

COLLEEN DEYELL HOOD

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Faculty of Applied Health Sciences,
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Academic Training

- Dip(RP) Toronto Institute for Relational Psychotherapy, April 2017
- Ph.D. University of Illinois at Urbana-Champaign, May, 1992
Major Discipline: Leisure Behavior, Subfield: Social Psychology of Leisure
Dissertation Title: Family Functioning and Adolescent Leisure Experiences
Dissertation Director: Dr. Lynn Barnett Morris, University of Illinois at Urbana-Champaign
- M.S. University of Illinois at Urbana-Champaign, May, 1989
Major Discipline: Therapeutic Recreation
Thesis Title: Perception of Therapeutic Recreation Treatment Needs by Clients, Therapists, and Administrators in Chemical Dependency Treatment Programs.
Thesis Directors: Dr. Janiece Sneegas, Dr. Carol Peterson, Dr. Fran McGuire; University of Illinois at Urbana-Champaign
- B.P.E. University of Calgary, Canada, Department of Physical Education, June, 1982

Areas of Specialization:

Major Discipline: Leisure Studies
Subfields: Therapeutic Recreation, Leisure and Well-Being, Leisure and Recovery with Mental Illness, Social Psychology of Leisure, Trauma-Informed Therapeutic Recreation

Academic Appointments

- 2012 -** **Professor**, Brock University, Department of Recreation and Leisure Studies, Brock University, St. Catharines, ON, Canada
- 2009 - 2012** **Professor & Chair**, Brock University, Department of Recreation and Leisure Studies, Brock University, St. Catharines, ON, Canada
- 2008 - 2009** **Professor & Interim Associate Dean, Undergraduate Affairs**, Faculty of Applied Health Sciences, Brock University, St. Catharines, ON, Canada
- 2004-2008** **Associate Professor & Chair**, Brock University, Department of Recreation and Leisure Studies, Brock University, St. Catharines, ON, Canada
Primary Area of Research; Leisure and Well-being, Therapeutic Recreation Professional Practice

- Primary Responsibilities: Manage departmental functions, including curriculum review and planning, faculty workload and performance, budget, hiring, and personnel review. Teach undergraduate courses in the Recreation and Leisure Studies Program, conduct research, advise and mentor undergraduate and graduate students, participate in university and professional service activities.
- 1999 - 2004 Associate Professor**, School of Applied Health and Educational Psychology, Oklahoma State University, Stillwater, OK
Primary Area of Research: Coping and Adaptation, Leisure and Addiction, Gender and Leisure, Therapeutic Recreation
Primary Responsibilities: Teach undergraduate, Master's and Doctoral courses in the Leisure Studies Program, conduct research, advise and mentor undergraduate and graduate students, participate in university and professional service activities.
- 1997 -1999 Associate Professor**, School of Health and Human Performance, Dalhousie University, Halifax, NS, Canada
Primary Area of Research: Therapeutic Recreation, Leisure and Addiction
Primary Responsibilities: Teach undergraduate, and Master's courses in the Leisure Studies Program, conduct research, advise and mentor undergraduate and graduate students, participate in university and professional service activities.
- 1992-1997 Assistant Professor**, School of Recreation, Physical and Health Education, Dalhousie University, Halifax, NS
- 1991-92 Instructor**, Department of HPERs, Leisure Systems Studies Program, East Carolina University, Greenville, North Carolina
Primary Area of Research: Therapeutic Recreation, Leisure and Addiction
Primary Responsibilities: Teach undergraduate courses in the Leisure Studies Program, conduct research, advise and mentor undergraduate students, participate in university and professional service activities.

Teaching Experience

Brock University:

Undergraduate Classes:

Leisure Education and Counseling in Inclusive and Therapeutic Recreation (RECL 3P22)

Introduction to Inclusive and Therapeutic Recreation (RECL 1P12)

Senior Seminar in Inclusive and Therapeutic Recreation (RECL 4P02)

Advanced Methods in Therapeutic Recreation (RECL 4P22, 4F22)

Introduction to Recreation and Leisure Studies (RECL 1F91, TR Section; RECL 1P90)

Therapeutic Recreation and Persons with Disabilities (RECL 2P52)

Therapeutic Recreation and Behavioral Health (RECL 3Q92)

Facilitation Techniques in Therapeutic Recreation (RECL 4P92)

Graduate Classes:

Positive Leisure Science: Individual and Community Well-Being (AHSC 5P35)

Foundation of Leisure Studies (AHSC 5P30)

Strengths-Based Facilitation Techniques (AHSC 5P39)

Oklahoma State University:

Undergraduate Classes:

Foundations of Leisure Service Leadership (LEIS 2473) (Team taught with Dr. D. Jordan)

Program Planning in Therapeutic Recreation (LEIS 4523)

Leisure Education (LEIS 4513)

Advanced Practices in Therapeutic Recreation (LEIS 4933)

Graduate Classes:

Conceptual Issues in Therapeutic Recreation (LEIS 5463)

Social Psychology of Leisure (LEIS 5453)

Leisure Behavior (LEIS 6453)

Introduction to Qualitative Inquiry (SCFD 5913)

Dalhousie University:

Undergraduate Classes:

Group Leadership Skills in Career Development (ASSC 3100) (1997/98)

Introduction to Research Methods (KIN 4440 / LEIS 3420) (1997)

Leisure and Special Populations (LEIS 2384) (1994)

Social Psychology of Leisure (LEIS 2127) (1993- 1998)

Leisure Enhancement and Disabled Persons (LEIS 4426) (1992, 1994, 1996)

Techniques in Leisure Education (LEIS 4998) (1995, 1997)

Counseling for Health and Wellbeing (LEIS 4492) (1997)

Internship (LEIS 4497) (1995, 1996)

Graduate Classes:

Leisure, Gender and the Family (LEIS 5561) (1994, 1996, 1997)

Advanced Social Research Methods (LEIS 5501) (1993-1998)

East Carolina University (all undergraduate classes):

Introduction to Leisure Services (1992)

Research Methods in Leisure Studies (1992)

Leisure Education (1992)

Leisure Services for Older Adults (1991)

Program Planning in Therapeutic Recreation (1991)

University of Illinois (all undergraduate classes):

Facilitation Techniques and Leisure Education (1990, 1991)

Seminar in Therapeutic Recreation (1989, 1990)

Introduction to Special Populations for Non-Therapeutic Recreation Majors (1989)

Research Experience/Grant Applications

Grants Awarded:

Well-Being for People with Mental Health Issues: Examining the Role of Free Time

Engagements (2014-15): Principal Investigator: Dr. C. Hood. Received from the Brock University Advancement Fund. Total Funds: \$4977.

Social Determinants of Child Hypertention (2007-2012): An interdisciplinary project designed to investigate the contributory role of social determinants on high blood pressure and to develop, implement, and evaluate potential interventions sensitive to the pathways that connect social determinants of child hypertension. Principle Investigator: Dr. Terry Wade; Co-Investigators: Drs. John Cairney, Deb O'Leary, Colleen Hood, Dawn Zinga, Jason Liu, Nota Klentrou, John Hay, Brian Roy, Paul LeBlanc. Total funds: \$500,000.

Coping with Stress and Leisure Involvement: A Quantitative View of Students Enrolled in a CAAHEP-Accredited Undergraduate Athletic Training Education Program (2002). Principal Investigator: Matthew O'Brien; Co-Investigators: Drs. T. Palmer, and C. Hood. Received from College of Education, Oklahoma State University. Total funds: \$1500.

Expert Practice in Therapeutic Recreation: A Preliminary Investigation (2000). Principal Investigator: Dr. C. Hood. Received from the College of Education, Oklahoma State University. Total Funds: \$1,500.

Social Integration and Disability: Clarification of Relationship Issues in Work, Family and Community (Jan. 1995). Principle Investigator: Renee Lyons; Co-investigators: A. Gunter, P. Ritvo, Z. Jackson, C. Hood, D. Miller, S. Duck. Received from SSHRC. Total funds: \$37,000.

Identification of Lifestyle Issues Critical for Female Alcoholics (1994). Principal Investigator: Dr. C. Hood. Received from Faculty of Graduate Studies, Dalhousie University. Total Funds: \$2,400.

