

# Read Book Therapeutic Recreation Practice A Strengths Approach

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Leisure is closely tied to therapeutic outcomes that build strengths and a life of meaning and well-being. Agencies and professionals using the strengths approach clearly see the need for high quality leisure experiences as a part of the helping process. From:  
Anderson, L., & Heyne, L. (2012).

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Therapeutic Recreation A Strengths Approach

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Therapeutic Recreation Practice: A Strengths Approach is divided into three main sections. In Part One, a foundation of the strengths approach is introduced. Part Two is the mainstay of this book.

Therapeutic Recreation Practice | Sagamore Venture Publishing

In fact, recreational therapists should take pride in being among the early adopters of the strengths-based approach. Recreational therapy 's foundation in humanistic psychology, and subsequently in positive psychology, has always provided an orientation to practice in which therapists were encouraged to focus on client strengths and resources. In addition, the authors argue that Heyne and Anderson 's exclusive focus on strengths, to the neglect of client problems and concerns, does not ...



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The second category highlights recent theories of health, disability, community building, and resiliency. Strengths are also defined, the strengths and deficits approaches compared, and the importance of a theoretical grounding to therapeutic recreation strengths-based practice emphasized.

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