**R156. Commerce, Professional Licensing.**

**R156-40. Recreational Therapy Practice Act Rule.**

**R156-40-101. Title -- Authority -- Relationship to R156-1.**

(1) This rule is known as the "Recreational Therapy Practice Act Rule."

(2) This rule is adopted by the Division under the authority of Subsection 58-1-106(1)(a) to enable the Division to administer Title 58, Chapter 40, Recreational Therapy Practice Act.

(3) The organization of this rule and its relationship to Rule R156-1 is as described in Section R156-1-101.

**R156-40-102. Definitions.**

Terms used in this rule are defined in Title 58, Chapter 1, Division of Professional Licensing Act, and in Title 58, Chapter 40, Recreational Therapy Practice Act. In addition:

(1) "Approved emphasis, option, or concentration in therapeutic recreation or recreational therapy" as used in Subsection 58-40-302(3)(a)(i)(B) means a program that meets NCTRC Certification Standards and is verified by official NCTRC CTRS certification.

(2) "Consultation" as used in Subsection 58-40-601(3)(a)(ii) is further defined in Section R156-40-302f.

(3) "Continuing education" or "CE" means education hours that meet the requirements under Section R156-40-304.

(4) "CTRS" means an individual certified by the NCTRC as a Certified Therapeutic Recreation Specialist.

(5) "Full-time" and "on-site" as used in Subsections 58-40-302(4)(b)(ii) and 58-40-601(3)(a)(i) and (b)(i) means the individual is employed on the premises with the hiring agency for at least 30 hours per week.

(6) "Initial recreational therapy treatment" as used in Subsection R156-40-302f(3) means an order that directs the TRT to:

(a) collect data from patient chart reviews, interviews, and observations as part of an assessment as defined in Subsection 58-40-102(2)(a)(i);

(b) invite the patient to leisure diversionary programs and observe the patient to identify recreation and leisure patterns;

(c) provide leisure materials to the patient and support the patient's independent leisure choices; and

(d) complete recreation therapy admission notes.

(7) "Maintain the ongoing documentation" as used in Subsection 58-40-601(3)(b) means:

(a) documenting the ongoing treatment or intervention provided to a client under the treatment plan; and

(b) reviewing the patient's status under federal, state, and agency regulations.

(8) "MTRS" means an individual licensed as a master therapeutic recreation specialist under Subsection 58-40-301(2)(a).

(9) "NCTRC" means the National Council for Therapeutic Recreation Certification.

(10) "NCTRC Certification Standards" means the National Council for Therapeutic Recreation Certification's Certification Standards, October 1, 2024 edition, which is incorporated by reference.

(11) "Supervision" as used in Subsections 58-40-601(3)(a)(i) and (b)(i) means the individual licensed as a TRS or MTRS is responsible to ensure that the licensed TRT implements the established treatment plan.

(12) "Temporarily practice recreational therapy only under appropriate supervision" as used in Subsection R156-40-302g(1)(d) means supervision by a TRS or MTRS supervisor who shall be:

(a) responsible for each recreational therapy intervention performed by the temporary TRS; and

(b) required to review and approve each treatment plan and each modification to the treatment plan as evidenced by the signature of the TRS or MTRS supervisor in the patient's record.

(13) "TRS" means an individual licensed as a therapeutic recreation specialist under Subsection 58-40-301(2)(b).

(14) "TRT" means an individual licensed as a therapeutic recreation technician under Subsection 58-40-301(2)(c).

(15) "Written plan of operation" as used in Subsection 58-40-102(6)(b)(viii) means a comprehensive management plan that outlines recreational therapy services and includes:

(a) a vision and mission statement;

(b) policies and procedures;

(c) an assessment protocol;

(d) a treatment plan, intervention plan, or both;

(e) the scope of care; and

(f) personnel management.

**R156-40-302a. Qualifications for Licensure - Education Requirements.**

Under Section 58-40-302, the educational requirements for licensure include the following:

(1) a MTRS applicant shall complete:

(a) a master's or doctoral degree in recreational therapy; or

(b) a graduate degree with an emphasis in recreational therapy that includes:

(i) at least nine semester hours or 12 quarter hours of graduate level course work in therapeutic recreation or recreational therapy;

(ii) at least 18 semester hours or 24 quarter hours of supportive course work as defined by NCTRC Certification Standards; and

(iii) a practicum that includes recreational therapy field placement experience that:

(A) meets the NCTRC Certification Standards;

(B) is under the supervision of an on-site supervisor who:

(I) is licensed as TRS or MTRS; or

(II) has a license equivalent to a TRS or MTRS from another jurisdiction and holds NCTRC CTRS certification; and

(C) is verified by official transcript from a regionally accredited college or university;

(2) a TRT applicant shall complete:

(a) an educational course as required by Subsection 58-40-302(4)(b)(i) that consists of 90 hours of structured education that meets the following requirements:

(i)(A) is under the instruction and direction of a licensed MTRS; or

(B) if completed out of state, is under the direction of a nationally certified CTRS; and

(ii) includes:

(A) theories and concepts of recreational therapy;

(B) therapeutic recreation as defined in Subsection 58-40-102(5);

(C) characteristics of illness and disability and their effects on leisure;

(D) medical and psychiatric terminology including psychiatric, pharmacology, gerontology, and abbreviations;

(E) ethics;

(F) role and function of other health and human service professionals including agencies, medical specialists, and allied health professionals;

(G) health and safety; and

(H) a final course examination consisting of at least 100 questions; and

(b) complete a two-hour suicide prevention course as required by Subsection 58-40-302(4)(c) that meets the following requirements:

(i) the course provider shall be approved, sponsored, or conducted by:

(A) a recognized accredited college or university;

(B) a county, state, or federal agency; or

(C) a professional association, society, or organization representing a licensed profession;

(ii) the content of the course shall be relevant to recreational therapy and include at least one of the following subject areas:

(A) suicide concepts and facts;

(B) suicide risk assessment, crisis intervention, and first aid;

(C) evidence-based intervention for suicide risk;

(D) continuity of care and follow-up services for suicide risk; or

(E) therapeutic alliances for intervention in suicide risk;

(iii) each hour of education shall consist of at least 50 minutes of education in one of the following formats:

(A) classroom lecture and discussion;

(B) workshop;

(C) synchronous webinar;

(D) asynchronous online self-paced module;

(E) case study review; or

(F) simulation;

(iv) a course provider shall provide to the attendee a completion certificate that includes the following:

(A) name of the attendee;

(B) title, objective, or official description of the course as outlined in Subsection (2)(b)(ii);

(C) number of hours completed;

(D) name of provider; and

(E) date of completion; and

(v) an applicant for licensure shall submit the certificate of course completion to the Division as a prerequisite for licensure.

**R156-40-302b. Qualifications for Licensure - Experience Requirements.**

Under Section 58-40-302, the experience requirements for licensure are as follows:

(1) for an MTRS applicant, the 4,000 hours of paid experience required under Subsection 58-40-302(2)(b) shall be gained while working in a paid position practicing recreational therapy as a TRS in Utah or as a CTRS outside of Utah;

(2) for a TRS applicant, the approved practicum required under Subsection 58-40-302(3)(a)(ii) shall be verified by an official degree transcript from a regionally accredited college or university; and

(3) for a TRT applicant, the approved practicum required under Subsection 58-40-302(4)(b) shall include 125 hours of field work experience that is completed:

(a) within a nine-month period;

(b) under the direction of a licensed TRS or MTRS supervisor or consultant; and

(c) includes:

(i) at least 20 hours of direct face to face supervision of programming, documentation, and treatment intervention by the TRS or MTRS supervisor or consultant;

(ii) training in recreational therapy or therapeutic recreation as defined in Subsection 58-40-102(5);

(iii) interdisciplinary contact;

(iv) administration contact; and

(v) community relations.

**R156-40-302c. Qualifications for Licensure - Examination Requirements.**

Under Subsections 58-40-302(2)(c) and (3)(a)(iii), an applicant for MTRS or TRS licensure shall pass the NCTRC certification examination as evidenced by a current NCTRC CTRS certification.

**R156-40-302d. Time Limitation for TRT applicants.**

(1) Under Subsection 58-40-302(4), a TRT applicant shall apply for licensure within nine months after completing the practicum required under Subsection R156-40-302b(3).

(2) A TRT applicant who does not complete the education requirement under Subsection R156-40-302a(2) and the practicum requirement under Subsection R156-40-302b(3) within nine months is not eligible to be employed as a TRT in a therapeutic recreation department.

(3) A TRT student who does not seek licensure within two years after completion of the education course shall retake the education and practicum before applying for licensure.

**R156-40-302e. Qualifications for Supervision.**

Under Subsection 58-40-601(3)(a)(i), the MTRS or TRS supervising the TRT is responsible for:

(1) providing "general supervision" as defined by Subsection R156-1-102a(1)(c);

(2) ensuring that recreation therapy services are provided under Title 58, Chapter 40, Recreational Therapy Practice Act;

(3) providing training, clinical guidance, and evaluation; and

(4) demonstrating review and evaluation of ongoing documentation as evidenced by the signature of the MTRS or TRS in the patient's records.