Annotated Bibliography and Critical Analysis of the Relationship Between Mental Health and Substance Use (November, 1994). Co-investigators: Drs. Colleen Hood, Colin Mangham, Don McGuire, Gillian Lee. Received from Health Canada. Total funds: \$30,000.

A Study of the Relationship Between Adolescent's Perceptions of Family, Leisure, Self-esteem, and Alcohol Use (1993). Principal Investigator: Dr. C. Hood. Received from the Dalhousie University Faculty of Graduate Studies. Total Funds: \$2500.00.

A Study of Alcohol Expectancies and Experiences Related to Leisure (1992). Principal Investigator: Dr. C. Hood. Received from the East Carolina University, Vice Chancellor's Summer Research Stipend Program. Total funds: \$2500.00.

Research Travel Award (1991). Office of the Vice Chancellor for Research, East Carolina University, Greenville, NC. (\$200.00)

Research Travel Award (1991). College of Arts and Sciences and the Department of Health, Physical Education, Recreation and Safety, East Carolina University, Greenville, NC. (\$465.00)

Unfunded Research:

Development of Evidence-Based TR Practice in Mental Health and Addictions Services (2014-ongoing): Development of a TR research centre at the Niagara Health System, Mental Health and Addictions Service; design, implementation, and evaluation of TR intervention programs at the NHS. Principle Investigator: Dr. C. Hood; Co-investigators: Lauren Cripps, Erin Lemoine, Megan Ransom.

Theory-Based Therapeutic Recreation Practice: Evaluating the Effectiveness of a Leisure Education Program in Supporting Well-being (2008): A multi-site program evaluation project designed to examine the effectiveness of a leisure education program based on the Leisure and Well-Being Model. Co-Investigators: Drs. Colleen Hood, Sanghee Chun, Suzie Lane (no funding required).

The Development and Testing of an Empirically-Based Framework and Interventions for the Prevention of Youth Problem Gambling and Related Risk Behaviours (2007-2008): An Emergent Team Award application designed to examine modifiable risk and protective factors for youth, and to design and examine interdisciplinary interventions based on those modifiable factors. Principle Investigator: Dr. Heather Chalmers; Co-Investigators: Drs. Andrew Dane, Colleen Hood, Sidney Segalowitz. Total Funds Requested: \$580,000 (unfunded).

Positive Risks: Strategies for Youth Success (2007): The primary goal of this research project is to 1) develop a school based, cross-curricular gambling prevention education resource that builds developmental assets, and 2) to examine the efficacy of the classroom use of this resource in the prevention of high risk behaviours in youth (including gambling and substance abuse) and in the development of capacities related to the healthy use of free time. Principle Investigator: Colleen Hood; Co-Investigators: Dr. Susan Sydor, Dr. Cynthia Carruthers, John Gregory, Marcia Cunningham, Dave Massey. Total Funds Requested: \$538,455 (unfunded).

Program Evaluation of Leisure Connections, Homewood Health Center: A three year mixed methods process and outcome evaluation of the Leisure Connections group in the Program for Traumatic Stress Recovery at Homewood Health Center, Guelph, Ontario. Principal Investigator: Dr. Susan Arai; Co-Investigators: Janet Griffin, RT; Dr. Colleen Hood; Dr. Suzie Lane. (no funding required)

Enhancing Well-Being Through a Therapeutic Recreation/Positive Psychology Intervention for Women in Recovery. A mixed methods study designed to examine the effectiveness of an intervention designed to enhance the ability to experience positive emotions and positive daily life events of women in recovery from alcoholism. Proposal submitted to Canadian Psychiatric Research Foundation, Nov. 2005. Principal Investigator: Dr. Colleen Hood. Total funds requested: \$49,982 (unfunded).

Enhancing Coping Through a Therapeutic Recreation/Positive Psychology Intervention for Women in Recovery: A mixed methods study designed to examine the effectiveness of an intervention designed to enhance the ability to experience positive emotions and positive daily life events of women in recovery from alcoholism. Proposal submitted to Canadian Psychiatric Research Foundation, Nov. 2004. Principal Investigator: Dr. Colleen Hood; Co-Investigators: Dr. Suzie Lane. Total funds requested: \$42,079 (unfunded).

Family Activities During and Experience of Unstructured Time: The “Snow Days” Project: A qualitative examination of how families “use” unexpected, unstructured time. This project is a multi-site project involving up to ten North American Universities and is one of several outcomes of a retreat on Family Leisure Research sponsored by Brigham Young University. (Oct. 2002 –Jun3 2002).

Expert Practice in Therapeutic Recreation: A Preliminary Investigation: A qualitative examination of what constitutes expertise in therapeutic recreation (2000-2002).

Evaluation of a Therapeutic Recreation Program Addressing Poor Coping Skills in Chemical Dependency: A qualitative and quantitative analysis of the process and outcomes of a program designed to address lack of coping skills for individuals in treatment for chemical dependency. (1998-2000).

Identification of Lifestyle Issues Critical for Female Alcoholics: A qualitative and quantitative analysis of gender related lifestyle issues for female alcoholics. (1994-1997).

Annotated Bibliography and Critical Analysis of the Relationship Between Mental Health and Substance Use: A comprehensive review of the literature that links these two issues and an analysis of the relationship between them (1994-1995).

Analysis of Client Treatment Problems in Therapeutic Recreation: A multi-tiered Delphi procedure designed to identify those client treatment problems that are seen to be critical for therapeutic recreation intervention. (1993-1996).

A Study of the Relationship Between Adolescent’s Perceptions of Family, Leisure, Self-esteem, and Alcohol Use: A quantitative and qualitative research project designed to examine the

factors that contribute to different patterns of alcohol use by adolescents and young adults (1993-1995).

Perceptions of Leisure by Alcoholics in Treatment: Collaborative project with Dr. Cynny Carruthers, University of Nevada at Las Vegas (Sept. 1992 to Sept. 1994).

Graduate Student Supervision

Brock University

Master's Thesis – Primary or Co-Advisor

Harris, E. (In progress). Thesis topic: Community Dance Program for Persons with Developmental Disabilities

Bolger, M. (In progress). Thesis topic: Therapeutic Recreation and Chronic Pain

Perrotta, S. (In progress). Thesis topic: Community engagement of persons with mental health issues.

Ostrom, J. (In progress). Thesis topic The Impact of Social Connections TR Program on the Social Integration of People with Mental Health Issues.

Mattos, J. (In progress). Thesis topic: Trauma-informed Therapeutic Recreation

Jacobson-Weaver, J. (In progress). *Exploring the Experience of Parent Caregiving: How Parents of Children with Disabilities Create Well-Being in Their Lives* (Proposal completed Jan. 18, 2017).

O'Shea, M. (Withdrawn). Thesis topic: Outdoor recreation for persons with mental health issues.

Stevens, A. (2017). *Exploring Self-Compassion and Perceptions of Recreation Therapists' Professional Quality of Life* (Proposal completed Dec. 9, 2015).

Hirshfeld, K. (2015). *Determining the Effectiveness of the Therapeutic Recreation Specialist – Certified Training at Baycrest Health Sciences* (Proposal completed Sept. 4, 2014).

Torok, L. (2014). *Flourishing in the face of mental illness: A heuristic examination of the contribution of leisure to creating a meaningful life* (Proposal completed Dec. 17, 2013).

Oswald, A. (2013). *Youth living in residential care: Implications for leisure and identity* (Proposal completed June 25, 2012).

Chesson, C. (Withdrawn). Thesis topic: Agency and life with mental illness.

Perry, K. (Withdrawn). Thesis topic: Dragon boating and breast cancer recovery.

Attis, L. (Withdrawn). Thesis topic: Post-partum depression and leisure interludes.

Johnson, E. (2007). *The essence of a tacit intersection: A heuristic inquiry into nature-based leisure and personal transformation*. (Proposal completed May 1, 2007).

Cunningham, A. (2008). *Leisure and Communitas: A case study of drum circle facilitation*. (Proposal completed Feb. 12, 2007).

