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**Motivating Adults with Concurrent Disorders in Residential Treatment to Engage in Healthy  
Self-Determined Leisure**

Rebecca Thompson, CTRS; MSRT Student  
tul64712@temple.edu

Introduction

Concerns about the quality of in-patient psychiatric and addiction care are prevalent, with patients often expressing feelings of boredom and reporting a lack of meaningful activity. Such factors may influence patient engagement and therapeutic relationships (Wykes et al., 2017). Individuals with concurrent disorders have been found to engage in maladaptive activities in leisure time such as compulsive eating, shopping, gambling and media overuse (Nimrod, Kleiber & Berdychevsky, 2012). Other unhealthy use of leisure time includes substance use, self-harm, negative cliques or exclusive relationships, isolation and inactivity (Weybright et al., 2019) (Tompkins & Strang, 2018). Patients are at risk of premature discharge due to non-compliance, substance relapse and other unhealthy or inappropriate behaviors. Alternatively, healthy leisure has been shown to be a protective factor against risk behaviors (Weybright et al., 2019) and has potential to prevent negative outcomes.

Explanation of theoretical framework

Self-Determination Theory (SDT) is one of the most well-known theories of human motivation and is ideally suited for use in clinical settings as it provides helpful knowledge and a framework to support change, growth and motivation. It may also prevent Recreation Therapists from (unintentionally) negatively influencing motivation (Sheldon, Williams, & Joiner, 2008). SDT describes how human motivation, personality, and optimal health are interconnected. The theory suggests that there are two main types of motivation, intrinsic and extrinsic, which influence how we behave and meet the psychological needs of autonomy, competence and relatedness (Deci & Ryan, 1985, 2012) (Ryan & Deci, 2000)

Application and translation of theory in RT practice.

Adults with concurrent disorders may struggle with intrinsic motivation and rely on extrinsic factors to motivate engagement. However, intrinsic motivation is a key component of a healthy and satisfying leisure lifestyle. SDT suggests that human beings possess powerful potential for change when provided with the right support and social conditions. RT's can facilitate client growth and autonomous motivation by using a strengths-based counselling approach and creating supportive social environments. In-patient recreation therapy programs should be planned and structured to optimize patient choice, facilitate personal skill building and assist with the development of supportive relationships. Carefully facilitated leisure experiences that include opportunities for the expression of preferences and learning new skills may further support the development of a healthy leisure lifestyle. Strategies to enhance the sense of security and relatedness amongst co-patients may improve social relationships and increase motivation for healthy leisure choices. Finally, Recreation Therapists are well-suited to

advocate for cultural change by educating colleagues and management about SDT and its relevance to residential program planning and development.

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