



## Natalie R. Conca, LRT/CTRS, ATRIC, Adv. PATH, Intl. Instructor

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Richmond, VA

United States

### Profile

Recreation Therapist and Consultant with a unique background in both clinical and community settings with a large variety of ages and populations. Multidisciplinary Private Practice Business CoOwner and Manager for 10+years. Specialist in Community Inclusion for Special Populations and holds over 8 specialty certificates in the aquatic therapy industry. 10+years experience as an Instructor and innovator in Therapeutic Horsemanship. Lifelong avid horse owner and competitor. HPSO Insured Independent Contractor and Speaker/Presenter at community and professional events. Adult/Child/Infant 1st Aid/CPR certified 18+yrs.

### Education

Spring 2000 **Radford University**, Radford, VA. Bachelor of Science Undergraduate Degree majoring in Leisure Services with a double concentration in Therapeutic Recreation and Outdoor Recreation. Overall GPA: 3.42 and Major GPA: 3.66. Rho Phi Lambda Recreation and Leisure Department Honors Society Vice President. Received two Recreation Therapy specific scholarships senior year.

**Salisbury University**, Salisbury, MD. Qualified for Academic Common Market Scholarship to transfer all 2yr credits to Radford University for degree completion.

*Equestrian studies* - studied and competed under Michael Bertozzi of Cavallo Farm Leesburg, VA in Hunter/Jumper, Eventing and Lynn Palm/Cyril Pittion of Palm Partnerships in Ocala, FL in Dressage, Candy Allen of Lovettsville, VA in Dressage. Audited/Participated in numerous clinics including George Morris, Wendy Murdoch, Kathy Rowse, Melissa Pearce and self trained in Competitive Trail Riding Competition, receiving notable State wins. Assistant Coached IHSA Equestrian Team in Loudoun County, VA. Currently specialize in providing Clinic topics addressing body mechanics, groundwork, jumping gymnastics and more.

### Certifications

Certified in Adventure Education Ropes Course at Salisbury State University. Ropes Course and Initiatives (Teambuilding) Training certified from Sylvia Shirley from William & Mary College.

ATRIC - Aquatic Therapy and Rehabilitation Industry Certified

Ai Chi certified. Ai Chi is a water based total body strengthening and relaxation progression.

Specialty Certificates held in the Aquatic Therapy areas of: Adult Neurological Progressions, Athletic Rehab, AquaStretch Technique, Children with Challenges, Hip and Back, Orthopedic Rehab, Pediatric Rehab, Total Joint Replacement Rehab.

Advanced Certified Therapeutic Horsemanship Instructor through PATH, Intl. - Professional Association for Therapeutic Horsemanship, Intl.

## ■ Professional Memberships

- **NCTRC** National Council for Therapeutic Recreation Certification Inc. Currently pursuing National CTRS Specialist Certification in Community Inclusion.
- **ATRA** American Therapeutic Recreation Association. Attended 9+ Conferences, Represented Virginia on Capital Hill 2yrs.
- **PATH, Intl.** Professional Association for Therapeutic Horsemanship, Intl. Received 3 scholarships and attended 3 national conferences in US.
- **CHARTA** Chesapeake Area Therapeutic Recreation Association - Interim Secretary on Board of Directors.
- **AHA** American Hippotherapy Association. Attended clinics.
- **TRAV** Therapeutic Riding Association of VA. Attended 5+ Annual Conferences and Workshops.

## ■ Experience

Lead Changes Therapy Services, Inc. Multidisciplinary Private Practice in Northern and Central VA. Nov. 2006-Current. Recreation Therapist, Founder/Co-owner/Vice President/Therapy Manager, Consultant/Speaker. Providing 1:1 ratio for a variety of diagnoses and ages in the home, school and community settings. Specializing in aquatic therapy and Community Inclusion. Hiring, Supervision and training of staff. Work alongside President and Business Mgr to market/advertise LCTS, Inc. Provided consultations and presentations to both private and Countys' school special education dept.