Bergman, N. (2007). *The intersection of leisure and physical environment: The case of home bound older adults*. (Proposal completed June 26, 2007)

Master's Thesis – Committee Member:

Morse, Carson (In progress). Facilitating Physically Active Recreation for Seniors Living in Supported Living Centres

Latin, Michael. (In progress). *The influence of the Leisure and Well-being Model and psycho-social factors on the cardiovascular health of school aged children*. (Proposal completed July 10, 2017)

- Rolph, Laura (2017). *The effects of a therapeutic recreation program on overall well-being among older-adults with Alzheimer disease and their care partner*. Faculty of Applied Health Sciences, Brock University
- Bosetti, Kelsey (2014). *The Development of a Savouring Leisure Inventory*. Faculty of Applied Health Sciences, Brock University.
- Ridgeway, Jennifer (2013). *Therapeutic Recreation Education in Canada: A review of the current curriculum*. Faculty of Applied Health Sciences, Brock University
- Kerr, Laura, (2012). *Building Strong Kids: A Mixed Methods Evaluation of the Long Term Impacts and Meaning of the Virtual YMCA After School Program*. Faculty of Applied Health Sciences, Brock University.
- Erica Hamel (2012). *Wild Civility: Can Social Justice be Cultivated through Participation in a Wilderness Program?* Faculty of Applied Health Sciences, Brock University.
- Kate Humphrys (2013). *Youth engagement in health promotion efforts*. Faculty of Applied Health Sciences, Brock University
- Shelley Smith (Fall, 2005). *Primary school teachers' perceptions of play in the classroom*. Faculty of Education, Brock University.
- Doctoral Dissertation – Primary or Co-Advisor**
- Cripps, L. (In progress). Topic: Therapeutic Recreation and Mental Health Services for Children and Adolescents.

Oklahoma State University

Master's Thesis – Primary Advisor

- Ramsey, M (Not completed). *Attributional styles of outdoor leaders: The impact on individual's with disabilities experiences of camp*. Oklahoma State University.
- Cowan, J. (2004). *Optimism and perceptions of leisure*. Oklahoma State University.
- Ryan, B. (2001). *Women and substance abuse: Perceptions of a therapeutic recreation coping skills intervention*. Oklahoma State University.
- Howes, E. (2001). *Families and leisure education: A qualitative study*. Oklahoma State University.

Master's Thesis – Committee Member: Member of four committees

Doctoral Dissertation – Primary Advisor

- Weilert, J. (May, 2005). *Meaning-making among middle-aged Navajo women*. Oklahoma State University.

Doctoral Dissertation – Committee Member

- Wu, C. (May, 2004). *Participation in outdoor educational experiences and women's perceptions of self-efficacy*. Oklahoma State University.
- Kinder, C. (Dec. 2003). *The civilian conservation corps as a means of social control: A southwestern Oklahoma perspective*. Oklahoma State University.

Dalhousie University

Master Thesis – Primary Advisor

- Delamere, F. (1998). *A critical examination of fear of violence as a form of social control and the impact of this fear on women's leisure experience*. Dalhousie University.
- Morden, P. (1998). *Leisure behaviour and career development: An exploration through the case of computer sciences*. Dalhousie University.

- Amirault, S. (1998). *An assessment of the developmental needs of 13- to 15-year-old members of the Boys and Girls Clubs of Nova Scotia and their fulfillment through leisure programming*. Dalhousie University.
- Callaghan, S. (1996). *Tracing older women's work and leisure across the lifespan: An oral history perspective*. Dalhousie University.
- Hutchinson, S. (1996). *The altered self: An exploration of the processes of self-identity reconstruction by people who acquire a brain injury*. Dalhousie University.
- Guerin, N. (1996). *Factors affecting the alcohol consumption of female university students from dysfunctional families*. Dalhousie University.
- Braccia, M. (1995). *Women, occupation status, and leisure*. Dalhousie University.
- Master Thesis – Committee Member:** Member of over 20 committees in Leisure Studies, Health Education, Community Health and Epidemiology, and Kinesiology.

Publications

Peer Reviewed Articles and Abstracts:

- Cripps, L., & Hood, C. (2017). The art and science of empathy: The initiation of a dialectical conversation. *Therapeutic Recreation: Practice and Research; Journal of Therapeutic Recreation Ontario*, 12.
- Hood, C., & Carruthers, C. (2016). Supporting the development of a strengths-based narrative: Applying the Leisure and Well-Being Model in outpatient mental health services. *Therapeutic Recreation Journal*, 50(2), 103-117.
- Hood, C., & Carruthers, C. (2016). Creating strengths-based TR programs using the Leisure and Wellbeing Model: Translating theory into practice. *Therapeutic Recreation Journal*, 50(1), 4-20.
- Carruthers, C., & Hood, C. (2013). Mindfulness-based therapeutic recreation intervention. *ATRA Annual in Therapeutic Recreation*, 21, 73-79.
- Carruthers, C., & Hood, C. (2011). Mindfulness and well-being: Implications for therapeutic recreation practice. *Therapeutic Recreation Journal*, 45, 171-189
- Hood, C., & Carruthers, C. (2011). *Facilitating change through leisure: The Leisure and Well-Being Model of Therapeutic Recreation Practice*. Abstracts from the International Positive Psychology Association Annual Conference, Philadelphia, PA.
- Hood, C., Wade, T., & Humphrys, K. (2011). *A positive leisure intervention in schools for the prevention of high blood pressure: Introducing HBeat*. Abstracts from the International Positive Psychology Association Annual Conference, Philadelphia, PA.
- Bergman, N. & Hood, C. (2008). *Understanding space, place and leisure of women over 85 living in the community*, Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.
- Johnson, E. & Hood, C. (2008). *The essence of a tacit intersection: A heuristic inquiry into nature-based leisure and personal transformation*. Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.
- Lane, S., Hood, C., & Chun, S. (2008). *From theory to practice: Evaluating the effectiveness of the Leisure and Well-Being Model in therapeutic recreation practice*. Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.
- Carruther, C., & Hood, C. (2007). Building a life of meaning through therapeutic recreation: The Leisure and Well-Being Model, Part I. *Therapeutic Recreation Journal*, 41, 276-197.

- Hood, C., & Carruthers, C. (2007). Enhancing Leisure Experience and Developing Resources: The Leisure and Well-Being Model, Part II. *Therapeutic Recreation Journal*, 41, 298-325.
- Carruthers, C., & Hood, C. (2005). Leisure and the good life. *Parks and Recreation*, 40(10), 30-37.
- Arai, S., Griffin, J., Lane, S., & Hood, C. (2005). Evaluating a TR program for traumatic stress recovery; Challenges of program evaluation in a client-centred, interdisciplinary therapeutic community. In T. Delamere, C. Randall, & D. Robinson (Eds.), *Abstracts from the Eleventh Canadian Congress on Leisure Research*, pp. 31-35.
- Cowan, J. & Hood, C. (2005). Optimism and the leisure experience. In T. Delamere, C. Randall, & D. Robinson (Eds.), *Abstracts from the Eleventh Canadian Congress on Leisure Research*, pp. 115-120.
- A. Guilmette, Hood, C., Lane, S. & Singh, S. (2005). The paradox of leisure: A panel discussion. In T. Delamere, C. Randall, & D. Robinson (Eds.), *Abstracts from the Eleventh Canadian Congress on Leisure Research*, pp. 214-220.
- Carruthers, C., & Hood, C. (2004). The power of the positive: Leisure and well-being. *Therapeutic Recreation Journal: Special Issue on Health and Health Promotion*, 38, 225-245.
- Hood, C. (2003). Women in recovery from alcoholism: The place of leisure. *Leisure Sciences*, 25, 51-79.
- Hood, C. & Carruthers, C. (2002). Coping skills theory as an underlying framework for Therapeutic Recreation services. *Therapeutic Recreation Journal*, 36, 137-153.
- Carruthers, C. & Hood, C. (2002). Coping skills program for individuals with alcoholism. *Therapeutic Recreation Journal*, 36, 154-171.
- Hood, C. (2001). Book review: Facilitation techniques in therapeutic recreation. *Annual in Therapeutic Recreation*.
- Jackson, L., & Hood, C. (2001). Men's leisure, women's work: Female prostitutes and the double standard of North American HIV public health policies. *Leisure Studies Association Newsletter*, 68.
- Hood, C. & Krinsky, A. (1998). The use of a Delphi procedure to identify priority client treatment needs for therapeutic recreation intervention in alcoholism treatment. *Annual in Therapeutic Recreation*, 7, 74-82.
- Carruthers, C. & Hood, C. (1994). Alcohol use in leisure [Feature Article]. *Journal of Leisurability*, 21, 3-12.
- Hood, C. & Barnett, L. (1993). Family functioning and adolescent leisure experiences. In K. Fox (Ed.), *Proceedings of the Seventh Canadian Congress on Leisure Research* (pp. 220-223). Winnipeg, Manitoba: University of Manitoba Printing Services.
- Carruthers, C. & Hood, C. (April, 1992). Alcoholics and children of alcoholics: The role of leisure in recovery. *The Journal of Physical Education, Recreation and Dance, Leisure Today*, 63(4), 48-51.
- Hood, C. (1991). Perceptions of client needs in chemical dependency treatment programs. *Annual in Therapeutic Recreation*, 2, 37-48.
- Hood, C. & Valerius, L. (1990). Review of ProfScam: Professors and the demise of higher education. *Scholar*.
- Hood, C. (1990). Leisure and the family. *AALR Reporter*, 16(1), 5-8.

