

Glossary of Recreational Therapy

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Abate To decrease or reduce in severity or degree

Accreditation Voluntary process by which standards are applied to an institution to determine if the standards are met. For example, hospitals and health care facilities may be accredited by The Joint Commission. University curricula may be accredited by an accrediting body such as the Committee on Accreditation of Recreational Therapy Education (CARTE) that accredits university RT curricula.

Abduction Movement of a body part away from midline of the body

Acquired A word describing any condition that is not present at birth, but develops some time during life

Acting out Action performed out of emotional behavior in ways that are generally anti-social in nature, such as throwing tantrums, arguing, fighting, threatening, or stealing

Active listening Involves empathetic listening, by which the therapist echoes, restates, and clarifies what the client says

Active treatment Term meaning the implementation of an individualized care plan developed under and supervised by a physician and other qualified healthcare professional that prescribes specific therapies and activities; in contrast to custodial care

Activities of daily living (ADL) Activities usually performed during a normal day, such as eating, dressing, bathing, grooming, and homemaking

Activity analysis Process of systematically appraising what behaviors and skills are required for participation in a given activity

Activity therapy Umbrella term used to describe action-oriented services including recreational therapy, occupational therapy, and music therapy; usually applied in psychiatric facilities

Actualization Realization of one's full potential

Actualizing tendency A growth-enhancing force. The actualizing tendency is the motivational force behind achieving optimal health or high-level wellness

Acuity Sharpness; used in relation to the senses such as visual acuity

Acupuncture Pain control technique in which fine metal needles are inserted under the skin at certain locations

Acute Of sudden onset; not chronic; describes a condition or illness that begins suddenly and is usually short-lasting

Adaptation Response or adjustment to a stressor; fitting one's behavior to meet the needs of one's environment which may involve a modification of one's impulses, emotions, or attitudes

Adapted activities Altered activities that fit the needs, interests, and capabilities of individuals; changes may be made in rules or equipment to accommodate the persons participating

Adaptive devices Enables a person to function independently; for example, mobility aids such as wheelchairs, scooters, walkers, canes, crutches, prosthetic devices, and orthotic devices

Adaptive equipment Term related to equipment that enables a person with a disability to function independently; the term is being replaced by the term assistive devices

Adaptive sports Modification of a sport to accommodate individuals with disabilities and their different ability levels

Addiction Preferred term for persons who experience compulsive use of drugs despite serious health and social consequences. These users engage in a pattern of behavior characterized by overwhelming involvement with a drug and securing its supply regardless of adverse consequences. Addiction is often chronic in nature; it disrupts circuits in the brain that are responsible for reward, motivation, learning, judgment, and memory

Adduction Movement of a body part toward the midline of the body

Adhesion Scar tissue that connects two surfaces that normally are separate from one another; adhesions are sometimes a complication of surgery

Adipose Fatty

Adjunct Additional treatment or procedure used for increasing the efficacy of the primary treatment or procedure

Adjunctive therapy Somewhat dated term referring to supplemental treatment; sometimes used in hospitals to categorize disciplines such as recreational therapy or occupational therapy

Adolescence Period from puberty to sexual maturity

Adrenalin Hormone secreted by the adrenal glands in times of emergency or excitement; also called epinephrine

Adult day care Supervised recreation, social, and health services for older adults with cognitive, emotional, or physical impairments

Adventure therapy Uses experiential learning activities in outdoor environments for assessment and intervention at an individual and group level, in order to effect psychological and/or behavioral therapeutic changes; involves processing of the activities, typically using debriefing

Adverse reaction An unintended and unwanted side effect of some sort of treatment, usually, drug therapy

Aerobic exercise Promotes cardiovascular fitness by increasing blood flow, heart rate, and metabolic demand for oxygen

Affective disorder A mental disorder involving abnormal moods and emotions; affective disorders include depression and bipolar disorders

Affect A person's feelings, tone or mood; one's emotional response

Aftercare Posthospitalization program of rehabilitation designed to reinforce the effects of therapy and help clients to adjust to their environment

Agitated Condition characterized by purposeless, restless activity such as pacing. May serve to release nervous tension associated with stress, anxiety, or fear

Ageism Word coined by Butler to describe the stigmatizing effect of society's negative attitudes toward persons who are elderly

Agnosia Inability to understand the significance of sensory stimuli; inability to recognize familiar objects or make sense of sensory information

Agraphia Loss of the ability to write, resulting from injury to the language center of the cerebral cortex

AIDS (Acquired immune deficiency syndrome) A chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight infection and disease

Alcoholics Anonymous (AA) Self-help organization of persons with alcoholism that uses inspirational supportive group methods to aid in the rehabilitation of participants

Alexia Inability to comprehend written words

Algophobia Abnormal fear (phobia) of pain

Alternative medicine Term that describes medical treatments that are used instead of traditional (mainstream) therapies

Alzheimer's disease Is the most common type of dementia. During the very early stage of Alzheimer's, toxic changes are taking place in the brain, including abnormal buildups of proteins that form amyloid plaques and tau tangles. Previously healthy neurons stop functioning, lose connections with other neurons, and die. The damage initially appears to take place in the hippocampus and the entorhinal cortex, which are parts of the brain that are essential in forming memories. As more neurons die, additional parts of the brain are affected and begin to shrink

Alienation Feelings of detachment from self or society; feeling estranged, separated and powerless in relation to oneself or others

Allergy A negative reaction to a substance that in most people causes no reaction

Allied health professionals Specially trained health care professionals other than physicians, dentists, podiatrists, and nurses, such as recreational therapists, occupational therapists, and physical therapists

ALS (Amyotrophic lateral sclerosis) A progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Also known as Lou Gehrig's disease.

Ambulation Walking with or without aids, such as braces or crutches

American Psychological Association (APA) The largest organization of American psychologists

American Red Cross recreation workers Red Cross recreation workers became a common feature in military hospitals during World War I. Even greater developments in the use of recreation by the Red Cross in military hospitals would arrive during World War II. With World War II came vast acceleration in the use of recreation in military hospitals as more than 1,800 Red Cross recreation workers were employed to serve hospitalized soldiers

American Therapeutic Recreation Association (ATRA) National professional society for recreational therapists

Americans with Disabilities Act (ADA) The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life

Amyotrophic lateral sclerosis (ALS) Commonly as Lou Gehrig's disease, ALS is a progressive degenerative disease that impacts the brain and spinal cord nerve cells. As the motor neurons (nerve cells that are in the spinal cord) die, the brain is no longer able to initiate or control the movement of muscles

Analgesic A drug that relieves pain, such as aspirin or acetaminophen

Anal stage Freud's second stage of psychosexual development (18 months to 3 years) in which pleasure is derived from stimulation of the anal zone by retaining and expelling feces

Androgynous Having both male and female characteristics

Angina pectoris Condition marked by chest pain that generally results from a brief or incomplete blockage of blood supply to heart tissue

Anhedonia Inability to experience pleasure from activities that usually produce pleasure

Animal assisted therapy Facilitation technique in which interactions with pets and other animals are used to bring about therapeutic benefits

Annual in Therapeutic Recreation Annual refereed publication of ATRA

Anomaly Malfunction or abnormality

Anorexia nervosa Disorder characterized by a prolonged refusal to eat mainly affecting young girls in which the sufferer has an intense fear of looking fat, avoids food, and loses weight excessively

ANOVA Analysis of variance statistical test to compare group means

Antabuse Medication that makes users sick if they drink alcohol

Anterior Toward the front of the body

Antibiotic Medication that destroys microorganisms

Anticonvulsants Drugs used to control epileptic seizures

Antipsychotics Drugs used to treat severe mental disorders

Anxiety Unpleasant state of apprehension, tension, or uneasiness from a vague or largely unknown or unrecognized source; characterized by increased heart rate, trembling, sweating, and disrupted breathing

Apathy “Don’t care” feeling or affect reflected in a lack of interest or emotional involvement in one’s surroundings

Aphasia Impaired ability to use or understand oral language

APIE Abbreviation for assessment, planning, implementation, and evaluation, the phrases of the recreational therapy process. Pronounced “a-pie”

APIED Abbreviation when documentation is added to APIE; the addition of documentation as a step or phase in the recreational therapy process is somewhat misleading as documentation is completed following each step in APIE

Approach-avoidance conflict Situation in which both positive and negative outcomes are inherent in the same object or goal such as delicious Tex-Mex food that gives heartburn

Apraxia Cerebral dysfunction: inability to initiate a purposeful motor act by thinking about it and carrying it out

Aquatic therapy Uses the environment of water for treatment and rehabilitation. It is a commonly used facilitation technique by recreational therapists. The primary populations identified in the RT literature to benefit from aquatic therapy have been clients with arthritis, autism spectrum disorder, and multiple sclerosis

Architectural barriers Structures such as buildings, walkways, and stairs that are usable by nondisabled persons but present obstacles for people with disabilities

Area Agency on Aging (AAA) A city or county agency, funded under the federal Older Americans Act, that plans and coordinates various social and health service programs for persons 60 years of age or more

Aromatherapy Use of essential oils from plants for health purposes

Art therapy Use of art as a therapeutic medium by specially trained art therapists; promotes self-awareness, nonverbal expression, and human interaction

Arteriosclerosis Condition in which fatty patches have accumulated and hardened on artery walls, thereby reducing their elasticity

Arthritis Inflammation of a joint. Arthritis is one of the most common and debilitating conditions experienced in later life

Assertiveness training Behavioral therapy approach to assist people to become more assertive by using frank and direct interpersonal expression of feelings and thoughts

Assessment Collection and analysis of information to determine the status of a client

Assessment of Leisure and Recreation Involvement (LRI) Measures a participant's perception of their involvement in leisure and recreation. An easy-to-read paper and pencil instrument that uses a five-point Likert Scale

Assistive device Any technology that enables a person with a disability to improve their functional level

Asthma Disorder characterized by inflamed airways and difficulty breathing

Asymptomatic Without symptoms

Ataxia Inability to coordinate muscular movements characterized by lack of balance or unsteadiness. In psychiatry the term may be used to refer to a lack of coordination between feelings and thoughts

Atherosclerosis Arterial disorder in which the vessel walls harden resulting in reduced blood flow to organs normally supplied by the artery

Atonic Weak or lacking normal tone or vigor

Atrophy Wasting away of an organ or part of the body

Attention-Deficit Hyperactivity Disorder (ADHD) ADHD is marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. People with ADHD experience an ongoing pattern of the following types of symptoms: inattention, hyperactivity, and impulsivity

Attribution theories Social psychological theories dealing with attributing stable characteristics to other people based on our inferences from observing behaviors, as well as making self-attributions based on events that occur in our own lives

Auditory Pertaining to hearing

Aura Visual sensation experienced or "warning" signal that comes before a migraine headache or seizure

Autism spectrum disorder (ASD) Neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave

Autocratic leadership The concentration of decision-making and power in only one person who takes little or no input from others

Autogenic training Relaxation technique in a series of mental exercises involving sensation of heaviness and warmth are used to exert control over physiological processes normally regulated by the autonomic nervous system. Those using autogenic training teach their bodies to respond to verbal commands to achieve deep relaxation and reduce stress

Autonomic nervous system Division of the peripheral nervous system that carries messages between the central nervous system and the internal organs

Aversion therapy Behavioral therapy technique that uses the repeated pairing an unpleasant or painful stimulus with an undesirable behavior in order to eliminate the behavior

Barbiturates Group of sedatives that reduce activity in the brain; are habit-forming and are possibly fatal when taken with alcohol

Baseline information Data or observations obtained before the application of any intervention

Behaviorism Approach to psychology that emphasizes the examination of overtly observable behavior, in contrast to the psychodynamic approach of Freud

Behavior modification Type of behavior therapy using positive reinforcement that occurs when a behavior is encouraged by rewards or negative reinforcement that is removing a stimulus as the consequence of behavior but results in a positive outcome for the individual. Types of behavior modification include praise and approval, modeling, positive programming, shaping, token economy, self-monitoring, and shaping

Behavioral activation (BA) An evidence-based, structured, brief psychotherapeutic approach used in the treatment of depression. BA has also been found to be an effective approach in treating posttraumatic stress disorder, anxiety disorders and substance use disorders. The BA approach focuses on countering inactivity with pleasurable and meaningful activity. The goal of BA is to increase engagement in positive rewarding activities (e.g., recreational activities) that produce improved mood states; particularly used to treat depression

Behavioral disorders Principally identified through patterns of behavior that are dysfunctional and may or may not be distressing to the individual such as eating disorders, sleep disorders, and sexual dysfunction

Behavioral health Blanket term that includes mental health and substance use disorders, and frequently is used to distinguish from "physical" health

Behavioral objective Statements of specific behavioral conditions, actions, and criteria related to long-term goals

Behavioral therapies Aimed at directly influencing maladaptive behaviors through the use of learning principles

Benign Relatively mild; likely to have a favorable outcome; not malignant

Benson technique Relaxation method for stress or anxiety developed by Herbert Benson

