



The Consortium for Therapeutic Recreation/Activities Certification in Texas

Natalie B. Davis is a Certified Instructor for CTRAC (CCI/TXC) and serves on the CTRAC Board.

### **CTRAC Education Courses Overview**

CTRAC offers proprietary, evidence-based curriculum courses that lead to CTRAC certifications. These certifications are recognized in the Texas Administrative Code for therapeutic recreation/activities professionals. The curriculum is delivered by Certified CTRAC Instructors who undergo extensive training and a rigorous peer-review process to ensure quality education.

### **Course Delivery Methods**

CTRAC courses are offered through various approved delivery methods, including:

- Face-to-face
- Virtual
- Online
- Self-study
- Guided study
- Blended formats

**Contact Natalie B. Davis CCI/TXC at [natalie@activtimes.com](mailto:natalie@activtimes.com) for information on self-study, guided study and blended formats (online with zoom discussions)**

### **Certification Pathways**

#### **Activity Director Certification: CTRAC I & CTRAC II**

- **Program Structure:** Two-part program with a total of 384 hours.
  - **Educational Learning:** 192 hours (96 hours per part)
  - **Experiential Learning:** 192 hours of practicum work (96 hours per part)
- **Focus:** Provides comprehensive training for individuals pursuing activity director certification.

#### **Therapeutic Recreation Certification: TR I & TR II**

- **Program Structure:** Two-part program with a total of 96 hours of interactive educational learning.
- **TR I Focus:**
  - Knowledge of disabling conditions
  - Program development
  - Inclusion and service delivery
- **TR II Focus:**
  - Application of therapeutic recreation philosophy and principles
  - Programming, leadership, and quality assurance
  - Assessment, goal setting, and outcome measures
  - Facilitation techniques, adaptations, evaluation, and discharge planning