agencies that provide therapeutic recreation services
 2. Will participate in professional development
 - 1.1 Will review ATRA standards of practice
 - 1.2 Will attend either a local, state, or national conference for therapeutic recreation
2. Assessment
 1. Will become familiar with the assessment process at [agency name]
 - 1.1 Will review [name of agency] assessment tools
 - 1.2 Will observe therapist complete an assessment with an individual
 - 1.3 Will research three different means of assessments to facilitate with secondary sources (i.e. family members, friends, other disciplines)
 - 1.4 Will independently complete assessment on assigned individual
 2. Will learn proper documentation and charting according to standards and regulations
 - 1.1 Will become familiar with charting standards at [agency name]
 - 1.2 Will independently complete therapeutic recreation documentation
 3. Will learn interviewing techniques
 - 1.1 Will observe therapist complete 1;1 interview
 - 1.2 Will study how to implement interviews with [population]
3. Planning Interventions and/or Programs
 1. Will learn to independently facilitate leisure education programs.
 - 1.1 Will observe 5 leisure education groups
 - 1.2 Will co-lead 5 leisure education groups
 - 1.3 Will research different facilitation techniques to use with [population]
 2. Will learn to facilitate community re-integration programs.
 - 1.1 Will attend weekly community outings
 - 1.2 Will plan community outings with therapist
 - 1.3 Will independently plan community outing
 - 1.4 Will document outcomes for patients

3. Will learn how to write program goals
 - 1.1 Will review current program protocols and designated goals.
 - 1.2 Will be able to match treatment team goals with program goals.
4. Implementing Interventions and/or programs
 1. Will learn how to prepare for interventions and/or programs
 - 1.1. Work with recreational therapist to determine the purpose and outcomes of the intervention/program
 - 1.2. Work with recreational therapist to document the steps that the individual will follow
 2. Will learn how to facilitate interventions and/or programs
 - 2.1. Will observe 5 individual and/or group sessions
 - 2.2. Will help facilitate 5 individual and/or group sessions
 - 2.3. Will demonstrate the ability to use at least 3 different facilitation techniques
 - 2.4. Will observe the individual or group response to intervention/program
 - 2.5. Will suggest modifications to intervention/program as necessary
5. Evaluate Outcomes of the Interventions and/or programs
 1. Evaluate changes in functioning of the person served
 - 1.1 Observe individual during therapeutic recreation sessions
 - 1.2 Review progress notes of recreational therapist
 - 1.3 Co-write observation notes with recreational therapist
 2. Evaluate need for additional services upon discharge
 - 1.1 Research appropriate services for [population] upon discharge
 - 1.2 Work with recreational therapist to determine appropriate referrals for individual
 - 1.3 Write-up discharge plan
6. Documenting Intervention Services
 1. Document changes in functioning of the person served
 - 1.1. Record behavioral observations from therapeutic recreation sessions
 - 1.2. Discuss progress of the individual served with recreational therapist
 - 1.3. Record progress of the individual served
 - 1.4. Document intervention outcomes of the individual served
 2. Document intervention session
 - 2.1. Record unusual occurrences, accidents and incidents related to risk management
 - 2.2. Review the effectiveness of the program with recreational therapist
 - 2.3. Document the effectiveness of the program
7. Working with treatment and/or service team
 1. Communicate outcomes and available services with treatment team
 - 1.1. Will discuss range of available TR/RT services with recreational therapist
 - 1.2. Will attend 5 treatment team meetings

- 1.3. Will observe communication between recreational therapist and team members on progress of person served (behavioral changes, functional status)
- 1.4. Will assist recreational therapist in developing collaborative services with other team members for person served

8. Organizing Programs

1. Will become familiar with program organization
 - 1.1. Will take inventory of program equipment and supplies
 - 1.2. Will learn about program support services (transportation, housekeeping, dietary)
 - 1.3. Will learn about the program budget and expense records
 - 1.4. Will help develop and distribute schedules for various programs and special events

9. Managing TR/RT Services

1. Will demonstrate proper co-treatment procedures
 - 1.1 Will interview and observe other therapies
 - 1.2 Will attend planning meetings between therapies
 - 1.3 Will help plan co-treatment activity
 - 1.4 Will study documentation showing benefits for each therapy
2. Will become familiar with evidence-based practice.
 - 1.1 Will be able to link two programs to research
 - 1.2 Will be able to suggest changes to current therapeutic recreation programs through research.

10. Public Awareness and Advocacy

1. Will become familiar with professional organizations
 - 1.1 Will research two professional organizations within the field
 - 1.2 Will be able to state code of ethics of one professional organization
2. Will advocate for the rights of individuals with disabilities
 - 1.1 Will identify two current legislative issues that directly impact the delivery of services for the population I am working with.
 - 1.2 Will provide education to the public through [].