Best evidence Includes empirical evidence from research employing randomized controlled trials; evidence from other scientific methods such as descriptive and qualitative research; as well as use of information from case reports, scientific principles, and expert opinion

Best practices A standard or set of guidelines that is known to produce good outcomes if followed

Bibliotherapy Use of reading materials for help in solving personal problems or for psychiatric therapy to produce effective change and promote growth and development

Bilateral On both sides; pertaining to, or having two sides

Biofeedback Mind-body technique that involves using visual or auditory feedback to teach people to recognize the physical signs and symptoms of stress and anxiety, such as increased heart rate, body temperature, and muscle tension. By learning how to control physical and psychological effects of stress using biofeedback, people can learn how to relax their minds and bodies and better cope with the symptoms of stress

Biopsy Removal and examination, usually microscopic, of tissue from a living body

Biopsychosocial Interrelationship of biological, psychological, and social factors

Biopsychosocial model View that health and illness involve the interplay of biological, psychological, and social factors in people's lives

Bipolar disorder Mood disorder in which the person experiences episodes of depression and/or mania

Blood pressure Is pressure exerted by the blood upon the walls of the blood vessels, especially the arteries

Board-certified psychiatrist A psychiatrist who has passed examinations of the American Board of Psychiatry and Neurology

Borderline personality disorder Condition in which there is instability in a variety of areas, including interpersonal relationships, behavior, mood, and self-image. Interpersonal relations are often intense and unstable, with marked shifts in attitude. Impulsive and unpredictable behavior may occur

Brief Interview for Mental Status (BIMS). A short, performance-based instrument to assess cognitive functioning that can be easily completed by nursing home staff. It is required as a screening tool for nursing homes

Buettner Assessment of Needs, Diagnosis, and Interests in Recreational Therapy (BANDI-RT) The BRANDI-RT is one of few standardized instruments designed for use by recreational therapists in long-term care

Bulimia Episodic eating binges or excessive intake of food or fluid, generally beyond voluntary control

Burnout Stress reaction developed in persons working in a helping profession, such as recreational therapy, with unrelenting occupational demands and few rewards

Canadian crutch Forearm crutch (also commonly known as an elbow crutch) that has a cuff at the top that goes around the forearm. It is used by inserting the arm into the cuff and holding the grip that helps a person with a disability involving the lower extremities to stand or walk

Cancer Disease in which some of the body's cells grow uncontrollably in an organ or tissue and spread to other parts of the body; cancer can spread to tissues around it and destroy them or be transported through blood or lymph pathways to other parts of the body

CAGE-AID Questionnaire for Alcohol and Drug Use Screening A screening tool that uses the questions: 1. Have you ever felt you should Cut down on your drinking or drug use? 2. Do you get Angry when people criticize your drinking or drug use? 3. Do you feel Guilty about your drinking or drug use? 4. Do you need an Eye-opener to get started in the morning?

Cardiovascular system The heart and blood vessels that are responsible for circulating blood throughout the body

CARF Commission on Accreditation of Rehabilitation Facilities

CARTE Committee on Accreditation of Recreational Therapy Education (CARTE). CARTE is an approved accreditation program under the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and sponsored by ATRA

Central nervous system Brain and spinal cord

Cerebral palsy is due to abnormal brain development, often before birth. Symptoms include exaggerated reflexes, muscle weakness, difficulty coordinating voluntary movements, and sometimes complete loss of motion

CERT-Psych (Comprehensive Evaluation of Recreation Therapy Scale-Psych) One of the more established RT assessment instruments. Developed for therapists to apply when assessing clients in psychiatric settings. The CERT contains three areas of assessment: general, individual performance, and group performance. This 25-question test takes just 5 minutes to score after observing a patient in a group activity. A second CERT (CERT-Physical Disabilities) has been developed for use with clients who have physical disabilities. It has eight clusters of items

Chaining Behavior modification technique of identifying a series of steps involved in performing a task and guiding an individual through the steps

Charting The act of written documentation, often referred to as completing progress notes

Checking out, or perceptual checking, is like clarifying. Therapists are checking on the accuracy of their perceptions of what the client said. They are validating their understanding of the client's communication. They might say, "You seem to be happy. Is that right?"

Chemotherapy Treatment of disease or disorder by administration of chemical substances

Chronic Continuing over a long period of time or recurring frequently, as in chronic diseases

Chronic health conditions Diseases that generally are incurable, worsen over time, and endure over many years. Examples are hypertension (high blood pressure), arthritis, heart disease, cancer, and diabetes

Cinematherapy Therapeutic technique that involves careful selection and assignment of movies for clients to watch with follow-up processing of their experiences during therapy sessions

Clarifying In the clarifying response, therapists admit to the client that they are confused about what was said and wish to clarify its meaning

Classical conditioning Learning in which existing responses are attached to new stimuli by pairing those stimuli with those that naturally elicit the response. Sometimes referred to as respondent conditioning

Clinical practice guidelines Systematically developed guide to practice, based on research and best practices, that aids in clinical decision making

Clinical pathways "Road maps" for the provision of multidisciplinary clinical services. They are plans that identify interventions and sequence them along a timeline

Clinical reasoning Process of clinical thinking to develop understandings of forces related to the client's clinical situation as a basis for clinical interventions. It involves analyzing the assessment data to form conclusions to form the basis for an RT diagnosis

Clinical status outcomes Directly related to the symptoms of a psychiatric disorder. RT has been shown to effectively reduce clinically relevant outcomes such as stereotypic self-talk, rumination, hallucinatory behavior, and inappropriate behavior among adults in inpatient treatment

Clinical supervision Cooperative process in which a supervisor helps a supervisee who has direct responsibility for carrying out the agency's clinical program to improve their clinical abilities and achieve the ends of the clinical program. Interns receive clinical supervision

Closed-ended questions may be answered yes or no or with factual information, such as asking the client hometown their hometown

CMS Centers for Medicare & Medicaid Services

Coercive power Gained by being perceived as being able to levy punishment

Cognitive Refers to the mental process of comprehension, judgment, memory, and reasoning, as contrasted to emotional or volitional processes

Cognitive-behavioral therapy An empirically based approach that integrates cognitive therapy and behavioral therapy. It was founded on the idea that how we think (our cognitions), how we feel (our emotions), and how we act (our behaviors) all interact. Our thoughts determine our feelings and behaviors, and faulty thinking patterns cause maladaptive behavior and negative emotions

Cognitive dissonance Unpleasant psychological state resulting from inconsistency between two or more elements in a cognitive system. It represents the discomfort felt when two or more modes of thought contradict each other. The clashing cognitions may include ideas, beliefs, or the knowledge that one has behaved in a certain way

Cognitive rehabilitation Approach employed by therapists to help clients with acquired brain injury, particularly traumatic brain injury, to assist them to restore functioning or to compensate for cognitive disabilities

Community integration (also known as community reintegration) Seeks the full social, physical, and psychological presence of individuals with disabilities and/or illnesses in their communities RTs are prominent in helping clients to return to their personal homes, or to integrate into group homes, halfway houses, or long-term care facilities

Community mental health care Includes provision of crisis support, protected housing, and sheltered employment in addition to management of disorders to address the multiple mental health needs of individuals

Complementary medicine or therapy Additional methods that are used along with traditional medical approaches (medications, immunotherapy, chemotherapy, radiation and surgery). It “complements” these traditional medical approaches

Complementary and Alternative Medicine (CAM) Complementary medicine is a group of diagnostic and therapeutic disciplines that are used together with conventional medicine. Alternative medicine is when these approaches are used instead of traditional medicine

Conceptual models (aka practice models) Provide the theoretical framework for RT as they serve to define and guide the practice of RT. Theory drawn from conceptual models furnishes explanations of concepts underpinning RT practice and serves to guide the actions of recreational therapists. A conceptual model provides guidelines for recreational therapy clinical practice

Concurrent validity Indicates how well a particular test correlates with a previously validated measure

Confronting A therapeutic response is to assist the client to achieve congruency in what he or she says and does, or to help the client be fully aware and honest in gaining self-understanding. Confrontation involves “telling it like it is,” without being accusatory or judgmental

Congenital Present or existing from the time of birth

Connection power Gained from being able to call on influential people or resources

Construct validity Concerns the extent to which your test or measure accurately assesses what it's supposed to

Consultation Involves a process in which a consultant, a professional with specialized knowledge, works with an individual or group seeking that knowledge. The purpose of consultation is for the consultant to help the consultee enact change in the agency or give the best level of care to an individual

Continuum A continuous whole whose parts cannot be completely separated, such as a continuum of recreational therapy services

Convergent validity Focuses on the power of the focal test to predict outcomes on another test or some outcome variable

Criterion A standard on which a judgment or decision may be based

CTRS A Certified Therapeutic Recreation Specialist® (CTRS) is the qualified professional providing recreational therapy services

Cochrane Review A systematic review of research in health care and health policy that is published in the Cochrane Database of Systematic Reviews

Code of ethics A written document listing the values and expected standards of conduct for members of a profession. The American Therapeutic Recreation Association (ATRA) and the Canadian Therapeutic Recreation Association (CTRA) have published codes of ethics

Community Integration Questionnaire (CIQ) A 15-item questionnaire used with patients with brain injuries, spinal cord injuries, and stroke injuries that assesses three domains: home integration, social integration, and productive activity

Comorbidity The presence of one or more additional conditions co-occurring with (that is, concurrent with) a primary condition. For example, common comorbidities in epilepsy are psychiatric disturbances, intellectual disability and developmental delay, and obesity

Conduct disorder Childhood disorder characterized by antisocial behavior

Confidentiality Protection of a client's privacy through careful use of oral and written communications

Congenital Present or existing from the time of birth

Conjoint therapy Counseling in which both marital partners are seen in a joint session

Continuing education unit (CEU) CEUs are awarded by professional organizations or universities to individuals who participate in a structured educational program such as a conference or workshop. In most states, a CEU is a tenth of an hour. Thus, a one-hour course is equivalent to 0.1 CEU

Continuum A continuous whole whose parts cannot be completely separated, such as the continuum of recreational therapy services

Contractures Shortening and tightening of tissue around a joint; decreasing movement

Control group Research group used as a comparison with the experimental group

Contusion Bruise without an external break in the skin

Convulsive disorder Epilepsy

Coping Process by which persons deal with problems or try to manage the stress they experience

Coping mechanisms Ways to manage or release stress

Coronary heart disease (CHD) Class of illnesses that result when a narrowing or blockage of the coronary arteries restrict the blood supply to the brain

Corrections Broad term used by federal and state criminal justice systems that refers to the network of agencies that supervise individuals on probation, parole, rehabilitation, or incarceration

Countertransference The process when the therapist responds to the client as though he or she were someone from the therapist's past

Credentialing Recognition of professional or technical competence

Criteria Standard by which something is judged or assessed; criteria is defined as the plural form of criterion

Criterion level Predetermined standard of acceptable performance

Critical care unit (CCU) Specially equipped hospital area designed and staffed by personnel skilled in recognizing and immediately responding to cardiac emergencies

Cultural competence In health care, cultural competence is the ability to provide care to clients with diverse values, beliefs, and behaviors, including tailoring health care delivery to meet clients' social, cultural, and linguistic needs

Custodial care Provided to meet basic needs; does not offer active treatment

CVA (cerebrovascular accident) Stoppage of blood circulation to a part of the brain; also called stroke

Cystic fibrosis (CF) Disorder of the exocrine glands that causes those glands to produce abnormally thick secretions of mucus. The glands most affected are the respiratory, pancreatic, and sweat glands

Dance therapist Registered Dance/Movement Therapist (R-DMT) acknowledges the attainment of a basic level of competence in dance/movement therapy

Data Facts and statistics collected for reference or analysis

Database Information obtained about a client's past or present level of health during the assessment phase

Day hospital Psychiatric facility that offers therapeutic programs during the daytime hours

Debriefing Analysis following an activity that permits clients to think about their participation, to examine their feelings, and to discuss how they might use insights gained from their participation. Often associated with adventure therapy but can be used with almost any recreational therapy group

Deductible Amount that the client must pay directly to the provider before an insurance plan begins to pay benefits

Defense mechanisms Strategies that take place unconsciously to protect oneself from a threat to the integrity of the ego or to protect oneself against painful negative feelings (e.g., denial, rationalization, sublimation)

Dehydrate To remove water

Dehydration Excessive loss of water from body tissue

Deinstitutionalization Change in mental health care from traditional, institutional care that involved returning patients to the community. The goal of deinstitutionalization was the large-scale elimination of the long-term care, state-run, residential facilities for the mentally ill

Delirium Confused state of consciousness often characterized by delusions, hallucinations, and illusions

Delirium tremens Delirium characterized by intense tremors, anxiety, hallucinations, and delusions suffered by those with alcoholism after withdrawal of alcohol but also occurring as a result of brain inflammation and senile psychosis

