

Hannah Whitaker

RECREATIONAL THERAPIST

Philadelphia, PA (215) 555-0143 hannah.whitaker@email.com linkedin.com/in/hannahwhitaker

SUMMARY

Certified Therapeutic Recreation Specialist with 5 years of recreational therapy in inpatient psychiatric and physical rehabilitation settings. Assesses 12 to 15 patients a week, writes individualized treatment plans, and runs coping skills and stress management groups that tie leisure activity to discharge goals.

SKILLS

Other Skills: Recreational Therapy, Treatment Plans, Leisure Assessment, Coping Skills, Stress Management, Crisis Intervention Techniques, Clinical Documentation, Patient Confidentiality, Communication Skills, Interpersonal Skills

EXPERIENCE

Recreational Therapist

03/2023 - Present

Schuylkill Behavioral Health Hospital

Philadelphia, PA

120-bed inpatient psychiatric hospital with adult, adolescent and dual-diagnosis units.

- Assess 12 to 15 new admissions a week with leisure and functional interviews, completing each within 72 hours.
- Develop individualized treatment plans with measurable goals and report progress in daily interdisciplinary team meetings.
- Facilitate **18** groups a week on coping skills, stress management and anger control for units of 20 patients.
- Apply crisis intervention techniques during escalations, part of a unit effort that cut restraint use 22% in 2025.

Recreational Therapist

06/2021 - 02/2023

Delaware Valley Rehabilitation Center

Bryn Mawr, PA

60-bed inpatient rehabilitation hospital for stroke, spinal cord injury and brain injury.

- Treated a caseload of **14** patients after stroke, spinal cord injury and brain injury, rebuilding leisure skills for home.
- Led 2 community outings a month to restaurants and stores to practice wheelchair mobility, transit and money skills.
- Documented progress notes and outcome scores in the EHR within 24 hours, following patient confidentiality and HIPAA rules.
- Trained 6 nursing assistants on adaptive equipment so weekend leisure programs could run without a therapist.

Recreational Therapy Intern

01/2021 - 05/2021

Main Line Senior Care Center

Wynnewood, PA

560-hour clinical internship for CTRS eligibility.

- Planned and ran **40** sensory, reminiscence and exercise sessions for residents with dementia.
- Completed 25 leisure assessments under CTRS supervision and wrote clinical documentation for quarterly care plan reviews.
- Designed a 6-week gardening group for 10 residents, used by the center after the internship ended.

EDUCATION

Bachelor of Science

05/2021

Temple University

Philadelphia, PA

Recreational Therapy

CERTIFICATES

Certified Therapeutic Recreation Specialist (CTRS)

07/2021

National Council for Therapeutic Recreation Certification

Basic Life Support (BLS) Provider

02/2025

American Heart Association