- Kleiber, D., Ashton-Shaeffer, C., Malik, P., Lee, L., & Hood, C. (1990). Involvement with Special Recreation Associations: Perceived impacts in early adulthood. *Therapeutic Recreation Journal*, 14(3), 32-44.
- Hood, C. (1990). Perceptions of client needs in chemical dependency treatment programmes. In B.J.A. Smales (Ed.), *Leisure Challenges: Bringing People, Resources, and Policy into Play (Proceedings of the Sixth Canadian Congress on Leisure Research)* (pp. 38-43). Waterloo, Ontario, Canada: Ontario Research Council on Leisure.
- Hood, C. (1988). The role of formal and informal social activities in the life satisfaction of older individuals. *Research Into Action: Applications for Therapeutic Recreation Programming*, Volume VI.

Other Peer Reviewed Publications:

- Hood, C., Leigh, G., Mangham, C., & McGuire, D. (1996). *Annotated Bibliography on the links between mental health and substance use*. Health Canada.
- Hood, C., Leigh, G., Mangham, C., & McGuire, D. (1996). *Detailed analysis of the links between mental health and substance use*. Health Canada.
- Hood, C., Leigh, G., Mangham, C., & McGuire, D. (1996). *Discussion paper on the links between mental health and substance use*. Health Canada.

Invited Book Chapters:

- Carruthers, C. & Hood, C. (2017). Mindfulness in Therapeutic Recreation. In J. Dattilo (Ed.) *Facilitation Techniques in Therapeutic Recreation*. Champaign, IL: Sagamore.
- Carruthers, C., & Hood, C. (2016). Cognitive behavioral counseling techniques. In H. Porter (Ed.), *Recreational therapy handbook of practice: ICF-Based diagnosis and treatment* (2nd Ed.). Enumclaw, WA: Idyll Arbor.
- Hood, C., & Carruthers, C. (2016). Leisure education. In H. Porter (Ed.), *Recreational therapy handbook of practice: ICF-Based diagnosis and treatment* (2nd Ed.). Enumclaw, WA: Idyll Arbor.
- Hood, C., & Carruthers, C. (2012). Therapeutic recreation: Enhancing well-being through leisure. In T. Freire (Ed.), *Positive leisure science* (pp. 121-140). New York: Springer.
- Hood, C. (2012). Coping. In J. Rippe (Ed.), *Encyclopedia of Lifestyle Health and Medicine*. Thousand Oaks, CA: Sage.
- Hood, C., & Carruthers, C. (2010). Leisure and well-being: Building the best possible life. In *Dimensions of Leisure for Life: Individuals and Society* (pp. 89-112). Champaign, IL: Human Kinetics.
- Hood, C. (2006). Family making among women in recovery from alcoholism. In L. Bella (Ed.) *Family Making*. Newfoundland, Canada. Available at http://www.ucs.mun.ca/~lbella2/family_making.html
- Hood, C. (2003). Standardizing Practice and Outcomes Through Clinical Practice Guidelines: Recommendations for Therapeutic Recreation. In N. Stumbo (Ed.) *Client Outcomes in Therapeutic Recreation* (pp. 149-164). State College, PA: Venture.
- Hood, C. (2001). Clinical Practice Guidelines – A Decision Making Tool for Best Practice? In N. Stumbo (Ed.) *Professional Issues in Therapeutic Recreation* (pp. 189-213). Champaign, IL: Sagamore Publishing.
- Hood, C. & Mattiko, M. (1991). Summary of Chemical Dependency consensus group. In C. Coyle, W.B. Kinney, B. Riley, & J. Shank (Eds.), *Benefits of Therapeutic Recreation: A Consensus View*. Philadelphia, PA: Temple University.

Non-Peer Reviewed Publications:

Hood, C. & Quinn, T. (1993). The role of therapeutic recreation in the provision of care for hospitalized children. *Integrare* (Newsletter of the Recreation Association of Nova Scotia), Spring, 1993.

Trueman, A. & Hood, C. (1993). Therapeutic recreation: Is it an appropriate intervention in the treatment of video gambling addiction? *Integrare* (Newsletter of the Recreation Association of Nova Scotia), Spring, 1993.

Hood, C. (1989). *Therapeutic Recreation in Chemical Dependency Treatment Programs*. Monograph commissioned by the Office of Recreation and Park Resources, University of Illinois at Urbana-Champaign.

Editorial Responsibilities

Lead Editor: Therapeutic Recreation Journal, 2001-2004; 2004-2007

Associate Editor: Therapeutic Recreation Journal, 1995, 1996, 1997
Journal of Leisurability, 1995, 1996
Annual in Therapeutic Recreation, American Therapeutic Recreation Association, 1994, 1995, 1996

Peer Reviewer: Therapeutic Recreation Journal, 1989, 1991-94, 2000, 2001
Journal of Leisure Research, 1992, 1993, 2006
Leisure Sciences, 2005
Leisure/Loisir, 2010

Professional Organization Memberships/Involvement

Therapeutic Recreation Ontario

(Member, Regulation Steering Committee, 2009-present)

(Member, Educator's Subcommittee, 2009- present)

Canadian Association of Leisure Studies (Member, Board of Directors, 1996-1999; 2005-2008; 2008-2011, 2011-2014)

Canadian Therapeutic Recreation Association (President, 1998-1999)

American Therapeutic Recreation Association

(Co-Chair, Research Action Team, 1999-2001)

(Invited Member of the Presidential Priorities Committee, 2000-2001)

(Chair, Protocol Development Committee, ATRA, 1993-1997)

(Member, Task Force on Professional Preparation, ATRA, 1998-2001)

National Recreation and Parks Association

National Therapeutic Recreation Society

University Committees

Brock University:

University-Wide Committees:

BUFA Hiring Advice Committee (2004-2006)

Faculty Senate (2006-2007)

Faculty of Education Advisory Committee (2006-2007)

Room Modernization Committee (2008-2009)

QPR Suicide Prevention Team (2010-present)

Departmental Committees:

Ex Officio member of all departmental committees (2004-2007; 2010-11)
CCLR Planning Committee (2009- 2010)
Workload and Personal Advisory Committee (2015-present)

Oklahoma State University:

University-Wide Committees:

University Scholarship Committee, 2002-2003

College of Education:

Co-Chair, Student Affairs Committee, 2000-2001

Faculty Governance Committee, 2001-2002

Co-Advisor, COE Graduate Student Association, 2001-2003

School of Applied Health and Educational Psychology:

Co-Chair, Student Affairs Committee, 2000-2001

Faculty Development and Research Committee, 2003-2004

Dalhousie University:

University-Wide Committees:

Transition to Work Committee: Member, Career Portfolio Course Development Committee

Faculty of Health Professions:

Member, Ethics Committee (1995- 1996)

Chair, Ethics Committee (1996-1997)

Member, Faculty Council (1997-1998)

School of Health and Human Performance:

Strategic Planning: Undergraduate Core Curriculum Committee (1994 to 1995);

Graduate Curriculum Committee (1995);

Chair, Recreation Curriculum Committee (1994 to 1998).

Health Education Search Committee (1996)

Professional Presentations (all peer reviewed unless otherwise noted)

National and International Presentations:

2017

2016

Cripps, L., Hood, C., & Lemoine, E. (May 2016). *Exploring a Strengths-Based Recovery Orientation: Translating Theory of the LWM into Everyday TR Mental Health Practice*. Preconference session at the Canadian Therapeutic Recreation Association Annual Conference, Waterloo, ON.