Delusion Fixed false belief or conviction without foundation; often regarding one's status (delusions of grandeur) or oversuspiciousness (paranoid delusions)

Dementia A condition characterized by several significant psychological deficits; generally found in older adults

Democratic leadership Democratic or laissez-faire leadership is best suited to groups in which members will accept social influence from others within the group, have group goals, and do not need or desire autocratic direction

Denial Defense mechanism by which a person avoids emotional conflicts or anxiety by refusing to acknowledge thoughts, feelings, desires, impulses, and other factors that would cause intolerable pain

Department of Health and Human Services (DHHS) Cabinet-level department of the U.S. government that contains units such as the Public Health Service, Administration on Aging, Society Security Administration, and National Institutes of Health

Dependency Reliance on another (usually a helping professional) for psychological support

Dependent variable In research, variables are any characteristics that are free to vary. They can take on different values, such as height, age, temperature, or test scores. A dependent variable's value depends upon independent variable(s). The dependent variable is the effect. The independent variable is the cause

Depersonalization Feelings of unreality or strangeness concerning either the environment, the self, or both

Depressants Substances that slow normal brain function; cause drowsiness; produce a calming effect; slurred speech; confusion; poor concentration. Alcohol is a depressant

Depression Mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think, and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living

Detoxification (Detox) Refers to getting drugs or alcohol out of a person's system. Clients who have just been admitted for detoxification (detox) to rid their body of the drug will begin to go through physical withdrawal. Although symptoms of withdrawal vary based on the substance of use, typical reactions include anxiety, tremors, muscle pain, nausea, vomiting, sweating, and hallucinations

Developmental disability Broad category of often lifelong disability that can be intellectual, physical, or both. Examples of developmental disabilities include autism, behavior disorders, brain injury, cerebral palsy, Down syndrome, fetal alcohol syndrome, intellectual disability, and spina bifida

Diabetes occurs when blood glucose (blood sugar) is too high. Two types of diabetes exist: type 1 and type 2. Type 1 diabetes (formally called juvenile diabetes) occurs when the body cannot produce insulin. Type 2 diabetes typically occurs due to poor nutrition and obesity

Diabetic coma Excessively high level of sugar in the blood resulting from insufficient insulin in the body

Diagnosis To analyze the cause or nature of; to recognize (something, such as a disease) by seeking knowledge or information about what needs to be improved, what is causing the difficulty, or what is interfering with normal functioning

Diagnostic and Statistical Manual of Mental Disorders (DSM) DSM is the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders. In its 5th edition it is referred to as DSM-5

Diagnostic-related groups (DRGs) Classification representing major diagnostic categories that aggregates patients into case types based on diagnosis, age, sex, treatment procedures, and discharge status, predicting the use of hospital resources and length of stay. Used in Medicare payments

Dialysis Process of separating or removing certain substances from the blood when the kidneys fail to perform their normal function

Diaphragmatic breathing Involves consciously using your diaphragm to take deep breaths. Deep breathing can be widely used as an intervention for stress reduction, reducing anxiety, depression, muscle tension, irritability, fatigue, anger, treating eating disorders, hypertension, migraines, and insomnia, as well as quality of life

Disability Physical or mental impairment that limits a person's movements, senses, or activities

Discharge summary (DCS) Provides a plan for the client's needs post-discharge from an agency or rehabilitation center or hospital or institution

Disease Liberally, the lack of ease; a pathological condition to which physiologic or psychologic functions of the body deviate from what is considered to be normal

Disoriented Confused as to time, place, and person (the position of the self in relation to other persons); characteristic of organic mental disorders

Distal Farthest from the center, from a medial line, or from the trunk; opposed to proximal; far or distant from the origin or point of attachment

Diversional program Activities designed to divert attention from the client's problems or concerns. Term may refer to alleviating the boredom of the institutional routine, or to alleviating fear of hospitalization and illness, and to stimulating interest in getting well. The term may be employed as being in contrast to goal-directed therapeutic programs

Documentation The process of obtaining, organizing, and conveying essential clinical information about each client. As the saying goes, "If you didn't document it, it didn't happen."

Dorsal Pertaining to the back or posterior; directed toward or situated on the back surface

Down syndrome A genetic disorder in which a person has an extra chromosome causing moderate to severe intellectual disability and a characteristic appearance

DRGs Diagnostic related groups

DTs Delirium tremens

Dyad Two-person relationship

Dysfunctional Unable to function normally

Dyslexia Impairment in the ability to read

Dysphagia Difficulty in swallowing

Dysphasia Difficulty in comprehending oral language or in trying to express verbal language; the older term for aphasia

Eating disorders Marked disturbances in eating behavior, including anorexia nervosa and bulimia

Eclectic approach Utilization of therapeutic approaches and techniques selected from various sources or theoretical orientations

Ecology Study of the mutual relationship between people and their environment

Ecotherapy (also known as nature therapy) An emerging area of practice that uses nature-based activities to allow people to have a connection with nature from which they receive health enhancement, particularly for their mental health

ECT Electroconvulsive therapy

EEG Electroencephalogram

Efferent Conveying away from the center

Efficacy The ability or effectiveness to produce a desired or intended result; having the desired influence or outcome

EKG or ECG Electrocardiogram or electrocardiograph

Echolalia Automatic repetition of another person's words or phrases

Egocentric Self-centered

Egoist Selfish person who seeks to satisfy their own interests at the expense of others

Elopement "Running" (unauthorized departure) from a psychiatric treatment facility

Emaciation State of being extremely thin

Embolism Obstruction in a blood vessel caused by the presence of an embolus too large to pass through (e.g., blood clot)

Embolus Any foreign matter, such as a blood clot or air bubble, carried in the blood stream

Empathy Ability to perceive the world from the client's frame of reference or to put oneself in another's place and understand their feelings and behaviors

Empirical Based on facts or experiences rather than theory or philosophical principles. Using systematic observation and experimentation

Endemic Belonging, native, restricted, or peculiar to a particular people, country, or region

Etiology Cause of a disease or disorder

Enuresis Involuntary passage of urine; bed wetting

Epidemiology Statistical study of incidence, prevalence, and distribution of diseases in a population

Epilepsy Disorder characterized by recurrent seizures caused by disturbances of the electrical activity of the brain

Equal Education Act (PL 94-142) Since the original authorization of the Equal Education Act (PL 94-142) in 1975, recreational therapy has been listed as a related service in schools. RT is a related service (optional), not a direct service (as are PT and OT)

Equine-assisted activities (EAA) The emphasis in EAA is on developing equestrian skills and providing physical activity and recreation skills. Adaptive riding, equine-assisted learning, horsemanship skills, and stable management are examples of EAA. This contrasts with equine assisted therapy (EAT) that uses horses, or interactions with horses, as a tool for treatment

Equine assisted therapy (EAT) An approach that includes horses, or interactions with horses, as a tool for treatment. This is in contrast with equine-assisted activities (EAA) where the emphasis is on developing equestrian skills and providing physical activity and recreation skills. Adaptive riding, equine-assisted learning, horsemanship skills, and stable management are examples of EAA

EST Electroshock therapy: once regularly used for depression but not commonly used today

Euphoria Altered state of consciousness characterized by exaggerated feeling of well-being, with or without foundation

Euthanasia “Mercy killing,” or putting to death painlessly

Exacerbate To increase in severity; to make worse; to aggravate

Exergaming Form of exercise in which participants take part in innovative, interactive exergames (aka active video games) that combine exercise and video games. In exergames players are required to move while in cooperative or competitive games

Existentialism Philosophical theory that stresses the way in which a person experiences the phenomenological work and takes responsibility for existence. It is holistic and self-deterministic in contrast to deterministic points of view

Experimental group Research group that is exposed to a treatment; exposed to independent variable. The group in a clinical research study that receives the drug, vaccine, or other intervention being tested

Extended care facilities Institution providing medical, nursing, or custodial care for clients over a prolonged period; includes intermediate or skilled nursing home care

Extinction Weakening of a reinforced operant response as a result of ceasing reinforcement. Also, the elimination of a conditioned response by repeated presentations of a conditioned stimulus without the unconditioned stimulus

Extrinsic Coming from the outside doing something for reasons of reward or punishment external to the activity itself; contrasted with intrinsic motivation

Facilitator Someone who facilitates something; someone who helps to bring about an outcome (such as learning) by providing indirect or unobtrusive assistance, guidance, or supervision. Also a person responsible for leading or coordinating the work of a group, as one who leads a group discussion

FACTR (Functional Assessment of Characteristics for Therapeutic Recreation) Assessment instrument designed to identify client needs related to basic functional skills and behaviors used in leisure participation

Fading Gradually removing assistance when helping a client perform a task or learn a skill

Failure to thrive (FTT) Decelerated or arrested physical growth (height and weight measurements fall below the third or fifth percentile, or a downward change in growth across two major growth percentiles) and is associated with abnormal growth and development

FALS Fellow in the Academy of Leisure Sciences

FDRT Fellow Distinguished in Recreational Therapy

Family therapy More than one member of a family is in the same therapy session. The assumption is that a mental disorder in one member of a family may be a manifestation of disorder in other members and may affect interrelationships and functioning

Evidence-based practice (EBP) EBP incorporates the best available research findings or other valid evidence, along with clinical experience and patient preference, into clinical practice

Exacerbate To increase the severity; to make worse; to aggravate

Feedback Evaluative or corrective information given to someone to indicate what can be done to improve something

Fine motor skills Involving precise or well-controlled movements in writing, tracing, cutting, and similar activities

Fixation The arresting of personality development prior to full maturity due to either excessive frustration or gratification. In Freudian theory the individual may become fixated at any of the psychosexual stages

Flat affect Absence or near absence of any sign of affective expression

Flight of ideas Talking in an incoherent and unrelated stream

Flourishing Through Leisure Model. Conceptual model (or practice model), developed by Anderson and Heyne, is grounded in an ecological approach and a social model of disability. It extends the Leisure and Well-Being Model by taking an ecological perspective to equally include environmental approaches with those that focus on the individual. Like the Leisure and Well-Being Model, the Flourishing Through Leisure Model has concern for helping individual clients who have disabilities with leisure enhancement and strengths development. But Anderson and Heyne's model goes beyond the development of clients as individuals to include changing the environment to support clients in their quests to reach the ends to which they aspire

Flow Experiences that are intensely absorbing in which participants lose track of time and awareness of themselves while engaged in challenges that match their skills. Term first made popular by Csikszentmihalyi

Forensic psychiatry Branch of psychiatry dealing with legal issues related to mental disorders

Forensic units State psychiatric hospitals often offer secure forensic units that serve individuals who have been remanded for treatment by court order

Formative evaluation Evaluation typically conducted during the development or improvement of a program. Summative evaluation involves making judgments about the efficacy of a program at its conclusion

Functional Assessment of Characteristics for Therapeutic Recreation (FACTR) Designed to identify client needs related to basic functional skills and behaviors used in leisure participation. It covers functional skills in three domains: physical, cognitive, and social/emotional. Each domain includes 11 items, for a total of 33 items

Functional Independence Measure (FIM) The FIM is a widely used functional assessment measure. It employs an 18-item ordinal scale to assess the patient's level of disability, as well as being sensitive to changes during comprehensive medical rehabilitation programs

Functional outcomes Include areas such as general tasks and demands, work and educational functioning, self-care, domestic life, interpersonal functioning, and participation in community, social, and civic life

General Recreation Screening Tool (GRST) Designed for evaluating functional skill levels of children with intellectual or developmental disabilities in four domains: cognitive, physical, emotional, and social

Geriatrics Deals with the health and disease problems in old age and the medical care and treatment of aging people; the comprehensive health care of older persons; and the well-being of their informal caregivers

Gerontology The study of the aging process and of individuals as they grow from midlife through later life, including the study of physical, mental and social changes; the investigation of the changes in society resulting from our aging population; the application of this knowledge to policies, programs, and practice

Gestalt Psychology A school of thought that looks at the human mind and behavior as a whole

Glioma Type of tumor that occurs in the brain and spinal cord

Glucose A sugar that is the main source of energy for the body

Goals Observable and measurable end results having one or more objectives to be achieved. Goals are typically broad in scope and include several objectives; goals are sometimes referred to as "general objectives" because they are broad in nature

Group Collection of individuals who coordinate their activities toward a common goal or cooperate to fulfill some purpose. Group members relate to one another and are interdependent

Group dynamics Group process: phenomena that occur in groups

Group processing Involves clients discussing the dynamics of their activity participation to gain self-knowledge. It permits clients to discuss their participation in an activity, to learn from that discussion, and to extend their learnings to their everyday lives

Group homes Provide therapy, 24-hour supervision, and support to people with complex health needs in a home-like setting

Growth psychology Humanistic psychology (also known as growth psychology) that perceives people as being self-aware, able to accept or reject environmental influences, and generally capable of being in conscious control of their own destiny. It emphasizes the development of unique potentials or strengths

GSR Galvanic skin response

Hallucination False sensory perception involving any of the senses, without corresponding stimuli. Hearing voices that do not exist, for example, would be an auditory hallucination

