



Recreational Therapy

Recreational therapy is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with a disability.

Recreational therapy includes providing treatment services and recreation activities to individuals using a variety of techniques including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings. Recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively.



540-378-4517

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