

# Newsletter

## Diversional Therapy Australia

September 2013

**If you haven't submitted your renewal yet, please do so URGENTLY to maintain your membership**

### Friday 6<sup>th</sup> September 2013 Melbourne- Moorabbin

This full day workshop will include a variety of informative and interactive education sessions and an opportunity to gain information about the benefits of DTA membership. Sessions will include;

**Life Stories and Affirmations-narratives and relationships to behaviour - A practical approach**

**EdeninOz NZ-A new way of thinking about aged care**

**Colour, Laughter and Cuddles- three ways to enhance your programs**

**Meeting emotional needs through leisure activities- addressing Accreditation Standard 3.4**

**Person Centred Approach in a Group Format- Active service model**

**Heart Foundation- Programs that you can run for your clients and residents**

**Creative Activities for Everyone "DTA Takeaway"**

*With opportunities to network with diversional therapists and recreation staff.*

Diversional Therapy Australia  
PO Box 83  
North Ryde NSW 1670  
Ph: (02)9887 5035  
Fax: (02) 9887 5036  
1300 113 395  
[enquiries@diversionaltherapy.org.au](mailto:enquiries@diversionaltherapy.org.au)

The views expressed in this newsletter are not necessarily those of Diversional Therapy Australia. Paid advertisements within the newsletter do not indicate endorsement of the product /service by Diversional Therapy Australia.

Deadlines for submissions: 1st of month prior to publication month (e.g. 1st Feb to be in March issue) to be sent to the Editor c/o DTA.

## Contents

National President's Report and 2	New Zealand Professional Pen Pal Program	8
Japanese Sea Bathing 2013	Journal Watch	9
DTA Office Report / New Carer resource Guide	Member Articles / Conference Industrial Panel Feedback	10 - 11
National Workshop Programme	Network groups Around Australia / Network Group Noticeboard	14 -15
Return 2 Sport	New Mobile Apps / Back Page with the Editor	16
Diversional therapy Conference— New Zealand		

**Diversional Therapy Australia Board**  
President Louise Absalom  
Vice President 1 Vacant  
Vice President 2 Kate Rogers

Secretary Renee Dunne  
Treasurer Judy Nolan  
NSW State Rep Sue Tripney  
QLD State Rep Katrina Vuori

SA State Rep Theo Tersic  
TAS State Rep Sandra Reeve  
VIC State Rep Judith Brian  
WA State Rep: Vacant

## President's Report

Dear Members,

I spoke in the last newsletter about having a relaxing month. This month has been the exact opposite, exciting and full of fantastic outcomes and growth opportunities for Diversional Therapy Australia.

You will find a full report in this month's newsletter on the New Zealand Society for Diversional Therapists (NZSDT) Conference. It was heartening to have four DTA members attend, and the feedback from our NZ counterparts is that they are very keen to continue the relationship. To this end, DTA and NZSDT are in the final stages of formalising that relationship through a Memorandum of Understanding.

DTA ran a competition at the NZ conference; the theme was to come up with an idea of how we could further trans-Tasman communication. There were many suggestions, some easier to implement than others, however the winner was Deborah McIvor who suggested email penfriends. Look in this and future newsletters for the form to complete, so that you can be 'paired' with a DT from New Zealand. This is a great opportunity for you to talk to someone employed in a similar field, about similar issues and different approaches to those issues. Also a great way to develop friendships! Why not give it a go – I can truly say that the NZ DT's were very welcoming and engaging.

Many of you will have been following DTA's application to Allied Health Professionals Australia (AHPA). AHPA is the peak body representing and advocating for the role of allied health professions in Australia. AHPA represents over 65,000 allied health professionals. Current AHPA membership represents the following professions: Audiologists, Chiropractors, Dietitians, Exercise Physiologists, Music Therapists, Occupational Therapists, Orthoptists, Orthotist/Prosthetists, Osteopaths, Pharmacists, Podiatrists, Perfusionists, Psychologists, Social Workers, Sonographers, Speech Pathologists, Audiometrists, Diabetes Educators and Practice Managers, and now Diversional Therapists. DTA are very proud to be included as part of this strong lobbying organisation. This will allow us to be part of a collective voice within a professional arena, and will support DTA growth and development.

Last month I put out a call to South Australian members who might like to be part of the 2014 Adelaide Conference Committee. I was overwhelmed with the support offered. This is a fantastic way to develop a deeper understanding

and awareness of your association. Thank you to this group of willing workers! DTA are always on the lookout for members to be part of the serious undertakings in growing and developing this association. The Board supervise several portfolios, marketing, membership (growth), education, international liaison and governance. There is always opportunity for members to be part of these groups. Each group has a series of objectives they are working towards; each objective might have long or short term goals. There is the chance for you to be involved in a very small project which might only last for three months, or be part of a larger ongoing project. Please give this serious consideration as your input will help to drive the future of your association. Also a fantastic way to meet others, and earn PD points! Give the office a call or email if you would like to know more.

Regards,  
Louise Absalom  
President - Diversional Therapy Australia

### Japanese Sea Bathing

We carried out the Sea Bathing activity this year on the 7th August 2013.



Submitted by: Takako Serizawa