Hallucinogenics/Psychedelics Drugs that alter perceptions, feelings, sense of time; may cause auditory, visual, and tactile hallucinations; may cause panic, paranoia. LSD, PCP, mescaline, psilocybin, peyote, marijuana in larger doses, and inhalants are examples

Handicap Term originally used to denote disadvantage in sports that is open to change and interpretation. In popular usage, sometimes used interchangeably with the term disability. May be used to signify what society can do to persons with disabilities by refusing them opportunities -- or what individuals with disabilities may do to themselves by believing that they cannot do something when, in fact, they could function given the right conditions. The term disabled is generally preferred to handicapped today

Hardiness Array of personality characteristics that enables individuals to withstand stress and not succumb to negative health effects

HCFA (Health Care Financing Administration) A unit of the U.S. Department of Health and Human Services that administers Medicare and Medicaid

Health Individual's ability to function optimally in their environment; involves the physical, mental, and social well-being of the individual; encompasses coping adaptively, as well as growing and becoming. Health is a positive state of being characterized by the best available physical, psychological, emotional, social, spiritual, and intellectual levels of functioning, the absence of disease or the optimal management of chronic diseases, and the control of both internal and environmental risk factors for both disease and negative health

Health disparities If a health outcome is seen to a greater or lesser extent between populations, there is disparity. Race or ethnicity, sex, sexual identity, age, disability, socioeconomic status, and geographic location all contribute to an individual's ability to achieve good health

Health maintenance organization (HMO) HMOs have their own network of doctors, hospitals and other healthcare providers who have agreed to accept payment at a certain level for any services they provide

Health Protection A means to restore oneself or regain stability or equilibrium following threat to health

Health Promotion To develop oneself through leisure as a means to obtain high-level wellness

Health Protection/Health Promotion Model Conceptual model (or practice model) for recreational therapy developed by David R. Austin who reformulated the Health Protection/Health Promotion Model in 2011, to include theoretical perspectives from positive psychology and encompassing the entire spectrum of clients, including those with chronic illnesses and disabilities. The overall mission of the model is to help people to enjoy the highest levels of health possible. Under this conceptual model, RT may be perceived to be a means to restore oneself or regain stability or equilibrium following threat to health (health protection) and to develop oneself through leisure as a means to high-level wellness (health promotion). Thus, RT has the primary goals of (a) restoring health and assisting clients to cope with chronic conditions and disabilities and (b) helping clients to use their leisure in optimizing their potentials and striving for high-level wellness. RT provides for the stabilizing tendency by helping individuals to restore health or cope adaptively with chronic illnesses and disabilities and the actualizing tendency by enabling clients to use leisure to personal growth. The Health Protection/Health Promotion Model reflects the full extent of RT practice. At one extreme of the continuum of service, the recreational therapist is assisting clients in poor environments to restore health. At the other extreme, the recreational therapist is helping clients achieve optimal health, or high-level wellness, in favorable environments

Hedonic Seeking pleasure and avoiding pain

Helping relationship Interpersonal relationship between a person(s) with problems or needs and a person skilled in techniques to help meet those problems or needs. The relationship is directed toward maximizing the client's growth potential and preventing or relieving problems. In short, a relationship established between two or more people for the purpose of giving and receiving help

Helplessness Feeling that results when events and behaviors are perceived to be uncontrollable. Helplessness is learned through environmental interactions and therefore can be altered. It typically begins after experiencing repeated traumatic events, such as childhood abuse or domestic violence

Hemiplegia Paralysis of one side of the body

Hernia Protrusion of an organ, or part of it, through the wall of the cavity that houses it

Hierarchy of needs Maslow's theory of motivation that states that five categories of human needs dictate an individual's behavior. Those needs are physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs

High-level wellness Integrated method of functioning, oriented toward enhancing the potential of which the individual is capable, within the environment in which the person is functioning. Approach that centers around the wholeness of the individual, calling for wellness or health enhancement in contrast to the illness orientation often found in the medical community

HIV Human immunodeficiency virus

HMO Health maintenance organization

Home health care Patient care in the home setting, under the direction of a health service; medical, nursing, physical therapy, and other care. The most common types of home health care are nursing services; speech, physical, occupational and rehabilitation therapy

Homeostasis State of equilibrium. The tendency toward a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes

Horticulture therapy Working with plants, gardening activities, and the innate closeness to nature are used as vehicles to bring about therapeutic outcomes

Hospice Care Focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life. Hospice care is provided at the end of life and includes palliative care. The difference is that the individual may receive palliative care at any time. The improvement in the individual's quality of life and comfort is the goal of these services

Hospital Recreation Section (HRS) Founded in 1948 as a special interest group within American Recreation Society, the HRS was composed of hospital recreation workers who saw recreation as an end in itself and believed in the credo of "recreation for all." Those in the HRS believed that the right to recreation was something that all should enjoy, including those who were institutionalized, ill, or disabled

Humanistic perspective A perspective in which persons are seen as striving to realize their individual potentials (i.e., to self-actualize). It emphasizes looking at the whole individual and stresses concepts such as free will, self-efficacy, and self-actualization. Rather than concentrating on dysfunction, humanistic psychology is a strengths-based approach that strives to help people fulfill their potential and maximize their well-being

Huntington's disease (HD) A rare brain disease that is passed down in families from generation to generation. HD causes deterioration in a person's physical, mental, and emotional abilities, usually during their prime working years, and currently has no cure

Hyperactivity Overreaction to stimuli leading to greatly increased muscular movement

Hyperextension Extreme or abnormal straightening beyond a position of extension

Hyperopia farsightedness

Hypertension Consistent elevation of blood pressure above normal

Hypertonic Abnormally high tension or tone, especially of the muscles

Hyperthermia Highly increased body temperature

Hypochondriasis Psychological disorder characterized by anxiety and a preoccupation with somatic concerns and symptoms that do not exist

Hypoglycemia Low blood sugar

Hypomania Psychopathologic state with restlessness and over activity, disinhibited behavior, racing thoughts, and elevated mood. A potential symptom of bipolar disorder

Hypotensive Abnormally low blood pressure

Id Along with the ego and superego, a part of psychoanalytic personality that contains the primitive biological urges that demand immediate gratification; ruled by the pleasure principle

Idiopathic Without a known cause; having unknown cause

Idyll Arbor Leisure Battery (IALB) Four separate testing tools that make up the Idyll Arbor Leisure Battery: Leisure Attitude Measurement, Leisure Interest Measure, Leisure Motivation Scale, and Leisure Satisfaction Measure

IEP (individualized educational plan) Plan or program developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives specialized instruction and related services, such as recreational therapy

Impairment Any loss or abnormality of psychological, physiological, or anatomical function

Incident report An incident report records worksite events, including near misses, injuries, and accidents. It entails documenting all the facts related to an incident. Typically completed on a form provided by the facility or agency

Inclusive recreation Full inclusion of persons with disabilities into the recreation mainstream; joint participation of persons with and without disabilities

Incontinent Unable to restrain a natural discharge, as in urine, from the body

Independent variable A variable that stands alone and isn't changed by the other variables you are trying to measure. An independent variable is the cause while a dependent variable is the effect

Individualized intervention plan or individualized treatment plan (ITP) Comprehensive, progressive, personalized plan that is a person-centered, culturally competent program designed to meet client treatment needs based on treatment goals, while considering the client's unique background, psychological makeup, personal desires, and expectations. The treatment plan in recreational therapy may be referred to as the individualized intervention plan

Informed consent Permission given by a client to be involved in a treatment procedure or research study

Inpatient Patient who has been admitted to a hospital or other healthcare facility for at least an overnight stay

Insight Awareness of origin, nature, and mechanisms of attitudes and behaviors: self-understanding

Insulin reaction Low blood sugar resulting from too much insulin, increased physical exercise, or insufficient intake of food

Integrative medicine An approach to medical care that recognizes the benefit of combining conventional (standard) therapies (such as drugs and surgery) with complementary therapies (such as yoga) that have been shown to be safe and effective

Intellectual disability (ID) Term used when there are limits to a person's ability to learn at an expected level and function in daily life; below average intelligence and set of life skills present before age 18

Intensive care unit (ICU) Hospital unit where patients receive critical care and close monitoring

Interdisciplinary team (or interprofessional team) Treatment, rehabilitation, or care team of healthcare professionals from various disciplines who share their skills with one another to provide client care

Intergenerational programs (IGPs) Programs that bring together older adults with youth in socially engaging activities that provide opportunities for facilitating the transfer and exchange of skills, knowledge, and abilities that foster positive relationships and bring mutual benefits to both older people and children

Intern Student completing a major field experience

Interrater reliability Extent to which independent evaluators produce similar ratings

Interventions Refers to any combination of strategies designed to produce desirable behavioral or health outcomes for an individual. Interventions involve carrying out a plan of action derived during the planning state of the RT process; recreational therapy uses recreation and leisure activities (i.e., facilitation techniques) as interventions to help clients to address their assessed needs

Intrinsic Coming from within; an inherent quality; e.g., intrinsic motivation

IQ (intelligence quotient) A measure of someone's intelligence found from standardized tests; numerical expression of intelligence derived by dividing mental age by chronological age and multiplying by 100; this results in approximately two-thirds of the population scoring between IQ 85 and IQ 115 and about 2.5 percent each above 130 and below 70

Isometric exercise Muscle contractions without major body movement, including tensing and relaxing opposing groups of muscles, or pulling or pushing against stationary objects

Isotonic exercise Muscle contractions involving a constant amount of muscle tension, such as in gradually lifting a weight

Journaling Daily writing intervention, typically in a bound booklet, to write about emotions, reactions to situations, and thoughts experienced that day. It can be a valuable tool for self-understanding that helps an individual to record and clarify thoughts and feelings, manage stress, and evolve insights

Juvenile idiopathic arthritis (JIA) A form of arthritis in children; causes joint swelling (inflammation) and joint stiffness. JIA is arthritis that affects one or more joints for at least 6 weeks in a child 16 or younger. Unlike adult rheumatoid arthritis, which is ongoing (chronic) and lasts a lifetime, children often outgrow JIA

Lactose intolerance Inability to break down and absorb the sugar lactose

Larynx Medical term for the voice box, the organ in the throat that produces voice and also prevents food from entering the airway

Lateral On one side

Laughter yoga A relaxation technique that combines laughter exercises with yoga breathing and stretching. It is based on the idea that if people go through the motions of laughing, real laughter will follow. It takes advantage of the fact that our bodies cannot tell the difference between fake and real laughter. Contrived laughter soon turns to real laughter with ensuing positive emotion

Law of effect Law proffered by Thorndike that positive outcomes are generally repeated

Learned helplessness Condition of apathy or inactivity that results from repeatedly experiencing a lack of control over adverse life experiences

Learning disability Any of a variety of disorders, including hyperactivity, dyslexia, and hearing problems, that can interfere with a person's ability to learn

Least restrictive environment (LRE) A part of the Individuals with Disabilities Education Act (IDEA). IDEA says that children who receive special education should learn in the least restrictive environment. This means they should spend as much time as possible with peers who do not receive special education. Over time, many professionals have equated LRE with inclusion-only programming. The important aspect is providing activities that help persons grow and reach their developmental potential. This does not mean exclusive programming in inclusive settings; it means matching levels of support with needs in the most appropriate environment to facilitate growth, learning, and appropriate care

Legal blindness Visual acuity less than 20/200 is considered legally blind, but to actually fit the definition, the person must not be able to attain 20/200 vision even with prescription eyewear. Many people who would be legally blind without eyewear can function well in everyday life with appropriate glasses or contact lenses

Leisure Intrinsically motivated, self-determined experience allowing for a chosen level of mastery and competence that leads to feelings of self-efficacy, empowerment, excitement, or enjoyment; have freedom to become. Recreational therapists understand leisure as a phenomenon that provides the individual with perceived control, the opportunity to meet intrinsically motivated needs, and a means to actualize potentials, to flourish, and achieve high-level wellness

Leisure Ability Model Conceptual model (or practice model) for therapeutic recreation developed by Carol Peterson and Scout Gunn that has as its goal the enhancement of a satisfying leisure lifestyle for a person with limitations. The model has three major parts along a continuum. The first, functional intervention, deals with improving functional ability. The second is leisure education, which is focused on the client gaining leisure-related attitudes, knowledge, and skills. The third component, recreation participation, has to do with structured activities that give clients the opportunity to enjoy recreational experiences

Leisure and Well-Being Model Conceptual model (or practice model), developed by Carruthers and Hood, largely based on positive psychology. Its focus is on people who are experiencing difficulties in adjusting and adapting to disability and other limiting conditions. The leisure experience and clients' reactions to disability are central features of the model. The purpose of their model is to bring about successful engagement with one's life and the realization of one's full potential

Leisure Assessment Inventory (LAI) Developed to measure leisure behavior of adults with intellectual disabilities. It has four indexes: leisure activity participation, leisure preferences, leisure interest, and leisure constraints