Hood, C. (June, 2016). *Focus on Flourishing*. Invited presentation at the Revera National Recreation Managers' Conference, Oakville, ON.

2015

Hood, C. (May, 2015). *Charting Your Own Course: Becoming an Instrument of Change in the Field of Therapeutic Recreation*. Invited Keynote Address at the Canadian Therapeutic Recreation Association Annual Conference, St. Johns, NF

Cripps, L., & Hood, C. (May, 2015). *Flourishing in the face of mental illness: Implications for recovery oriented TR practice in mental health services - Part 11*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, St. Johns, NF.

Hood, C., & Carruthers, C. (May, 2015). *Facilitating Client Change: Using Acceptance and Commitment Therapy to Transform Thoughts, Feelings, and Behaviours*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, St. Johns, NF.

2014

- Hood, C., & Carruthers, C. (May, 2014). *Trauma Informed Therapeutic Recreation Practice*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Banff, AB
- Carruthers, C., & Hood, C. (May, 2014). *The Contributions of Therapist Mindfulness to Effective TR Practice*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Banff, AB.
- Torok, L., & Hood, C. (May, 2014). *Recovery-oriented Therapeutic Recreation Practice in Mental Health Services: Lessons Learned from the LWM*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Banff, AB.
- Torok, L., & Hood, C. (May 2014). *The role of leisure in recovery from mental illness*. Research poster at the Canadian Congress on Leisure Research, Halifax, NS.
- Oswald, A., & Hood, C. (May, 2014). *Exploring the essence of living in out-of-home care: Implications for Leisure*. Research presentation at the Canadian Congress on Leisure Research, Halifax, NS.

2013

- Anderson, L., Carruthers, C., Heyne, L., & Hood, C. (2013). *Strengths-based therapeutic recreation: A research think tank*. Presentation at the ATRA Annual Conference, Pittsburgh, PA.

2012

- Oswald, A., & Hood, C. (June, 2012). *Positive youth development: Lessons learned from the Leisure and Well-Being Model*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Halifax, NS.
- Hood, C. & Carruthers, C. (June 2012). *Supporting client change through the use of Acceptance and Commitment Therapy*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Halifax, NS.
- Carruthers, C., Groff, D., & Hood, C. (June 2012). *Positive Emotions: How to help clients improve their health and well-being*. Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Halifax, NS.

2011

- Hood, C., & Carruthers, C. (Sept. 2011). *Facilitating social agency and positive emotion: Incorporating thinking, feeling, and acting*. American Therapeutic Recreation Associate Annual Conference, Indianapolis, IN.
- Hood, C., & Carruthers, C. (July 2011). *Facilitating change through leisure: The Leisure and Well-Being Model of Therapeutic Recreation Practice*. Poster presentation at the International Positive Psychology Association Annual Conference, Philadelphia, PA.
- Hood, C., Wade, T., & Humphrys, K. (July, 2011). *A positive leisure intervention in schools for the prevention of high blood pressure: Introducing HBeat*. Poster presentation at the International Positive Psychology Association Annual Conference, Philadelphia, PA.
- Anderson, L., Carruthers, C., Heyne, L., & Hood, C. (April, 2011). *Strengths-based assessment in TR: Tools for positive change*. Webinar hosted through the American Therapeutic Recreation Association.
- Anderson, L., Carruthers, C., Heyne, L., & Hood, C. (April, 2011). *Strengths-based therapeutic recreation practice using the LWM and the LWMEA models*. Webinar hosted through the American Therapeutic Recreation Association.

- Anderson, L., Carruthers, C., Heyne, L., & Hood, C. (March, 2011). *Strengths-based therapeutic recreation practice: What is it?* Webinar hosted through the American Therapeutic Recreation Association.
- Hood, C. (March, 2011). *Flourishing and the life well-lived*. Invited Keynote Address at the Nevada Parks and Recreation Annual Conference, Las Vegas, NV.
- Hood, C. (March, 2011). *Strengths-based therapeutic recreation practice*. Presentation at the Nevada Parks and Recreation Annual Conference, Las Vegas, NV.

2010

- Hood, C., & Carruthers, C. (Sept., 2010). *Facilitating social agency and positive emotion: Incorporating thinking, feeling, and acting*. Presentation at the American Therapeutic Recreation Association Annual Conference, Spokane, WA.

2009

- Carruthers, C. & Hood, C. (Oct. 2009). *Facilitating Well-Being through TR: The Role of Mindfulness-Based Cognitive Therapy*. Presentation at the American Therapeutic Recreation Association Annual Conference, Minneapolis, MN.
- Hood, C. (June, 2009). *The Leisure and Well-Being Model of therapeutic recreation service delivery: Valuing the positive in people and life*. Invited presentation for the BC Interior Health Recreation Therapists, Summerland, BC.
- Hood, C., & Carruthers, C. (May, 2009). *Enhancing leisure experience: A central focus for achieving the goal of well-being in TR* (Closing Plenary Session). Canadian Therapeutic Recreation Association Annual Conference, Calgary, AB.
- Hood, C. (Feb. 2009). *Building a life of meaning: The role of positive life events, strengths and social agency*. Invited teleconference event hosted by Glenrose Rehabilitation Hospital, Edmonton, AB.
- Hood, C. (Feb. 2009). *Adding value to TR practice: A strengths-based perspective on therapeutic recreation*. Invited presentation at the BC TR Professionals networking and educational event, Vancouver, BC.

2008

- Carruthers, C. & Hood, C. (Sept. 2008). *Facilitating Well-Being through TR: The Role of Mindfulness-Based Cognitive Therapy*. Presentation at the American Therapeutic Recreation Association Annual Conference. Reno, NV.
- Bergman, N. & Hood, C. (2008). *Understanding space, place and leisure of women over 85 living in the community*, Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.
- Johnson, E. & Hood, C. (2008). *The essence of a tacit intersection: A heuristic inquiry into nature-based leisure and personal transformation*. Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.
- Lane, S., Hood, C., & Chun, S. (2008). *From theory to practice: Evaluating the effectiveness of the Leisure and Well-Being Model in therapeutic recreation practice*. Abstracts from the Twelfth Canadian Congress on Leisure Research, Montreal, QC.

2007

- Hood, C., & Carruthers, C. (Sept. 2007). *The Leisure and Well-Being Model: Making it real*. Presentation at the American Therapeutic Recreation Association Annual Conference, Milwaukee, WI.

Carruthers, C. & **Hood, C.** (March, 2007). *The power of the positive: Leisure and the good life.* Invited Keynote Address at the New York State Therapeutic Recreation Association Annual Conference, Saratoga Springs, NY.

Hood, C. & Carruthers, C. (March, 2007). Enhancing the quality of the leisure experience: A value-added approach for Therapeutic Recreation practice. Presentation at the New York State Therapeutic Recreation Association Annual Conference, Saratoga Springs, NY.

Hood, C. & Carruthers, C. (March, 2007). The Leisure and Well-Being Model of Therapeutic Recreation practice. Presentation at the New York State Therapeutic Recreation Association Annual Conference, Saratoga Springs, NY.

2006

Carruthers, C. & **Hood, C.** (Sept. 2006). *The Leisure and Well-Being Model: Moving beyond surviving to thriving.* Full day workshop at the American Therapeutic Recreation Association Annual Conference, Orlando, FL.

Hood, C. (May, 2006). *The Re-Enchantment of Therapeutic Recreation.* Invited Keynote Address at the Therapeutic Recreation Ontario Annual Conference, St. Catharines, ON.

Hood, C., & Carruthers, C. (May, 2006). *The Leisure and Well-Being Model of Therapeutic Recreation.* Presentation at the Therapeutic Recreation Ontario Conference, St. Catharines, ON.

Hood, C., & Carruthers, C. (May, 2006). *Using the Leisure and Well-Being Model in practice.* Half-day workshop at the Therapeutic Recreation Ontario Conference, St. Catharines, ON.

Hood, C., & Carruthers, C. (May, 2006). *The leisure and Well-Being Model: A resource development framework for therapeutic recreation practice.* Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Halifax, NS.