**R156-40-302f. Qualifications for Consultation.**

Under Subsection 58-40-601(3)(a)(ii), the MTRS consultant for a TRT is responsible for:

(1) providing "general supervision" as defined in Subsection R156-1-102a(1)(c);

(2) performing the assessment as described in Subsection 58-40-102(2);

(3) prescribing the "initial recreational therapy treatment" as defined in Subsection R156-40-102(6) that:

(a) outlines the recreation therapy services to be performed by the TRT upon client admission; and

(b) will be superseded by the recreation therapy treatment or intervention plan under Subsection R156-40-102(14)(d);

(4) prescribing, creating, or modifying the treatment or intervention plan to be performed by the TRT as determined by the assessment;

(5) observing, evaluating, and documenting that the recreation therapy services are being conducted according to administrative and governing regulations;

(6) observing, evaluating, and documenting adherence to the standards of practice of the recreational therapy profession; and

(7) demonstrating adherence to and evaluation of ongoing regulatory documentation as evidenced by the signature of the MTRS in the patient's records.

**R156-40-302g. Qualifications for Temporary License as a TRS - Supervision Required.**

(1) Under Section 58-1-303, an applicant for temporary licensure as a TRS shall:

(a) submit an application for temporary license in the form prescribed by the Division, which includes a verification that the applicant has registered for and been approved to take the next available NCTRC examination;

(b) pay a fee determined by the department under Section 63J-1-504;

(c) meet each requirement for licensure, except passing the NCTRC examination; and

(d) temporarily practice recreational therapy only under appropriate supervision by:

(i) a Utah licensed TRS as defined in Subsection R156-40-102(13); or

(ii) a Utah licensed MTRS as defined in Subsection R156-40-102(8).

(2) The temporary license shall be issued for up to 120 days, to allow the applicant to pass the NCTRC examination.

(3) The temporary license may not be renewed or extended.

**R156-40-303. Renewal Cycle - Procedures.**

(1) Under Subsection 58-1-308(1), the renewal date for the two-year renewal cycle applicable to licenses under Title 58, Chapter 40, Recreational Therapy Practice Act, is established by rule in Subsection R156-1-308a(1).

(2) Renewal procedures shall be in accordance with Sections R156-1-308a through R156-1-308l.

**R156-40-304. Continuing Education.**

(1) Under Section 58-40-304, the continuing education requirement for renewal of an individual licensed under Title 58, Chapter 40, Recreational Therapy Practice Act, during each two-year renewal cycle commencing on June 1 of each odd year, are defined, clarified, and established in this section.

(2) Each licensee shall complete 20 hours of CE including two hours of suicide prevention training that meets the requirements of this section.

(3) CE under this section shall:

(a) be relevant to the licensee's professional practice;

(b) be prepared and presented by individuals who are qualified by education, training, and experience to provide recreational therapy CE; and

(c) have a method of verification of attendance and completion.

(4) Credit for CE during each two-year renewal cycle shall be recognized as follows:

(a) unlimited hours for CE completed in blocks of time of at least 50 minutes that:

(i) are completed in one of the following formats:

(A) formally established classroom course;

(B) seminar;

(C) lecture;

(D) conference; or

(E) training session;

(ii) meet the requirements of Subsection (3); and

(iii) are approved, sponsored, or conducted by:

(A) the Division;

(B) a recognized accredited college or university; or

(C) a professional association, society, or organization that represents a licensed profession whose program objectives relate to the practice of recreational therapy;

(b) up to ten hours may be recognized for teaching a CE course relevant to recreational therapy;

(c) up to 12 hours may be recognized for CE courses completed through one of the following that includes a certificate of completion:

(i) a synchronous distance learning course that is clearly documented as real-time and interactive; or

(ii) an asynchronous distance learning course that is not in real-time or interactive;

(d) up to four hours may be recognized for cardiopulmonary resuscitation (CPR) or first aid certification through a live and in-person course; and

(e) up to six hours may be recognized for the publication of an article in a journal, newsletter, or other professional publication.

(5) The suicide prevention training under Subsection (1) shall be through a course that meets the requirements of Subsection R156-40-302a(2)(b).

(6) CE hours shall be increased or decreased proportionately based on the date of licensure within the two-year renewal cycle.

(7) Under Section R156-1-308d, a licensee may request a waiver or extension of time for a period of up to three years to complete one or more of the CE requirements.

(8) A licensee shall maintain documentation sufficient to prove compliance with this section for a period of two years after the end of the renewal cycle for which the CE is due.

**R156-40-502. Unprofessional Conduct.**

"Unprofessional conduct" includes:

(1) failing to establish and maintain professional boundaries with a patient or former patient;

(2) exploiting a current patient or former patient for personal gain;

(3) failing as a TRS or MTRS to ensure the student TRT completes the minimum required education and experience before working with patients;

(4) failing as a TRS or MTRS to ensure the student TRT is competent to provide recreational therapy services when signing the education and experience verification form; and

(5) failing to abide by the American Therapeutic Recreation Association's (ATRA) Code of Ethics, November 2009 edition, which is incorporated by reference.

**KEY: licensing, recreational therapy, recreation therapy, master therapeutic recreation specialist, therapeutic recreation specialist, therapeutic recreation technician**

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**Authorizing, and Implemented or Interpreted Law: 58-40-101; 58-1-106(1)(a); 58-1-202(1)(a)**