Leisure Competence Measure (LCM) Designed to meet the need for an instrument to assess psychosocial outcomes in rehabilitation programs. It provides measures of leisure functioning in eight domains: leisure attitudes, leisure awareness, leisure skills, social appropriateness, group interaction skills, clinical participation, social contact, and community-based participation

Leisure counseling Process in which the RT uses counseling to assist the client to discover and change leisure attitudes or behaviors

Leisure education Organized instruction about leisure and leisure opportunities that involves the supply of information and knowledge, the teaching of skills, and the provision of opportunities for participation in recreational activities

Leisure Diagnostic Battery (LDB) Collection of instruments to assess leisure functioning of persons with disabilities and persons without disabilities

Leisure Motivation Scale (LMS) Developed by Beard and Ragheb, measures leisure motivation by means of four subscales

Lesion An injury or wound; any visible abnormality of skin tissue, such as a sore, rash, or boil

Lethargy Mental dullness or drowsiness

Leukemia Form of cancer that involves the blood-forming tissues of the bone marrow, spleen, and lymph nodes

Leukemia Cancer that starts in blood-forming tissue, such as the bone marrow, and causes large numbers of abnormal blood cells to be produced and enter the bloodstream

LGBTQ+ Stands for Lesbian, Gay, Bisexual, Trans, Queer/Questioning, and others

Libido Psychic drive or energy associated with sexual instinct

License Permission granted to an individual or organization by a governmental agency to engage in a practice, occupation, or activity otherwise unlawful, e.g., a licensed recreational therapist

Lifestyle medicine Emerging medical discipline that rests on the recognition that unhealthy lifestyle behaviors (e.g., sedentary lifestyle, poor diet, obesity, substance use, and lack of relationships) lead to compromised health of those with chronic conditions. These unhealthy behaviors, together with unhealthy supportive environments, are primarily responsible for the current chronic disease crisis

Locus of control Generalized belief people have about whether the causes of events in their lives are within or outside their control

Lumbar Pertaining to the lower back; part of the body between the thorax and pelvis

Lumbar spine Five vertebrae of the spine in the region of the lower back, the strongest part of the spine

Macular degeneration or age-related macular degeneration (AMD) An age-related problem with the retina. It happens when a part of the retina called the macula is damaged. With AMD the person loses central vision. They cannot see fine details, whether looking at something close or far. But the peripheral (side) vision will still be normal

Magnetic resonance imaging (MRI) Noninvasive medical imaging test that produces detailed images of almost every internal structure in the human body, including the organs, bones, muscles, and blood vessels

Mainstreaming Helping people with disabilities to be integrated into typical settings so that they can function at their optimal level of independence; the act of incorporating a social group into the mainstream

Major depressive disorder Identified by symptoms such as depressed mood, diminished interest in previously satisfying activities, significant change in weight, sleep disturbance, change in activity level, fatigue, feelings of worthlessness, diminished ability to concentrate, and recurrent thoughts of death (including thoughts of suicide)

Malignant Very dangerous; likely to cause death (e.g., cancer is a malignant tumor)

Malingering Simulation or exaggeration of an illness to avoid an unpleasant situation or duty or to obtain some type of personal gain

Managed care General term for any system of healthcare delivery organized to enhance cost-effectiveness. Managed care networks are providers that agree to provide services to those covered under a plan, usually organized by insurance carriers but may also be organized by hospitals or employees

Mania Abnormally euphoric emotional state characterized by extreme excitement, excessive elation, hyperactivity, agitation, and accelerated thinking and speaking

Master clinician The term can be used to designate individuals with training to practice at a higher level than traditionally prepared recreational therapists

Mastery Demonstrated ability to perform a given task

Medicaid Health care managed by states and is based on income

Medicare Health care managed by the federal government and is mainly based on age

Medical home A model or philosophy of primary care that is focused on caring for an individual's health conditions by providing comprehensive and continuous medical care to patients with a goal to obtain maximal health outcomes. Key philosophical components are patient-centered care, comprehensive care and coordinated care, accessible care, and a commitment to quality and safety

Medulla Part of the brainstem that contains control centers for such vital functions as breathing and heartbeat rate

Memory units Provided for persons who need care due to Alzheimer's disease or related dementias

Meningitis Inflammation of the meninges covering the brain and spinal cord

Mental illness The U.S. Department of Health and Human Services stated that mental illness refers collectively to all diagnosable mental disorders. Mental disorders are characterized by abnormalities in cognition, emotion or mood, or the highest integrative aspects of behavior, such as social interactions or planning of future activities

Mental retardation Old term that is no longer employed; the term "intellectual disability" has replaced the term "mental retardation"

Mild Intellectual Disability This category includes roughly 85% of persons with ID. In many cases, these persons can live independently with a minimal level of support, although they may need assistance with major life decisions and help with tasks such as finances, shopping, and transportation

Milieu therapy Psychiatric treatment approach that emphasizes socioenvironmental manipulations on the effect of the total environment on the client; usually employed in psychiatric hospitals

Mindfulness A process of living in the here and now and using all five senses to focus on the present

Mindfulness meditation Cultivation of a state of being in which the person is fully awake in a present moment of an open and accepting awareness in which ongoing thoughts, feelings, and sensations that arise are acknowledged and accepted nonjudgmentally. Mindfulness meditation helps those practicing it learn to achieve a calmness that allows them an awareness of what is present in their minds and to accept it unconditionally

Minimal brain damage Minimal or mild neurological abnormality that may lead to learning difficulties

Mini Mental State Examination (MMSE) A widely used tool to systematically assess cognitive function. It is an 11-question measure that test five areas of cognitive function, including orientation, registration, attention, and calculation, recall, and language

Minimum data set (MDS) Part of a federally mandated process for clinical assessment of all residents in Medicare or Medicaid certified nursing homes. This process entails a comprehensive, standardized assessment of each resident's functional capabilities and health needs

Minimum Data Set – Version 3.0 A federally mandated assessment instrument for assessing individuals within certified skilled nursing facilities.

MMPI (Minnesota Multiphasic Personality Inventory) Psychological instrument often administered in psychiatric care; it provides a profile reflecting nine dimensions of personality

Mobility Ability to move from one location to another

Modality A method of therapy used as an intervention for treatment or rehabilitation purposes. A modality in health care can be a piece of equipment, a form of treatment, or an intervention strategy

Modeling Learning by watching the behavior of other persons; demonstration of a task, skill, or desirable behavior in order to teach another person

Moderate Intellectual Disability This category includes about 10% of persons with ID. Persons at this level may have problems with appropriate social skills. They require regular support for self-care activities in terms of instruction, reminders, and performance cues. A typical residential setting would be a group home with 24/7 staffing

Moral treatment (moral therapy) Philosophy and technique of treatment for mental illness that prevailed in the first half of the 19th Century that emphasized removal of restraints, humane and kindly care, attention to religion, and performance of purposeful activities; a forerunner of recreational therapy in psychiatric care

Morbidity Condition of illness, injury, or disability; the state of being ill or having a disease

Mortality Death, usually with reference to a large population

MRI (magnetic resonance imaging) Noninvasive medical imaging test that produces detailed images of almost every internal structure in the human body, including the organs, bones, muscles, and blood vessels

Multisensory environments (MSEs) Multisensory environments are artificially engineered rooms composed of multisensory equipment specifically engineered to establish a specified mood in the room where activities and sensory experiences take place. MSEs are popularly known as Snoezelen Rooms

Multimodal therapy Psychotherapy approach developed by Arnold A. Lazarus that uses a diverse range of treatment methods down from various sources

Multiple sclerosis (MS) Chronic, slowly progressing disease affecting the central nervous system (the brain and spinal cord). MS occurs when the immune system attacks nerve fibers and myelin sheathing (a fatty substance that surrounds/insulates healthy nerve fibers) in the brain and spinal cord. This attack causes inflammation, which destroys nerve cell processes and myelin – altering electrical messages in the brain. MS is unpredictable and affects each patient differently – some individuals may be mildly affected, while others may lose their ability to write, speak or walk

Muscular dystrophy Chronic, inherited disease of the muscles characterized by gradual weakening and degeneration of the voluntary muscles

Musculoskeletal disorders Congenital and acquired illness and injuries that fall under musculoskeletal include clubfoot, hip dysplasia, scoliosis, and sustained injuries

Music therapist (MT). A credentialed allied health professional who has completed an approved music therapy program that employs the clinical and evidence-based use of music interventions to accomplish individualized goals

Myelitis Inflammation of the spinal cord

Myocardial infraction Damage to the heart muscle (myocardium) that results from severe or prolonged blockage of blood supply to the tissue. Commonly termed a heart attack

Myopia Nearsightedness

Naltrexone Medication which blocks the rewarding effects of alcohol and reduces cravings

Narcissist Personality disorder characterized by inflated sense of self-importance, arrogant thinking and behavior, a lack of empathy and consideration for other people, and an excessive need for admiration

Narcotics Drugs that relieve pain, act as sedatives, and may produce euphoria. These substances are also called opiates and may lead to addiction with continued use

National Academy of Recreational Therapy (NART) An honorific society composed of leading recreational therapists and recreational therapy educators

National Association of Recreation Therapists (NART) Founded in 1952, NART was composed of professionals who saw themselves as therapists who used recreation to ameliorate illnesses and aid in the rehabilitation of persons who were ill or had acquired a disability. Thus, to them, recreation was a means, not an end. As they termed it, recreation was “a tool for treatment”

National Council for Therapeutic Recreation Certification (NCTRC) National body that tests and certifies Certified Therapeutic Recreation Specialists (CTRS)

National Institutes of Health (NIH) A part of the U.S. Department of Health and Human Services, NIH is the largest biomedical research agency in the world, which includes several divisions such as the National Institute of Mental Health (NIMH). NIH has a recreational therapy department

National Therapeutic Recreation Society (NTRS) Now defunct, The Hospital Recreation Section of the American Recreation Society (HRS/ARS) and the National Association of Recreational Therapists (NART) merged to form NTRS in 1966. NTRS was a branch or special interest group of the National Recreation and Park Association. It has been replaced by an independent professional association, the American Therapeutic Recreation Association (ATRA)

Nature therapy (also known as ecotherapy) An emerging area of practice that uses nature-based activities to allow people to have a connection with nature from which they receive health enhancement, particularly for their mental health

Negative reinforcement Any behavior that increases the probability of a response by terminating or withdrawing an unpleasant stimulus

Neurology Diagnostic study and treatment of organic disease of the nervous system

Neuromuscular disorders Cause changes to voluntary muscles by impacting the nerves that control them. When these nerve cells are impacted and become unhealthy or die, changes or wasting in the muscles and nervous system result. Many health conditions fall in this category, including amyotrophic lateral sclerosis (ALS), Parkinson’s disease (PD), and multiple sclerosis (MS)

Neurosis In common usage, emotional disturbances of all kinds other than psychosis; it implies anxiety and maladaptive ways of dealing with it; a dated term

Nocturnal Occurring at night

Nonverbal communication Act of conveying information without the use of spoken words

Normalization Process that makes something more normal or regular. Term used when helping individuals with developmental disabilities to live as “normal” a life as possible for that individual. Using the principle of normalization, recreational therapists help provide clients with as normal a rhythm of life as possible

Norm-referenced Refers to standardized tests that are designed to compare and rank test takers in relation to one another. Norm-referenced tests report whether test takers performed better or

worse than a hypothetical average test taker. Norm-referenced scores are generally reported as a percentage or percentile ranking

Obese Excessively overweight; 20% above ideal weight

Objective The chief characteristic of a useful objective (whether a goal or specific behavioral objective) is that it states what the client will do, or said another way, it identifies the kind of behavior expected; objectives are a specific result you're trying to achieve within a time frame and with available resources. They're considered more specific and easier to measure than a goal

Objective Data Assessment data gained from sources other than the client

Obsession Persistent, fixed idea or impulse that cannot be eliminated by logic or reason

Occupational Therapist (OT) Health care professional who uses a scientific basis and a holistic perspective to promote a person's ability to fulfill their daily routines and roles. OTs treat injured, ill, or disabled patients through the therapeutic use of everyday activities

Ocular Pertaining to the eye

Olfactory Involving smell or odors

Open-ended questions Not asking for specific information. Often used to begin conversations. A general open-ended question is "Tell me about yourself."

Operant conditioning Type of learning in which responses are modified by their consequences. Reinforcement increases the likelihood of future occurrences of the reinforced response. Sometimes termed instrumental conditioning or reinforcement theory

Opioids/Narcotics Quick, intense feeling of pleasure followed by a sense of well-being and calm; decreases pain, causes lethargy, lack of motivation, drowsiness, slow pulse. Examples are heroin, morphine, codeine, opium, fentanyl, carfentanil, oxycodone, hydrocodone, and Demerol

Optimizing Lifelong Health Through Therapeutic Recreation Model (OLH-TR).

