



# **NCTRC Exam Secrets Study Guide: NCTRC Test Review for the National Council for Therapeutic Recreation Certification Exam**

*NCTRC Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to become a Certified Therapeutic Recreation Specialist (CTRS).**

The NCTRC exam is extremely challenging and thorough test preparation is essential for success. *NCTRC Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the NCTRC exam.

Not only does it provide a comprehensive guide to the NCTRC exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*NCTRC Exam Secrets Study Guide* includes:

- A detailed overview of the qualifications required to obtain a therapeutic recreation certification
- An extensive review of foundational knowledge needed to provide therapeutic recreation services
- A guide to the practice of therapeutic recreation therapy
- An analysis of the organization utilized in therapeutic recreation therapy
- An examination of the advancement of the therapeutic recreation profession
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Council for Therapeutic Recreation Certification (NCTRC) expects you to have mastered before sitting for the exam.

**The Foundational Knowledge section includes:**

- SOAP note
- Needs assessment
- Activities of daily living (ADLs)
- Functional intervention
- Leisure education
- Leisure ability
- Intervention program
- Leisure awareness

**The Practice of Therapeutic Recreation/Recreation Therapy section includes:**

- Therapeutic Recreation Comprehensive Program Planning Model
- Activity analysis principles
- Confidentiality
- Assessment implementation process
- Threats to validity

- General interview guide
- Data collection
- ATRA code of ethics
- Quantitative vs. qualitative analysis
- Leisure Ability Model

**The Organization of Therapeutic Recreation/Recreation Therapy Service section includes:**


- Identify resource utilization guidelines
- Functional independence measures (FIM) areas
- Leisure level model steps
- 5 Axes of the DSM classification
- Axis medical conditions
- FOX, activity therapy skills baseline
- Leisure diagnostic battery (LDB)
- CERT Phys. Dis.
- CERT Psych/R
- 4 key vital signs

**The Advancement of the Profession section includes:**

- JCAHO
- MEDLINE
- Anxiety disorders
- Panic disorders
- Risk management plan
- Prospective payment system
- Transtheoretical Model/Stages of Change
- Social Cognitive Theory (SCT)
- Diffusion of Innovation Theory (DIT)

These sections are full of specific and detailed information that will be key to passing the NCTRC exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual NCTRC exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

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