Frew, S., DeVries, K., & **Hood, C.** (May, 2006). *The experience of therapeutic recreation certification in Canada: A qualitative study of Canadian CTRSs.* Presentation at the Canadian Therapeutic Recreation Association Annual Conference, Halifax, NS.

2005

Arai, S., Griffin, J., Lane, S., & **Hood, C.** (May, 2005). *Evaluating a TR program for traumatic stress recovery; Challenges of program evaluation in a client-centred, interdisciplinary therapeutic community.* Research presentation at the Eleventh Canadian Congress on Leisure Research, Nanaimo, BC.

Cowan, J. & **Hood, C.** (May, 2005). *Optimism and the leisure experience.* Research presentation at the Eleventh Canadian Congress on Leisure Research, pp. 115-120.

Hood, C. (May, 2005). *The paradox of leisure in recovering from adversity.* Paper presented at the Eleventh Canadian Congress on Leisure Research.

Hood, C. & Carruthers, C. (Oct. 2005). *The Leisure and Well-Being Model: A Resource Development Framework for Therapeutic Recreation Practice.* Presentation at the American Therapeutic Recreation Association Annual Conference, Salt Lake City, UT.

Hood, C. (Oct., 2005). *The power of the positive: Leisure and well-being.* Invited Plenary Address at the International Active Leisure for Citizens with Disabilities Symposium, Edmonton, Alberta.

Hood, C. (Dec., 2005). *There's treasure everywhere: Discovering a program of research.* Invited keynote address at the University of North Carolina's 12th Annual Graduate Research Symposium, Chapel Hill, NC.

2004

Carruthers, C. & **Hood, C.** (Sept. 2004). *Beyond coping: Adversity as a Catalyst for Personal Transformation*. American Therapeutic Recreation Association Annual Conference, Kansas City, MO.

Ramsey, M. & **Hood, C.** (March, 2004). *The role of therapeutic recreation in preventing depression as a secondary condition*. American Therapeutic Recreation Association Midyear Meeting, Albuquerque, NM.

Hood, C. & Carruthers, C. (March, 2004). *"The Problem with Problems": The Role of Therapeutic Recreation in Facilitating Well-being*. American Therapeutic Recreation Association Midyear Meeting, Albuquerque, NM.

2003

Hood, C. (Oct. 2003). *Psychology of the positive: A paradigm shift*. National Veteran's Creative Arts Festival, Oklahoma City, OK.

Carruthers, C. & **Hood, C.** (Oct. 2003). *Emerging role of leisure in positive psychology*. National Recreation and Parks Association Annual Conference, St. Louis, MO.

Carruthers, C. & **Hood, C.** (Sept. 2003). *Psychology of the Positive: Implications for Therapeutic Recreation Practice*. American Therapeutic Recreation Association Annual Conference, Atlanta, GA.

Hood, C. & Lane, S.W. (Feb. 2003). *The ins and outs of the editorial process*. Society for Parks and Recreation Educators Teaching Institute, Stillwater, OK.

2002

Hood, C., & Carruthers, C. (Oct., 2002). *Coping and optimal health*. National Recreation and Parks Association Annual Conference, Tampa, FL.

Hood, C., & Lane, S. (Sept., 2002). *Metaphors: Adding new meaning to old activities*. American Therapeutic Recreation Association Annual Conference, Keystone, CO.

Hood, C. & Carruthers, C. (Sept., 2002). *The psychology of the positive: Implications for therapeutic recreation*. American Therapeutic Recreation Association Annual Conference, Keystone, CO.

2001

Hood, C., & Lane, S. (Oct. 2001). *The art of Therapeutic Recreation: Processing the activity*. Educational session at the National Recreation and Park Association, Annual Conference, Denver, CO.

Hood, C., Carruthers, C. & McCormick, B. (Sept. 2001). *Being the complete therapist: The use of theory in therapeutic recreation practice*. Invited keynote closing address at the American Therapeutic Recreation Association Annual Conference, New Orleans, LO.

Hood, C., & Lane, S. (March, 2001). *Is it an activity or is it therapy? Only your CTRS knows for sure!* Educational session at the American Therapeutic Recreation Association Midyear Meeting, Las Vegas, NV.

Cashel, C., **Hood, C.,** Jordan, D., & Lane, S. (Feb. 2001). *From chalk and talk to bytes of wisdom: The use of technology in teaching*. Educational session at the Society of Parks and Recreation Educators Teaching Institute, Salt Lake City, UT.

2000

Hood, C. (Sept. 2000). *Protocol or clinical practice guideline??? What are we doing in TR?* Educational session at the American Therapeutic Recreation Association Annual Conference, Cincinnati, OH.

Hood, C. & Lane, S. (Sept. 2000). *Metaphors: The key to success in TR*. Educational session at the American Therapeutic Recreation Association Annual Conference, Cincinnati, OH.

Caldwell, L., Carruthers, C., McCormick, B., & **Hood, C.** (Sept. 2000). *Research Institute: Practitioner focus - theory based Therapeutic Recreation programming and evaluation.* Educational session at the American Therapeutic Recreation Association Annual Conference, Cincinnati, OH.

1999

Carruthers, C. & **Hood, C.** (Oct. 1999). *Coping skills program for individuals with alcoholism: Implementation and evaluation.* Educational session at the American Therapeutic Recreation Association Annual Conference, Portland, OR.

Hood, C. & Lane, S. (Oct., 1999). *What makes therapeutic recreation therapeutic?* Educational session at the American Therapeutic Association Annual Meeting, Portland, OR

Hood, C. (May, 1999). *Women in Recovery From Alcoholism: The Place of Leisure.* Research presentation at the Canadian Congress on Leisure Research, Wolfville, NS.

Hood, C. & Lane, S. (March, 1999). *What? So what? Now what? The art of processing.* Educational session at the American Therapeutic Association Midyear Meeting, San Antonio, TX

1998

Lane, S. & **Hood, C.** (1998, Sept.). *What, So What, Now What?: The Art of Processing.* Full day pre-conference institute presented at the American Therapeutic Recreation Association Annual Conference, Boston, MA.

Hood, C. (1998, September). *Alcohol and Women: The Unique Role of Leisure in Recovery.* Education session presented at the American Therapeutic Recreation Association Annual Conference, Boston, MA. (repeated by request from the conference program committee).

Jackson, L., & **Hood, C.** (July, 1998). *Men's work, women's leisure: Female prostitutes and the double standard of North American HIV Public Health policies.* Research presentation at The big ghetto: Gender, sexuality and leisure, Fourth International Conference of the Leisure Studies Association, Leeds, UK.

Hood, C. (June, 1998). *Professionalization in Therapeutic Recreation: A Canadian Perspective.* Invited keynote address presented at the Canadian Therapeutic Recreation Association Annual Meeting and Conference, Winnipeg, Manitoba.

Hood, C. (June, 1998). *Coping and Adaptation: Where Does Therapeutic Recreation Fit?* Education session presented at the Canadian Therapeutic Recreation Association Annual Meeting and Conference, Winnipeg, Manitoba.

1997

Hood, C. (1997, September). *Alcohol and Women: The Unique Role of Leisure in Recovery.* Education session presented at the American Therapeutic Recreation Association Annual Conference, Nashville, TN.

Hood, C. & Krinsky, A. (1997, September). *Coping and Adaptation: A Key Area Within Therapeutic Recreation Services.* Education session presented at the American Therapeutic Recreation Association Annual Conference, Nashville, TN.

1996

Hood, C. & Lyons, R. (1996, September). *Towards understanding relationships: The impact of disability and the potential role of therapeutic recreation in relational adaptation.* Full day pre-conference institute presented at the American Therapeutic Recreation Association Annual Conference, San Francisco, CA.

Hood, C., Krinsky, A., Robbins-Sisco, & Selz, L. (1996, September). *The development of a protocol for therapeutic recreation services for alcoholic clients.* Education session

presented at the American Therapeutic Recreation Association Annual Conference, San Francisco, CA.

Carruthers, C. & **Hood, C.** (1996, September). *Pathological gambling: Implications for therapeutic recreation practice*. Education session presented at the American Therapeutic Recreation Association Annual Conference, San Francisco, CA.

Hood, C., Krinsky, A., Robbins-Sisco, D. (1996, March). *Institute/Think-Tank: Substance abuse protocol development*. Institute (1.5 days) facilitated at the American Therapeutic Recreation Midyear Meeting, Little Rock, Arkansas.