Conceptual model authored by Wilhite, Keller, and Caldwell. The purpose of the model is to enhance health and well-being and to minimize the effects of illness and disability across the life span. The end that is sought is to bring about optimal health through individuals engaging in a healthy leisure lifestyle involving well-chosen leisure activities that meet client needs

Organic disease A disease characterized by demonstrable structural or biochemical abnormality in an organ or tissue

Orient To acquaint someone with new surroundings; to acquaint a client with the RT program

Orientation Awareness of oneself in terms of time, place, and person

Orthopedics Correction or prevention of disorders involving muscles, bones, or tissues

Osteoporosis Disorder characterized by abnormal loss of bone density

Outcome goals General objectives that describe client behavioral outcomes of treatment or rehabilitation

Outcome measure Instrument designed to gather information on the efficacy of a program; a means to determine if outcome goals and objectives have been met

Outcomes The measurement and evaluation of an activity's results against their intended objectives. Outcomes are what you hope to achieve when you accomplish the goal

Palliative care The National Institute of Health defines palliative care as providing treatment for a patient's discomfort, symptoms, and stress of serious illness. Symptoms can include, pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, problems with sleep, and any side effects from medical treatment

Para Prefix meaning "alongside"; sometimes used as a shortened version of paraplegic

Paralysis The inability to use a muscle because of injury to or disease of the nerves leading to the muscle

Paranoid Lay term commonly used to describe an overly suspicious person. The technical use of the term refers to people with paranoid ideation, a type of schizophrenia, or a class of disorders

Paraplegia Paralysis of the lower extremities

Paraprofessional Trained aide who assists a professional

Parkinson's disease Brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking

Patient-reported outcome measures (PROMS) Standardized questionnaires clients complete on the subjective elements of patients' conditions, including health-related quality of life, pain intensity, activity limitations, participation restrictions, satisfaction or adherence to treatment and help to evaluate the burden of disease and treatment from patients' perspectives. Provide a numerical score of patients' views of what they can do and what they feel. Some PROMs provide the client's perceptions of their general health, while others are disease or condition specific

Patient-Reported Outcomes Measurement Information system (PROMIS) Created by the National Institutes of Health (NIH), PROMIS provides practitioners free access to validated measures for use with children and adults in the domains of global health, mental health, physical health, and social health

Pathological Abnormal; caused by disease

Pathology Branch of medicine that deals with causes and symptoms of diseases

Pediatrician Medical doctor who specializes in the development and care of children and the treatment of children's diseases

Pediatrics Healthcare of children and the study of childhood diseases

Peds Informal abbreviation of pediatrics

Personality disorder Deeply ingrained, inflexible, maladaptive patterns of relating, perceiving, and thinking of sufficient severity to cause other impairment in functioning or distress.

Personality types include antisocial, borderline, compulsive, dependent, paranoid, passive-aggressive, and schizoid

Person-centered therapy A growth-oriented, non-directive approach to talk therapy developed by Carl Rogers. The therapist is to display unconditional positive regard for clients who are seen to have a basic tendency to actualize their potentials and seek positive self-regard. Occasionally, the term is used in recreational therapy to indicate an individualized approach to therapy

PET scan (positron emission tomography) Brain-imaging technique that permits evaluation of regional metabolic differences by looking at radioisotope distribution

Phenomenological Subjective experiences and feelings of an individual

Phobia Obsessive, persistent, unrealistic, intense fear of an object or situation

Physical activity Involves any bodily movement produced by the skeletal muscle that results in an increase in metabolic rate over resting energy expenditure

Physical disability Physical degeneration or loss to an individual caused either by congenital or adventitious factors

Physical medicine and rehabilitation (PM&R) A setting in which recreational therapists treat individuals who are recovering from physical injuries, both traumatic (e.g., from an accident) and nontraumatic (e.g., from a surgery)

Physical therapists (PTs) Help people who are injured or ill to improve movement and manage pain. Physical therapists entering the occupation need a Doctor of Physical Therapy (DPT) degree. All states require physical therapists to be licensed

Physician assistant (PA) (aka physician extender) A specially trained and licensed individual who performs tasks, which might otherwise be performed by a physician, under the direction of a licensed supervising physician

Pilates The term Pilates comes from the founder Joseph H. Pilates. Pilates involves a system of low-impact exercises that allow participants to take control of their mind and body. It has the goal of toning and conditioning the body, with special emphasis on the core, while developing correct breathing and posture and increasing focus and mental concentration

PKU Phenylketonuria

Placebo Resembles an active drug but has no pharmacologic activity; or a procedure given to a control group in an experiment as if it were an effective treatment

Play therapists Help children to make sense of difficult life experiences, or complex psychological issues through play activities and toys

Pleasure principle According to psychoanalysis, the basic human tendency to avoid pain and seek pleasure

Polio (Poliomyelitis) Viral disease affecting the central nervous system with variable severity ranging from subclinical infection to paralytic disease, to possible death. Polio is endemic in just two countries: Afghanistan and Pakistan

Polytrauma Defined by multiple injuries. Polytrauma is a combination of injuries that affects at least two body regions, in which one of the injuries was life threatening and resulted in multiple impairments or disability

Pons Portion of the brainstem involved in the control of eye movements and facial expressions

Pool Activity Level (PAL) The PAL was developed to support meaningful activity for persons with cognitive impairments, including dementia, by enabling staff to engage a person with dementia in activity at an appropriate level. Developed by Jackie Pool, the instrument uses a checklist of statement to identify how the person can perform in nine everyday activities

Positive psychology Concentrates on the positive side of persons instead of on the negative. It is like humanistic psychology in that positive psychology is focused on human strengths and optimal functioning rather than pathology. Its concern is with processes that contribute to the flourishing or optimal functioning of people, groups, and institutions

Positive reinforcer Any stimulus that follows a behavior and increases the likelihood of the occurrence of the behavior that it follows

Posterior Stimulated behind; the back part of something

Posttraumatic stress disorder (PTSD) Disorder characterized by reexperiencing a psychologically disturbing event (such as war or rape) and by overexpansiveness to stimuli that recall the event producing unrealistic or excessive anxiety

Precipitating factor Element that causes or contributes to the occurrence of a symptom

Prescriptive activity When individuals first encounter illness or disability, they often become self-absorbed, inactive and withdraw from their usual life activities, and experience a loss of control over their lives, leading to feelings of depression. To combat such feelings, the recreational therapist prescribes (i.e., recommends) clients reengage in activities even though they do not feel like taking part in them. The rationale for prescriptive activities is that clients must actively engage in life to overcome feelings of helplessness and depression and begin to establish control over the situation. Within prescriptive activities, clients begin to experience feelings of fun and accomplishment. They begin to make improvements and to regain a sense of

independent functioning and control so they can move past prescriptive activities and engage in recreation experiences

Premack principal Idea that a naturally, highly preferred behavior can be used to reinforce a less preferred behavior. For example, quiet activity of children (the less preferred behavior) might be reinforced if the children are allowed outside play on the playground (a naturally, highly preferred activity). A more complete explanation of the phenomenon is the *response deprivation hypothesis* that states either a highly preferred behavior or a less preferred (low-rate) behavior can serve as a reinforcer. The key is that the individual is deprived of his or her normal level of activity until he or she increases the sought behavior above its accustomed level. Even a relatively low-rate behavior can be used as a reinforcer if the person is deprived from participating in it at the accustomed level; supported by research on behavioral activation

Presbyopia Farsightedness with inability to focus on near objects, resulting from loss of elasticity of the lens; occurs with age

Pressure sore Breakdown in the skin due to pressure that results in tissue death and sometimes infection; also known as skin sore or decubitus ulcer

Principle of reinforcement People tend to repeat behaviors that provide rewards

Problem-oriented record (POR) Simple conceptual framework to expedite and improve medical records. It contains four logical sequenced sections: database, problem list, plans, and follow-up

Process criteria Describe sequence of activities or events used in the delivery of care

Process goals General objectives that describe what staff will do to help the client to reach outcome goals or treatment goals

Processing (an activity) Procedures used before, during, and after an activity to enhance the therapeutic qualities found in the experience; sometimes the term used to describe the procedure of debriefing groups following participation in an activity

Profound Intellectual Disability This category includes just 1% to 2% of the ID population. These persons usually require 24-hour care and are highly dependent upon other persons for all aspects of daily routine. High comorbidities with physical and sensory impairments are typically present. Many persons in this category are deemed “medically fragile” and may be tube fed and/or require ventilator assistance with breathing and 24/7 nursing support

PPO (Preferred Provider Organization) A type of managed care health insurance plan that provides maximum benefits if clients visit an in-network physician or provider, but still provides some coverage for out-of-network providers. Additionally, clients can usually visit any provider without a referral from their primary physician

Progress notes Charting regarding the "progress" that the patient is making. Progress notes serve as a record of events during a client's care, allowing clinicians to compare past status to current

status, communicate findings, opinions and plans among members of the healthcare team, and to allow retrospective review of case details

Progressive relaxation Guided exercise in which people systematically tense and release their muscles while attending to the resulting sensations of tension and relaxation

Prognosis Forecast of the probable course and outcome of a disorder

Projection Attributing to others unacceptable personal thoughts, feelings, and behaviors

Prompt Cue or stimulus, usually in the form of physical guidance, which produces the response of an indicated behavior

PROMs (Patient-Reported Outcome Measures) Standardized questionnaires that clients complete to record a numerical score of their views of what they can do and what they feel. Some PROMs provide the client's perceptions of their general health, while others are disease or condition specific

Prostate A walnut-sized gland located between the bladder and the penis

Prosthesis Replacement of a missing part of the body, such as a limb, by an artificial substitute

Protocol A detailed plan of a scientific or medical experiment, treatment, or procedure. As employed in recreational therapy, a protocol provides a detailed description of a program

Proxemics Study of the use of space by humans

Psyche The mind

Psychiatrist Physician who specializes in the diagnosis, treatment, and prevention of mental and emotional disorders

Psychoanalysis Therapy based on Freudian constructs that attempts to explore the unconscious by bringing it to the surface of consciousness

Psychoanalytic theory Developed by Freud; a conflict model involving three systems of personality (id, ego, superego) and two instinctual drives (sex and aggression)

Psychodrama Psychotherapy approach originated by J.L. Moreno that uses a dramatized acting out of the client's problems

Psychogenic Having emotional or psychological origin in contrast to organic basis

Psychologist Individual who holds a degree (usually Ph.D.) in psychology who engages in clinical practices such as psychological testing, diagnosis, counseling, and other therapies; psychologists also conduct research and teach university psychology courses

Psychomotor Manipulative or motor acts requiring voluntary human movement; in contrast to involuntary reflex movement

Psychopath Person who has an antisocial personality

Psychosexual development Freud proposed that personality development in childhood takes place during five psychosexual stages, which are the oral, anal, phallic, latency, and genital stages

Psychosis Major mental disorder that seriously disrupt a person's ability to recognize reality, think rationally, remember, communicate, and relate to others. It is often characterized by bizarre behavior, inappropriate mood, regressive behavior, delusions, and hallucinations

Psychosomatic Pertaining to the interaction of the mind and body. Commonly used to refer to bodily symptoms having at least a partial emotional cause

Psychotherapy Process of personal contact between a therapist and client involving verbal and nonverbal communication that provides treatment to alleviate maladaptive behaviors and produce personal growth

Psychotropic drug A drug that affects how the brain works and causes changes in mood, awareness, thoughts, feelings, or behavior. Examples of psychotropic substances include marijuana and certain pain medicines. There are five major classes of legal psychotropic medications: anti-anxiety agents, antidepressants, antipsychotics, mood stabilizers, and stimulants

Pulmonary Concerning or involving the lungs

Purposeful activity A goal directed activity

QA (quality assurance) QA measures compliance against certain necessary standards, typically focusing on individuals. QA tends to be defensive with a focus on providers, whereas QI is proactive and preventive in nature, focusing on patient care

QI (quality improvement) Seeks to standardize processes and structure to reduce variation, achieve predictable results, and improve outcomes for patients, healthcare systems, and organizations; QI is a continuous improvement process focused on processes and systems; sometimes termed continued improvement or performance improvement

Qigong Developed in China thousands of years ago as part of traditional Chinese medicine, it involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. In most forms of qigong: Breath is slow, long, and deep. Breath patterns may switch from abdominal breathing to breathing combined with speech sounds. Movements are typically gentle and smooth, aimed for relaxation. Mind regulation includes focusing one's attention and visualization

Quadriceps The muscle located at the front of the thigh that straightens the leg

Quadriplegia Paralysis of all four limbs

Quality of life Individual's perception of overall satisfaction with their life; perceptions include physical status and abilities, psychological well-being, social interactions, and economic conditions

Quality of Life Scale (QOLS). Widely used valid and reliable measure of the quality of life of those with chronic illnesses. The 16-item instrument has material and physical well-being; relations with other people; social, community and civic activities; personal development and fulfillment; independence; and recreation as domains

