

Recreational Therapy Student

Rec_Therapy.emailhere@gmail.com | Phone | Linked In Profile

Skills and Capabilities

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| Sports | Aquatic Therapy | Animal-Assisted Activities |
| Biofeedback | Sensory Stimulation | Outdoor Programming |
| Dance Therapy | Stress Management | Disability Recreation |

Education

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| East Carolina University, Bachelor of Science in Recreational Therapy GPA: 3.4 Certified: CPR, First Aid | Greenville, NC | May 2020 |
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Relevant Experience

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| ViQuest Center, <i>Recreation Therapy Intern</i> | Greenville, N.C. | August 2019-present |
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- Applied biofeedback principles and therapy techniques on over 40 clients
- Assessed client status: pre-treatment, mid-treatment, post-treatment and evaluated treatment efficacy
- Engaged behavior management techniques for 12 special needs children ages 4-12
- Reformatted data entry system used to add categories, efficiency, and usability among center staff

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| Horizons Day Treatment Program, <i>Intern</i> | Greenville, N.C. | May 2018-August 2019 |
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- Worked with at-risk youth in a state licensed and accredited day treatment program for a total of 125 hours
- Utilized athletics, arts & crafts, music, outdoor activities, and tai chi as therapeutic tools to engage and motivate clients
- Collaborated in creating program design for children with documented moderate to severe behavior problems

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| A.R.I.S.E. Program, <i>Volunteer</i> | Greenville, N.C. | January 2017-December 2018 |
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- Utilized aquatic therapy techniques to enhance participants' experiences
- Assisted in delivery and operations of adapted sports, water ski clinics, and recreation
- Supported clients with disabilities such as blindness and paraplegia fit weight equipment and machines to personal use

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| Vidant Hospital, <i>Practicum Experience</i> | Greenville, N.C. | August 2016-September 2018 |
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- Shadowed Recreational Therapist in a psychiatric unit consisting of 105 patients
- Participate in group therapy sessions focusing on topics such as stress management and exercise
- Assisted clients one-on-one through cognitive therapy techniques, helping them achieve statistically significant improvement

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| Program Planning, East Carolina University, <i>Student Project</i> | Greenville, N.C. | August 2016-September 2018 |
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- Designed, implemented, and evaluated an entry level ADD treatment program for ADD-diagnosed client in the ECU Biofeedback Lab
- Completed analysis of behavior and symptoms including behavioral mapping, document analysis, and circadian rhythms
- Proposed and received approval for three times per week treatment protocol addressing focus, behavior, and bladder control. Evaluated and conducted detailed assessments on above mentioned criteria: Student's GPA went up 1.2 points, has received "significant behavioral and focus improvement" comments from all elementary school instructors, and bed wetting decreased 85% in the first six weeks, with no known incidents in the last four weeks.

Work Experience

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| Hostess, Carolina Ale House, Greenville, N.C. | August 2016-Present |
| Cashier, Dowdy Student Bookstore, Greenville, N.C. | August 2017-August 2018 |

Leadership Activities

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| RCLS Student Society, member | September 2016-Present |
| RCLS Student Society, Vice President | December 2018-December 2019 |
| East Carolina Club Soccer Team | August 2017-August 2019 |