1995

Hood, C. & Carruthers, C. (1995, Oct.). *The nuts and bolts of evaluation OR You too can measure up!* Education session presented at the American Therapeutic Recreation Association Annual Conference, Louisville, KN.

Hood, C., Krinsky, A., & Selz, L. (1995, Oct.). *Protocol development: The saga continues! Update : Alcoholism and depression subcommittees*. Education session presented at the American Therapeutic Recreation Association Annual Conference, Louisville, KN.

Hood, C. (1995, Oct.). *Young adult perceptions of family functioning, leisure and alcohol use patterns*. Research presentation at the National Recreation and Parks Association Annual Conference, San Antonio, TX.

1994

Carruthers, C. & **Hood, C.** (1994, Oct.). *Therapeutic recreation in progressive alcoholism treatment*. Educational session presented at the National Recreation and Park Association Annual Conference, Minneapolis, MN.

Carruthers, C. & **Hood, C.** (1994, Sept.). *Model leisure education program for substance abusers: Implementation and evaluation*. Educational session presented at the American Therapeutic Recreation Association Annual Conference, Orlando, FL.

Hood, C. & Krinsky, A. (1994, Sept.). *Protocol development: Moving forward, making progress*. Educational session presented at the American Therapeutic Recreation Association Annual Conference, Orlando, FL.

Hood, C. (1994, August). *Addiction and the family: The role of leisure in prevention and treatment*. Invited presentation at the Canadian Parks and Recreation Association Annual Conference, Charlottetown, PEI.

Hood, C. & Mattiko, M. (1994, March). *Protocol development: Beginning the process*. Educational session presented the American Therapeutic Recreation Association Midyear Meeting, Indianapolis, IN.

1993

Hood, C. & Carruthers, C. (1993, October). *Subjective experiences of leisure by alcoholics in treatment*. Research presentation at the National Recreation and Park Association Annual Research Symposium, San Jose, CA.

Carruthers, C. & **Hood, C.** (1993, September). *Alcoholic's expectations of effects of drinking on leisure*. Educational session presented at the American Therapeutic Recreation Association Annual Conference, Baltimore, MD.

Hood, C. (1993, May). *Family functioning and adolescent leisure experiences*. Research paper presented at the Canadian Congress of Leisure Research, Winnipeg, Manitoba.

1992

Hood, C. (1992, November). *Measuring psychological dimensions of leisure*. Research paper presented at the Recreation Association of Nova Scotia Conference.

1990

Hood, C. (1990, May). *Perceptions of client needs in chemical dependency programmes.* Research paper presented at the Sixth Canadian Congress on Leisure Research, Waterloo, Ontario, Canada.

Regional Presentations:

2017

Hood, C. (DATE). Using the LWM to create strengths-based, evidence-based TR programs in mental health services; Invited presentation at Ontario Shores, Whitby, ON

2015

Hood, C. (Mar, 2015). *The Leisure and Well-being Model.* Invited presentation at Baycrest, Toronto, ON.

Hood, C. (Feb, 2015). *Strengths-based TR Practice.* Invited presentation at Baycrest, Toronto, ON.

Hood, C. (Feb. 2015). *Strategies for Living Well.* Invited presentation at Blessed Trinity High School, Grimsby, ON.

2013

Hood, C. & Lane, S. (May, 2013). *Visioning Exercise: What are our goals in TR practice.* Invited presentation at Baycrest, Toronto, ON.

Hood, C. (May, 2013). *Train the Trainers: Implementing the Leisure and Well-Being Model for Revera Homes.* Invited full-day workshop at Revera, Inc.

Hood, C. (Feb. 2013). *The Leisure and Well-Being Model: A Strengths-Based Philosophy of TR Practice.* Invited presentation at Baycrest, Toronto, ON.

2012

Charles, L., & Hood, C. (May, 2012). *Exploring aspects of self-directed learning in older adults.* Poster presentation at the Therapeutic Recreation Ontario Annual Conference, Niagara Falls, ON.

Hood, C. (May 2012). *Positive emotion: Increasing positivity in clients through TR interventions.* Presentation at the Therapeutic Recreation Ontario Annual Conference, Niagara Falls, ON.

Chesson, C., & Hood, C. (May 2012). *Focusing on flourishing: Application of the Leisure and Well-being Model.* Presentation at the Therapeutic Recreation Ontario Annual Conference, Niagara Falls, ON.

Hood, C., Oswald, A., & Chesson, C. (Oct. 2012). *Building a life of meaning through the Leisure and Well-Being Model.* Invited presentation at the Activity Professionals of Ontario Annual Conference, London, ON.

2011

Stevens, J., Connolly, M., Engel, J., Findlay, H., Hood, C., Kilty, H., & O'Connell, T. (Sept. 2011). *The high touch classroom: Non-tech tips for student engagement.* Presentation at the FAHS Instructional Development Symposium, Brock University.

Hood, C. (Sept. 2011). *The Leisure and Well-Being Model: A strengths-based philosophy of TR practice.* Invited workshop in Burlington, ON for Speciality Care, Inc.

Hood, C. (Feb., 2011). *The Leisure and Well-Being model: A strengths-based philosophy of TR practice.* Invited workshop in Ottawa, ON for Therapeutic Recreation Ontario – Eastern Division.

Hood, C. (Feb., 2011). *Translating the LWM into practice: Therapeutic approaches that support well-being*. Invited workshop in Ottawa, ON for Therapeutic Recreation Ontario – Eastern Division.

2010

Hood, C. (April, 2010). *The power of the positive: Incorporating positive emotion and strengths into TR Practice*. Invited keynote address at the annual Slippery Rock University Therapeutic Recreation conference, Slippery Rock, PA.

Hood, C. (April, 2010). *The Leisure and Well-Being Model: Moving from surviving to thriving*. Invited presentation at the annual Slippery Rock University Therapeutic Recreation conference, Slippery Rock, PA.

Hood C. (Feb. 2010). *Therapeutic recreation and strengths-based practice: Embracing the Goals of personal and social agency*. Invited presentation for Saskatchewan TR Week, Saskatoon.

2009

Hood, C., Lane, S., Wilke, E., & Hirschfeld. K. (Feb. 2009). *The TR Profession: Surviving or Thriving*. Workshop on Regulation of TR as a Regulated Health Profession, Toronto, ON.

Hood, C. (August, 2009). *The Leisure and Well-being Model of Therapeutic Recreation*. Invited presentation at William Osler Health Center.

Hood, C. (June, 2009). *The Leisure and Well-Being Model of therapeutic recreation service delivery: Valuing the positive in people and life*. Invited presentation for the BC Interior Health Recreation Therapists, Summerland, BC.

Hood, C., Lane, S., Wilke, E., & Hirschfeld. K. (Feb. 2009). *The TR Profession: Surviving or Thriving*. Workshop on Regulation of TR as a Regulated Health Profession, Toronto, ON.

Hood, C., (Oct., 2009). *Health and well-being: Moving beyond the clinical model*. Two day invited workshop for the Alberta Therapeutic Recreation Association, Edmonton, AB.

2008

Hood, C. (April, 2008). *Building a life of meaning: The essential role of leisure in therapeutic recreation*. Invited Keynote Address at the Therapeutic Recreation Association of Atlantic Canada Annual Conference, Halifax, NS.

Hood, C. & Carruthers, C. (April, 2008). *The Leisure and Well-Being Model: A strengths-based philosophy of TR practice*. Presentation at the Therapeutic Recreation Association of Atlantic Canada Annual Conference, Halifax, NS.

Carruthers, C., & **Hood, C.** (March, 2008). *The Leisure and Well-Being Model of Therapeutic Recreation Practice*. Utah Recreation Therapy Association Annual Conference, Park City, UT.

Hood, C. (February, 2008). *Building a Life of Meaning: The Role of Therapeutic Recreation in Supporting Well-Being*. Invited presentation at Grand Rounds, Homewood Health Care, Guelph, ON.

2007

Hood, C. (May, 2007). *The Leisure and Well-being Model: Implications for Practice in Mental Health*. Invited presentation at Homewood Health Care, Guelph, ON

2006

Hood, C. (Mar., 2006). *Capacity building and positive emotion: In invitation to refocus therapeutic recreation practice*. Invited presentation at the Hamilton Health Sciences Centre, Hamilton, ON.