Range of motion (ROM) Movement of joints through the full extent to which they can be moved

Rapport Feeling of a close and harmonious relationship between two persons. Often used to describe the client's confidence in the helper and willingness to work cooperatively with the helper. Having "good rapport" indicates a level of trust and ease in interacting with the helper; being "in sync" or on "same wavelength"

Rational-emotive therapy (RET) Cognitively oriented therapeutic approach developed by Albert Ellis to change irrational ideas to rational ones

Rationalization Defense mechanism that gives questionable behavior a logical or socially acceptable explanation

Reactance Response against restrictions on freedom of choice or action

Reaction formation Giving a reason for behavior that is the opposite from the true cause

Readiness skills Needed to prepare a person to acquire higher-level skills

Reality orientation (RO) Originated in the 1960s. RO was developed to reorient persons with dementia, constantly offering repetitive orientation to the environment. It involved the technique of regular repetition of basic facts and constant orientation to time, place, names, events of the day, and things in the environment. The use of RO reached its peak in the early 1980s. It has generally been replaced by cognitive stimulation therapy (CST)

Reality therapy Therapeutic approach developed by William Glasser that emphasizes present behavior, facing reality, and taking responsibility for one's needs

Recreation Recreational therapists understand recreation as voluntary activity, that brings about positive emotions such as enjoyment, fun, and feelings of accomplishment, and has restorative properties vital to health restoration or for those with chronic conditions to manage their health status so they may enjoy the highest quality of life possible

Recreational therapy (RT) Utilizes recreation, leisure, and other activity-based purposeful interventions to address the assessed needs of individuals and to enhance psychological and physical health, recovery, and well-being. RT employs the recreational therapy process of assessment, planning, implementation, and evaluation (APIE) to assist clients to achieve health protection and health promotion

Recreational therapy process Systematic method of problem solving employed by recreational therapists. The RT process contains four phases: assessment, planning, implementation, and evaluation; it is popularly known as the APIE process (pronounced a-pie); some add documentation to make it read the APIED process

Recreational therapist (RT) A recreational therapist is a healthcare professional who utilizes the RT process of assessment, planning, implementation, and evaluation to meet the assessed needs of clients through the provision of purposeful goal-directed activities that have the potential to produce recreational or leisure experiences; recreational therapists hold the credential of Certified Therapeutic Recreation Specialist (CTRS)

Red book Common name for the book *Assessment Tools for Recreational Therapy* by Burlingame and Blasehko

Recovery orientation Although symptom management remains a goal of recovery rehabilitation in mental illness, it is understood within a larger context of improved life satisfaction, greater client empowerment, the development of natural social supports, and the development of hope. The recovery orientation recognizes service recipients as consumers who have a great deal of say in the services they receive

Referral Occurs when a client is directed to another helping professional or program

Regeneration Regrowth, repair, replacement of lost or injured cells, nerve fiber tissues, or organs

Regression Returning to an earlier method of behaving; a relapse or exacerbation of symptoms

Rehabilitation To restore or return the person to maximum functioning and optimal adjustment

Reinforcement Presentation of a reward or removal of an aversive stimulus following a response; reinforcement always increases the future probability of the reinforced response

Relapse The return of a disease or symptom after it had disappeared

Relaxation training Means to help clients experiencing stress or tension to develop feelings of deep relaxation through a series of guided exercises involving muscle tensing and relaxing; also termed progressive relaxation training

Reliability Refers to the consistency of a measure (whether the results can be reproduced under the same conditions). *Validity* refers to the accuracy of a measure (whether the results really do represent what they are supposed to measure)

Reminiscing Facilitation technique that involves recalling past events and experiences

Remission Significant improvement or recovery from a disease or disorder that may or may not be permanent; partial or complete disappearance of symptoms of a chronic or malignant disease

Remotivation therapy Facilitation technique that is a group approach in which the leader attempts to stimulate mental processes to improve or maintain cognitive function in participants, encourage conversation among participants, facilitate socialization among participants, enhance self-esteem of participants, increase self-awareness of participants, improve quality of life of participants, increase participants' participation in planned activities, interest participants in their environments, and increase hope and courage in participants. Remotivation therapy sessions are

designed to motivate individuals who are withdrawn, isolated, depressed, bored, or in need of environmental stimulation

Repression Exclusion of an anxiety-producing event from conscious awareness

Resident Client in a residential setting (e.g., nursing home, assisted living)

Resident (medical) Physician completing postgraduate training; specifically, a specialized stage of graduate medical education under the supervision of a senior medical clinician registered in that specialty

Resocialization A group treatment that therapists can use to decrease the confusion and increase the social functioning of confused residents in geriatric settings. Resocialization groups are organized around topics chosen by the leader, who uses props to stimulate clients' senses and promote reminiscence. Group discussions are focused on participants expressing their thoughts and opinions, with the intent that they will learn to listen and respond to one another. The leader attempts to maintain a free and accepting group atmosphere in which participants will feel at liberty to discuss interpersonal problems

Respite care Involves care in which someone comes into the home to relieve the caregiver or when the client is sent to an agency (e.g., day care) or facility (e.g., nursing home) for a short period of time to give the caregiver a rest

Rheumatic fever Inflammation, especially of the heart, blood vessels, and joints. Symptoms include fever and painful, tender joints

Risk management Process of identifying, analyzing, and treating risks, thus avoiding risks that could lead to injury of clients, staff, or visitors; risk management should improve client care and reduce malpractice claims

Risky shift Phenomenon that people in groups behave with greater risk than those not in a group

Robotic therapy Many benefits have been identified in the use of social robots in healthcare where robots interacting with clients have been found to promote positive moods, engagement, stress reduction, relaxation, better communication, and quality of life, as well as reduce social isolation, loneliness, and depression. There are two central areas where social robots have been applied, with older adults and in mental health

ROM Range of motion

Rosa's Law In October 2010, President Obama signed a bill known as Rosa's Law, which requires the terms mental retardation and mentally retarded be stricken from federal records and replaced with the DSM-5 APA term "intellectual disability"

RT Recreational therapy; respiratory therapy

Rotator cuff Structure made up of four muscle tendons that reinforces the shoulder joint

Rumination Obsessive repeating of a thought or idea

Sacrum Lowest part of the spine

Sadism Pleasure derived from inflicting physical or psychological pain or abuse on others

Scapula Flat, triangular bone in the back of the shoulder; often called the shoulder blade

Schizophrenia A chronic, severe mental disorder that affects the way a person thinks, acts, expresses emotions, perceives reality, and relates to others; symptoms can include delusions, hallucinations, disorganized speech, trouble with thinking and lack of motivation

Scoliosis Lateral curvature of the spine

Seasonal affective disorder syndrome A type of depression that seems to be linked to shorter periods of daylight during the fall and winter

Secondary aging Refers to environmental and behavioral factors, such as stress, smoking, and unhealthy lifestyle behaviors, that further contribute to the primary or biological aging process

Secondary condition Disease or disorder that results from an earlier injury or medical problem

Secondary reinforcement Conditioned reinforcer: one that is learned

Secondary Sources (of Assessment Information) Assessment information not obtained directly from the client and may provide valuable information for the recreational therapist completing client assessments. Secondary sources include family members and friends, client medical records, social histories, progress notes, interdisciplinary teams, and visiting the client's home and community

Secondary Traumatization (STS) STS is a trauma-related stress reaction and set of symptoms resulting from exposure to another individual's traumatic experiences rather than from exposure directly to a traumatic event

Seizure A sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements, or feelings, and in levels of consciousness. Having two or more seizures at least 24 hours apart that aren't brought on by an identifiable cause is generally considered to be epilepsy

Self-Determination and Enjoyment Enhancement Model The purpose of this conceptual model (or practice model) is to bring about increases in self-determination and enjoyment so that clients with disabilities may improve their functional capabilities. The basic premise behind the model is that people with disabilities often do not possess opportunities to develop and use self-determination, that they have a need to feel in control of their lives, and that self-determination is facilitated by enjoyment

Self-efficacy People's beliefs in their capabilities to exercise control over their own functioning and over events that affect their lives. One's sense of self-efficacy can provide the foundation for motivation, well-being, and personal accomplishment. People's beliefs in their efficacy are developed by four main sources of influence that are mastery experiences, vicarious experiences, social persuasion, and emotional states

Serious Mental Illness The term, serious, in the case of serious mental illness recognizes that the experience is pervasive, in both duration and impact, and affects multiple areas of functioning. Most persons characterized as having a serious mental illness have diagnoses of schizophrenia spectrum disorder or bipolar disorder; however, major depression and severe anxiety disorder may sometimes be included

Severe Intellectual Disability This category includes 3% to 4% of the ID populations. Communication skills frequently are challenging, often receptive vocabulary is greater than expressive, and survival word training is emphasized. The incidence of comorbidities in terms of physical and sensory impairments is much higher, leading to the need for high vigilance for safety. Housing is usually a residential center (or group home) with high staffing ratios

SMART objectives Are Specific, Measurable, Attainable, Relevant, and Time-lined

Social determinants of health (SDOH) Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks

Social prescribing A mechanism for the referral of patients by physicians or other primary health care providers to local non-medical services (e.g., recreation agency) for interventions to improve the patients' health and well-being. The primary care physician or other health care professional assesses the patient to develop an individualized prescription for the patient. The prescription is given to the patient who then consults with a link worker (i.e., worker who links the patient to non-medical services) to implement the prescription

Social support Provision of assistance or comfort to others, typically to help them cope with stressors. Support may arise from any interpersonal relationship in an individual's social network, involving family members, friends, neighbors, religious institutions, colleagues, caregivers, or support groups. It may take the form of practical help (e.g., doing chores, offering advice), tangible support that involves giving money or other direct material assistance, and emotional support that allows the individual to feel valued, accepted, and understood

Social skills training (SST) Form of individual or group therapy for those who need to overcome social inhibition or ineffectiveness. It uses many techniques for teaching effective social interaction in specific situations (e.g., job interviews, dating), including assertiveness training and behavioral and cognitive rehearsal

Somatic Pertaining to the body

Spasticity Tendency to spasm or violent involuntary contractions

Special Olympics Athletic programs designed to meet the needs of persons with intellectual disabilities. Special Olympics training and competition is open to every person with an intellectual disability who is at least eight years of age and who registers to participate in Special Olympics as required by the Special Olympics Incorporated General Rules

Special populations Groups of people who are not normally included in the mainstream of society; considered by many in recreational therapy to be a dated term

Special recreation Term to describe programs for individuals with similarities to participate together in recreational experiences. Examples of special recreation programs include wheelchair sports, camps for children with disabilities, the Special Olympics, and the National Veterans' Wheelchair Games

Special recreation programs The concept of a special recreation programs was first developed as administrators of park districts in Illinois recognized that they were not meeting the leisure needs of individuals with physical and mental disabilities

Spina bifida Congenital defect of the spine in which part of the spinal cord and its meninges are exposed through a gap in the backbone. It often causes paralysis of the lower limbs, and sometimes mental disability. In mild forms there may be no obvious deformity, but in severe forms, part of the spinal canal balloon out through the defect, although the defect remains covered by skin

Spinal Cord Injury (SCI) A spinal cord injury may be classified as incomplete or complete. An incomplete SCI results when the injury to the spinal cord does not result in its complete severing and some motor or sensory function remains below the level of injury. A SCI is considered complete when the spinal cord is completely severed, and no function or sensation remains below the level of injury. An additional classification in SCI has to do with the level at which the injury occurred. These classifications are tetraplegia (injury at the cervical spine, C1, to thoracic spine, T1), paraplegia (thoracic spine, T2, to sacrum, S5), and spinal fracture (injury to bone around spinal cord but not to the spinal cord)

Stabilizing tendency Directed toward maintaining the “steady state” of the organism. It is the motivational tendency to counter excess stress (i.e., distress) in order to maintain their levels of health. When faced with excessive stress, persons engage in adaptive behaviors to regain their sense of equilibrium. They attempt either to remove themselves from the stress or to minimize the effects of the stressor. The stabilizing tendency is responsible for persons adapting to keep the level of stress in a manageable range to protect themselves from possible biophysical or psychosocial harm

Standardized Instruments (Standardized Observations) Standardized instruments are designed in such a way that the questions and interpretations are consistent and are administered and scored in a predetermined, standard manner. Standardized instruments may be criterion-referenced (measure achievement toward an established standard) or norm-referenced (to measure how the client performs in relation to others who are similar). Standardized instruments tend to perform better than homegrown ones

Standards of practice *The ATRA Standards for the Practice of Recreational Therapy & Self-Assessment Guide* consists of 12 standards and the Self-Assessment Guide (SOP/SAG). The 12 standards reflect levels of service provision for recreational therapy professionals. The Standards will assist the recreational therapy professional in assuring the systematic provision of quality recreational therapy services

Stigma A mark of shame or discredit. Defined by Goffman as “an attribute which is deeply discrediting.”