Loudoun Therapeutic Riding Foundation, Inc. Morven Park, Leesburg, VA. Advanced Instructor. 2005-2015. Included teaching riding/life skills to a variety of ages and diagnoses, schooling of therapy horses, assisted with the development of Outcomes Measurement tools and Volunteer Orientation training and various programs with specific special population groups including an adolescent behavioral institute, veterans, school special ed and more.

Loudoun County Parks & Recreation Youth Services, Leesburg, VA. Community After-School Activities Program Supervisor. Aug. 2005-June 2006. Recruited to assist with the increasing difficulties with inclusion of some children with special needs (i.e. emotionally disturbed, ADHD, Autism, MR/DD, CP, Down's, etc.) and report needs to LCPS supv. Plan, budget, create, and follow strict State licensing after school program.

Milestones Community Behavioral Healthcare, Inc. Harrisburg, PA. Therapeutic Support Staff and Mental Health Worker. 2004-2005. Implement behavioral strategies identified in the treatment plan, reduce inappropriate behaviors while promoting positive skill development, and demonstrate effective interventions to parents, teachers, and other caregivers in the home, school, community. Responsible for attending monthly continuing education, weekly treatment meetings with multidisciplinary staff, and progress reporting. Diagnoses vary from PDD, Autism, to severe behavioral issues.

HCA's Henrico Doctors' Hospital Parham Campus Inpatient/Outpatient Rehabilitation Richmond, VA. Recreation Therapist. 2002-2004. 36 bed adult physical rehab setting including patient training in stroke and pain education, community re-integration training (on/off site), co-treatment individual/group therapy, instruct Arthritis Foundation classes, and provide leisure interest opportunities/resources and special events on/off site.

Henrico County Parks and Recreation. Adaptive Rec Dept. PRN Recreation Therapist. 2003-2004. CTRS for inclusion programs both with individuals and groups with physical or mental disabilities (incl. autism, ID/DD, blindness, CP, Syndromes, emotional/behavioral, etc.) of all ages incorporating fitness programs, aquatics, respite and specialty 1:1 programs (ex. Karate, therapeutic riding, tennis, etc.).

Natalie R. Baker, CTRS. Independent Contracting Recreation Therapist. Richmond, VA. 2002-2003. Individual hourly TR treatment sessions weekly incorporating short term goals focused on cardiovascular, relaxation techniques, and fine and gross motor maintenance. Conducted assessments PRN.

Deers Head Hospital and Rehab. Salisbury, MD. Therapeutic Recreator I. 2001-2001. Nursing home and Chronic Physical Rehab units with various age groups. Included Community Reintegration via wheelchair van, aquatic therapy, and active/maintenance therapy, sensory stimulation, relaxation techniques, and MDS/chart documentation.

Camp Holiday Trails for Children with Special Needs. Charlottesville, VA. 24 hour counselor and ropes course facilitator. 2000. For children with chronic illnesses and special medical needs such as kidney failure, organ transplants, severe diabetes, hemophilia, etc. Trained Special Needs Counselors must live on premises and provide care, guidance, confidence building activities for two week intervals.

University of Virginia's Kluge Children's Rehab Center. Charlottesville, VA. Clinical Internship. 2000. Completed 15 full time 40 hr. work weeks in the Therapeutic Recreation Department including planning and facilitation of (co)treatment (group and individual), aquatic, horticulture, community re-entry, and active therapies, outpatient spec needs swim classes. Facilitation of *Kids Enjoy Exercise Now* (KEEN), providing 2 hrs. of community activities for children with various diagnoses and organizing/training Univ of VA Medical Student volunteers.

Chesapeake Rehabilitation HealthSouth Hospital Therapeutic Recreation Dept. Salisbury, MD. 60hrs. Volunteer. 1996-1999.

Camp Easter Seals of Virginia Both East/West Campuses. 1999. Counselor and Student Project Organizer.

 References available upon request.