Hood, C. (Feb., 2006). *Positive emotion and therapeutic recreation: Facilitating health and well-being through leisure*. Invited presentation at the Thames Valley Children's Centre, London, ON.

Hood, C. (Jan., 2006). *Therapeutic recreation: Promoting health and well-being through the experience of positive emotion*. Invited presentation at the Bloorview Macmillan Children's Centre, Toronto, ON.

2002

Hood, C. (Nov., 2002). *Coping skills theory: A state of the art framework for therapeutic recreation*. Therapeutic Recreation Association of Oklahoma, Midyear Workshop.

Hood, C., & Gibson, H. (Feb., 2002). *Family leisure education: Implications for therapeutic recreation practice*. Therapeutic Recreation Association of Oklahoma Annual Conference, Stillwater, OK.

2000

Hood, C., & Lane, S. (Oct. 2000). *Developing on-line courses*. Invited presentation to COE faculty as part of the Faculty Development Series.

Hood, C. (Feb. 2000). *Clinical practice guidelines in therapeutic recreation*. Presentation at the Therapeutic Recreation Association of Oklahoma, Stillwater, OK.

1999

Hood, C. & Lane, S. (Nov. 1999). *What is therapeutic recreation?* Presentation at the Oklahoma Baptist Children's Home, Oklahoma City, OK

Hood, C. & Hung, J. (May, 1999). *The Dalhousie Career Portfolio: An example of learner centred instruction*. Invited keynote address at the Dalhousie Conference on Learner Centred Instruction, Halifax, Nova Scotia, Canada

Hood, C. (February, 1999). *Leisure And Addiction: Is There A Contradiction?* Educational session, Therapeutic Recreation Association of Oklahoma Annual Conference, Stillwater, OK.

Hood, C. (February, 1999). *The Art of Professionalism: What Can You Do?* Educational session, Therapeutic Recreation Association of Oklahoma Annual Conference, Stillwater, OK.

1998

Hood, C. (October, 1998). *Coping and Adaptation: A Key Area in Therapeutic Recreation*. Invited full day workshop, Oklahoma State Therapeutic Recreation Association, Stillwater, OK.

Hood, C. (1998, October). *Professionalization in Therapeutic Recreation: A Canadian Perspective*. Invited keynote address presented at the Newfoundland Therapeutic Recreation Association Annual Conference, St. Johns, Newfoundland.

Hood, C. & Lane S. (1998, October). *Women and Leisure: Fact or Fantasy?* Education session presented at the Newfoundland Therapeutic Recreation Association Annual Conference, St. Johns, Newfoundland.

Hood, C. (1998, September). *Professionalization in Therapeutic Recreation: A Canadian Perspective*. Invited keynote address presented at the British Columbia Therapeutic Recreation Association Annual Conference, Victoria, BC.

Hood, C. (1998, September). *Certification in Canada: An Alternative Perspective*. Invited conference summary and presentation at the British Columbia Therapeutic Recreation Association Annual Conference, Victoria, BC.

1997

Hood, C. (1997, October). *Leisure, Therapeutic Recreation and Health*. Invited keynote address, Recreation Professionals in Health Care Annual Conference, Bridgewater, NS.

1995

Hood, C. (1995, Feb.). *Leisure and family dysfunction*. Invited presentation at the Leisure in the 21st Century Conference, Montreal, Quebec.

1992

Hood, C. & Johnson, D. (1992, April). *Friendship development: A neglected aspect of leisure education*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, Springfield, IL.

Hood, C. (1992, April). *Dysfunctional families and adolescent leisure experiences*. Research paper presented at the Midwest Symposium on Therapeutic Recreation, Springfield, IL.

1991

Hood, C. & Johnson, D. (1991, May). *Friendship development as a component of social skills development*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, Oconomowoc, WI.

1990

Hood, C. (1990, May). *A model leisure education program for young adults with mental retardation*. Educational session presented at Recreation for Young Adults with Mental Retardation: A Transitional Approach to Programming for Integration and Independence, University of Illinois, Champaign, IL.

Hood, C. (1990, May). *Leisure and recovery*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, St. Louis, MO.

1989

Hood, C. (1989, October). *Therapeutic recreation: Pride and progress*. Keynote address at the Alberta Therapeutic Recreation Symposium and General Meeting, Calgary, Alberta, Canada.

Hood, C. (1989, October). *Therapeutic recreation and the treatment of alcoholism*. Educational session presented at the Alberta Therapeutic Recreation Symposium and General Meeting, Calgary, Alberta, Canada

Hood, C. (1989, October). *Research: How you can get involved and why bother?* Educational session presented at the Alberta Therapeutic Recreation Symposium and General Meeting, Calgary, Alberta, Canada.

Hood, C. (1989, May). *Therapeutic recreation, the alcoholic and the alcoholic family*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, Springfield, IL.

Hood, C., Shaeffer, C., & Lee, L. (1989, May). *Community integration of individuals with mental retardation*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, Springfield, IL.

Hood, C. (1989, May). *Perceptions of therapeutic recreation treatment needs in chemical dependency treatment*. Research paper presented at the Midwest Symposium on Therapeutic Recreation - Research Symposium, Springfield, IL.

Sneegas, J., & Hood, C. (1989, February). *Social skills and the institutionalized elderly*. Educational session presented at the Bob Artz Innovation Programming Forum, Atlantic City, NJ.

1987-88

- Hood, C., & Mathieu, M. (1988, April). *Intervention techniques: Theory and application*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, Lake Geneva, Wisconsin.
- Hood, C. (1987, May). *Social skills development with the institutionalized elderly*. Educational session presented at the Danville Veteran's Administration Hospital, Danville, Illinois.
- Sneegas, J., & Hood, C. (1987, April). *Social skills development with the institutionalized elderly*. Educational session presented at the Midwest Symposium on Therapeutic Recreation, St. Louis, Missouri.

Professional Experience

Consultant:

St. John's Chemical Dependency Treatment Center and The Department of Recreation and Tourism, Virginia Commonwealth University, Richmond, VA

Responsibilities: Evaluate existing therapeutic recreation program and design, document, and implement a state-of-the-art therapeutic recreation program for a 30 bed chemical dependency treatment center. (May, 1989 to August, 1989)

Recreation Therapist:

Long Term Care, Foothills Auxiliary Hospital, Calgary, Alberta, Canada

Responsibilities: Developing and implementing a therapeutic recreation program with physically and cognitively disabled elderly patients in a long term care setting; supervision, instruction and evaluation of therapeutic recreation college students; coordinator of volunteers for the Department of Recreation Therapy; training and monitoring new therapeutic recreation staff members. (February, 1986 to August, 1986)

Recreation Therapist:

Adult Acute Admissions Unit, Psychiatry, Foothills Provincial Hospital, Calgary, Alberta, Canada

Responsibilities: Developing and implementing a therapeutic recreation program with psychiatric and substance abuse patients; development of a leisure education program; one-to-one leisure counseling with out-patients; development of a therapeutic recreation assessment tool for use with psychiatric patients. (December, 1984 to February, 1986)

Honors

Recipient of the *Presidential Citation Award*, National Therapeutic Recreation Society (2006), in recognition and appreciation for contribution and service to the professional organization.

Recipient of the *Professional Research Award*, National Therapeutic Recreation Society (2005), for significant research to enhance the body of knowledge and practice of therapeutic recreation.

Recipient of the *Presidential Citation Award*, National Therapeutic Recreation Society (2004), in recognition and appreciation for contribution and service to the professional organization.

Recipient of the *Professional of the Year Award*, Therapeutic Recreation Association of Oklahoma, (2003)

Nominated for the *Rosemary Gill Award*, Dalhousie University, for outstanding commitment and service to students beyond normal teaching and advising responsibilities (1997)

Recipient of the *Member of the Year Award*, American Therapeutic Recreation Association (for outstanding professional contributions) (1996)

Recipient of the *Department of Leisure Studies Outstanding Graduate Student Award*, University of Illinois, 1991

Recipient of the *American Alliance of Leisure and Recreation National Student Literacy Award*, 1990

Recipient of *Alberta Therapeutic Recreation Association Student Award*, 1989