Stimulants Speed up motor activity; elevate mood; increase heart rate, respiration, blood pressure, energy, and alertness; may cause feelings of excitability, euphoria, paranoia, agitation, and hostility. Amphetamines, cocaine, caffeine, nicotine, ecstasy, Adderall, and Ritalin are examples

Strengths Assessment Inventory-Youth Version (SAI-Y) A self-report strengths assessment inventory that measures youth strengths in 11 domains of everyday life, including leisure activities

Stress Condition that results when one perceives a discrepancy between the demands of a situation and their resources

Stress management General term used to indicate interventions to reduce stress, such as progressive relaxation training, meditation, yoga, and physical activity

Stressors Events or circumstances that an individual perceives as threatening or potentially harmful

Stroke (cerebral vascular accident or CVA) A loss of blood flow to part of the brain, which damages brain tissue. Caused by blood clots and broken blood vessels in the brain

Structured activities Term typically applied in psych/mental health care for clients who need a structured environment; involves using activities that have rules and can be broken down into manageable steps that produce structure

Subacute care Level of treatment between chronic care and acute care

Subjective Data Assessment data gained from the client

Sublimation Defense mechanism in which energy associated with unacceptable impulses is diverted into acceptable channels (e.g., dancing to sublimate sexual desire)

Substance abuse Excessive use of psychoactive drugs, such as alcohol, pain medications, or illegal drugs

Substance use disorder A disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana and nicotine also are considered drugs. When addicted, individuals may continue using the drug despite the harm it causes. Formerly known as substance abuse. The DSM-5 lists criteria for substance use disorders

Superego Part of the psychoanalytic personality (along with id and ego). It contains internalized parental and societal controls and acts as the conscience

Supine Lying horizontally on the back, or turning the hands so the palms face upward or forward; opposite of prone

Supportive psychotherapy Deals predominantly with conscious material and centers chiefly on support of the individual's strengths and assets

Sympathetic nervous system Division of the autonomic nervous system that enables the body to mobilize and expend energy during physical and emotional arousal

Symptom Indication of a disease or change in a client's condition

Syndrome Complete picture of a disease, including all symptoms

Tactile Related to the sense of touch

Tai chi A relaxation technique that uses smooth, continuous, graceful, slow, nonstressful motions that resemble a fluent dance in which the body bends gently

Task analysis Representation of what steps it takes to perform a task for which there is a goal

Terminal illness Disease that results in death

The Cochrane Library The Cochrane Library provides access to the well-known Cochrane Database of Systematic Reviews known for their rigorous standards in reviewing research in health care and health policy

The Joint Commission An independent, not-for-profit organization that is the nation's oldest and largest standards-setting and accrediting body in health care. To earn and maintain The Gold Seal of Approval® from The Joint Commission, an organization undergoes an on-site survey by a Joint Commission survey team at least every three years. The Joint Commission accredits hospitals and nursing homes, among other healthcare facilities. It also provides certifications for specialties such as cardiac certifications and stroke certifications

Therapeutic Pertaining to a treatment or beneficial acts

Therapeutic community Way of operating a relatively small unit within a hospital or institution in which the entire social milieu is used as an intervention

Therapeutic recreation (TR) Term sometimes used to encompass both recreational therapy and special or inclusive recreation for persons with disabilities

Therapeutic Recreation Outcome Model Conceptual model (or practice model) developed by Van Andel that involves the relationship between the client's quality of life and their health status and functional abilities. The client's quality of life is enhanced as symptoms decrease, health improves, and functional capacity increases

Therapeutic Recreation Service Delivery Model Conceptual model (or practice model) developed by Van Andel that describes the scope of services that range along a continuum that begins with diagnosis/needs assessment and is followed by treatment/rehabilitation, education, and finally, prevention/health promotion

Therapeutic Recreation Journal (TRJ) A peer reviewed journal established in 1966 by the National Therapeutic Recreation Society (NTRS) as a quarterly journal. TRJ still continues today

Therapeutic recreation specialist See recreational therapist

The arc Organization serving people with intellectual and developmental disabilities

The Global Assessment of Functioning (GAF) The GAF is a numeric scale (0 through 100) used by mental health clinicians to subjectively rate the social, occupational, and psychological functioning of adults. It is designed to help mental health providers understand how well the person can do everyday activities

Theory Furnishes a basis for action, because it provides beliefs, concepts, and assumptions that directly bear on the selection of specific therapeutic techniques

Theory-based practice Recreational therapy is a theory-based discipline. Basing practice on theories can help RTs better understand the reasoning behind using care procedures, which outcomes those procedures might yield, and how to optimize practices for care

Third party payer Any organization (public or private) that pays or insures health or medical expenses on behalf of beneficiaries or recipients (first party) to the caregiver (second party); e.g., Blue Cross and Blue Shield and Medicare and Medicaid

Thought disorder Disturbance of speech, communications, or content of thought, such as delusions, ideas of reference, and flight of ideas

Thrombosis Coagulation of the blood in some part of the circulatory system which forms a clot that obstructs circulation in that part

Time-out Behavior modification technique of excluding or removing a child from an activity for a specific period of time

Token economy Behavior modification reward system that gives tokens, check marks, points, or chips for meeting a predetermined criterion of behavior. Rewarded tokens can be exchanged for items that are reinforcing and/or valuable to an individual (e.g., tokens might be turned in for going to a movie)

Toxic Poisonous

Transdisciplinary team (or interprofessional team) Treatment, rehabilitation, or care team of healthcare professionals from various disciplines who share their skills with one another to provide client care

Transfer Movement of a person from one surface to another (such as from a wheelchair to a bed)

Transdiagnostic approach As opposed to categorical diagnoses, the transdiagnostic approach to behavioral health is one in which processes thought to lead to and maintain dysfunction are the target of intervention

Transference Idea from psychoanalysis in which the therapist is unconsciously perceived as a significant figure from the client's past, usually a parent. The therapist is attributed the attitudes and feelings the client holds toward the significant other. Transference may be hostile or affectionate

Transgender A general term that describes people whose gender identity does not match the sex they were assigned at birth

Transient ischemic attack (TIA) A brief interruption of blood flow to part of the brain, spinal cord or retina, which may cause temporary stroke-like symptoms but does not damage brain cells or cause permanent disability; sometimes termed a "ministroke"

Transitional Care (Also called subacute care or post-acute care) Type of short-term care provided by many long-term care facilities and hospitals that may include rehabilitation services, specialized care for certain conditions (such as stroke and diabetes) and/or post-surgical care and other services associated with the transition between the hospital and home

Transvestism Practice of dressing in a manner traditionally associated with the opposite sex (cross-dressing); may produce sensation of sexual arousal when wearing clothing of the opposite sex; usually seen in men

Trauma Injury

Trauma (emotional) Emotional shock having long-lasting effects

Traumatic Brain Injury (TBI) A traumatic brain injury is caused by an external force to the brain. A penetrating TBI is caused by something that is able to penetrate the brain, such as shrapnel from a missile, and an injury that does not penetrate the brain is called a closed head injury

Treatment Techniques or actions customarily applied in a specific situation to restore health

Treatment plan or individualized intervention plan The treatment plan may be referred as a recreational therapy individualized intervention plan. With stated specific goals and objectives, recreational therapists and their clients clarify interventions and desired outcomes that they will be working toward

Twelve-Step Support Groups Voluntary fellowship open to anyone who walks into a meeting; based on recognition that sobriety and recovery depend on support of others; run by members, no professional staff; includes acceptance, surrender, and active involvement

Ulcers Stomach ulcers, also known as gastric ulcers, are sores that develop on the lining of the stomach. Ulcers may also occur in part of the intestine just beyond the stomach, which are called duodenal ulcers

Unconditional positive regard Nonjudgmental caring and acceptance of the client as a human being

Unconscious That part of the psyche rarely subject to awareness

Unified sport Athletic program that integrates equal numbers of persons with and without disabilities

Unilateral Affecting or occurring on one side only

Urgency Sensation of the need to void soon

Usability Refers to build environments providing the opportunity for maximum use by those with sensory or mobility impairments

Utilization review Process of evaluating the use of professional medical care, services, procedures, and facilities using predetermined criteria

VA Veterans Affairs

Validation therapy Developed by Naomi Feil for use in long-term care facilities, residents “validate” their feelings and needs underlying their perceptions

Validity Refers to the accuracy of a measure (whether the results really do represent what they are supposed to measure). *Reliability* refers to the consistency of a measure (whether the results can be reproduced under the same conditions)

Values clarification Technique to help individuals to discover their values and make decisions consistent with their values; often used in leisure education

Values in Action Inventory of Strengths (VIA-IS) Uses 240 self-report items to measure 24-character strengths (available free of charge from www.viacharacter.org)

Variable Something that is free to vary. A measurable characteristic of persons, objects, or events that may change in quantity or quality. Term found in research studies

Ventilator Device used in respiratory therapy to assist in the breathing process

Vertebrae Bones that make up the spinal column, including the cervical, thoracic, lumbar, sacral, and coccygeal vertebrae

Vertigo Sensation of dizziness

Vestibular Referring to the vestibular apparatus located in the ear, which senses the position of the head in space and sudden changes in the direction of movement of the body; vestibular stimulation may be brought about using swings, hassocks, therapy balls, or scooter boards

Videogame therapy Commercial video games have been found to hold great promise as inexpensive, readily available, and effective resources for the mitigation of problems in mental health, such as depression and anxiety

Virtual reality (VR) Virtual reality is a computer-generated three-dimensional (3D) simulation, such as a set of images and sounds of real-life situations, with which the client can interact in a seemingly realistic way by using special electronic equipment. VR interventions have been shown to produce many positive effects such as encouraging physical activity, promoting community reintegration, improving the performance of activities of daily living, prompting reminiscence, and reducing post-traumatic stress disorder

Vital capacity Measurement representing the greatest possible breathing capacity

Vital signs Temperature, pulse, blood pressure, and breathing rate

Void To expel urine

Voyeurism Sexual gratification from secretly watching others naked, undressing, or having sex

Walkers Mobility device that consists of a metal frame with a front and sides. The person who is using the walker stands inside of this three-sided frame; often used by older residents in long-term care facilities

WHO Disability Assessment Schedule 2.0 (WHO DAS 2.0) A short assessment instrument for health and disability. There are 12-item and 36-item versions available. Six domains are included: cognition, mobility, self-care, getting along, life activity, and participation

Withdrawal Physical or psychological removal of oneself from a stressor

Withdrawal syndrome Physical and psychological responses that occur when a person physiologically dependent on a substance abruptly withdraws from its use

Word salad Form of speech in which words and phrases have no apparent meaning or logical connection

Wording through Exploration of a problem by client until a satisfactory solution has been found or until a symptom has been traced to unconscious sources

World Health Organization (WHO) United Nations unit to promote health

Yoga System of physical postures, breathing techniques, and sometimes meditation to promote physical and emotional well-being

Appendix: Some Common Abbreviations

ADHD Attention deficit hyperactivity disorder

ALS Advanced life support

als Amyotrophic lateral sclerosis

AMD Age-related macular degeneration

ASD Autism Spectrum Disorder

AT Art therapist. Activity therapy

BID Twice a day

BMI Body mass index

BP Blood pressure

CAT Computerized axial tomography

CNS Central nervous system

COPD Chronic obstructive pulmonary disease

CPR Cardiopulmonary resuscitation

CVA Cerebrovascular accident

DNP Doctor of Nursing Practice

DO Doctor of Osteopathic Medicine

DOB Date of birth

DX Diagnosis

ECG, EKG Electrocardiogram

ECHO Echocardiogram

EEG Electroencephalogram

EMG Electromyography

EMR Electronic Medical Record

ENT Ear, nose, and throat

ER Emergency room

GI Gastrointestinal

HIV Human immunodeficiency virus

Hr Hour

ICU Intensive care unit

IV Intravenous

Kg Kilogram

MD Medical Doctor

MI Myocardial infarction

MRI	Magnetic resonance imaging
MS	Multiple sclerosis
MT	Music therapist
NP	Nurse Practitioner
NPO	Nothing by mouth
OR	Operating room
OT	Occupational Therapist
PA	Physician Assistant
PKU	Phenylketonuria (genetic disorder of metabolism)
prn	As Needed
PO	By Mouth
PRN	As needed
Psych	Refers to psychiatry or the psychiatric ward
PT	Physical therapy
PTSD	Post-traumatic stress disorder
q	Every
qh	Every hour
QID	Four Times P
qod	Every Other Day
QD	Every Day
QID	Four times a day
RA	Rheumatoid arthritis
RN	Registered nurse
RT	Recreational therapy
SAD	Seasonal affective disorder
SOAP	Subjective, Objective, Assessment, Plan
Stat	Immediately
SIDS	Sudden infant death syndrome

STD Sexually transmitted disease

Sx Symptoms

TB Tuberculosis

TID Three times a day

Tx Treatment

URI Upper respiratory infection

UTI Urinary tract infection

W/ With

W/O Without

WHO World Health Organization

Wk Week

Yr Year