Heather R. Porter, PhD, CTRS, FDRT

Abbreviated Curriculum Vitae – April 2025

**EDUCATION**

2009; Ph.D. Health Studies (Recreational Therapy and Public Health), Temple University

1998; M.S. Counseling Psychology with Specialization in Marriage and Family Therapy, Chestnut Hill College

1992; B.S. Recreational Therapy & Sport/Recreation Management (dual degree), Temple University

**SPECIALTY CERTIFICATION/TRAINING/STATUS**

2012-Present; Adjunct Graduate Faculty Status (able to serve on Dissertation committees and Chair Master’s theses); Temple University

2008-Present; Collaborative Institutional Training Initiative (CITI) Certification in Social/Behavioral Research

1992-Present; Certified Therapeutic Recreation Specialist (#15217); NCTRC

2023; Advanced Online Teaching Institute Certification; Temple University

2022; Montreal Cognitive Assessment (MoCA) certification (#USPORHE174932-01)

2020; College of Public Health Online Teacher Training Certificate; Temple University

2018; Cognitive Rehabilitation Training Course Certification; American Congress of Rehabilitation Medicine

2017; Canvas Academy Training; Temple University

2015; Provost’s Teaching Academy, Awarded Teaching in Higher Education Certificate; Temple University

2014; Constraint Induced Movement Therapy Training Certification; Temple University

2012; Virtual Teaching Certificate; Temple University

1998; Marriage and Family Therapy Certificate; Chestnut Hill College

1997; Rehabilitation Leadership Certificate; Bryn Mawr Rehab Hospital

1997; Sexuality Counseling for Physical Disabilities Certificate; Bryn Mawr Rehab Hospital

**CLINICAL EXPERIENCE**

1996-2006; Recreational Therapist/Recreational Therapy Clinical Specialist; Bryn Mawr Rehab Hospital, Malvern, PA

1994-1996; Recreational Therapist/Internship Coordinator; Bryn Mawr Rehab Hospital, Malvern, PA

1992-1994; Recreational Therapist; Moss Rehab Hospital, Philadelphia, PA

1992; Recreational Therapy Internship, National Rehabilitation Hospital, Washington, DC

**TEACHING**

**Academic Appointments**

Temple University, College of Public Health, Dept. of Health & Rehabilitation Sciences, Recreational Therapy Program

2020-Present; Full Professor (NTT)

2016-2017; Interim Co-Program Director

2015-2020; Associate Professor of Instruction (NTT)

2009-2015; Assistant Professor of Instruction (NTT)

2006-2008; Graduate Assistant

1999-2009; Adjunct Instructor

1997-1999; Guest Lecturer

University of Phoenix, College of Applied Science, Psychology Program

2008-2009; Instructor

**Courses Taught**

*Course numbers and titles have changed over the years. Courses reflect current course numbers and titles reflected in current bulletin.*

\* = Created course *(see separate CV addendum for details)*

\*\* = Made significant course revisions *(see separate CV addendum for details)*

Temple University (Undergraduate Courses)

RCTH 2103 Foundations of RT Practice

RCTH 2104 RT Modalities\*, \*\*

RCTH 3096 Assessment & Documentation in RT \*, \*\*

RCTH 3185 Internship I in RT \*\*

RCTH 3801 Physical & Neurological Health Conditions Across the Lifespan\*

RCTH 4096 Research & Evaluation in RT\*\*

RCTH 4103 Professional Issues in RT

RCTH 4111 Administration of RT \*\*

RCTH 4185 Internship II in RT \*\*

RCTH 4211 RT & Physical Disabilities \*, \*\*

HRPR 3197 Understanding and Applying Research in Health Professions

Temple University (Graduate Courses)

PHTHER 8518 Psychosocial Aspects of Wellness & Illness\*\*

RCTH 5102 RT: Now and Then (previously Orientation to RT) \*\*

RCTH 5211 RT & Physical Rehabilitation \*, \*\*

RCTH 5213 Therapeutic Play, Recreation, and Children’s Health\*\*

RCTH 5250 Special Topics in RT: Advanced RT Treatment in PMR \*

RCTH 5271 RT & Disabilities Seminar II \*, \*\* (renamed Disability Seminar on Physical and Neurological Health Conditions)

RCTH 5301 Evidence Based Practice in RT I

RCTH 5302 Evidence Based Practice in RT II \*\*

RCTH 5312 Leisure, Health, & Recreational Therapy Interventions \*, \*\*

RCTH 5314 Leisure-Time Physical Activity & Community Engagement in RT \*, \*\*

RCTH 5382 Independent Study: Assessment & Documentation

RCTH 5442 Program Planning & Practice in RT \*

RCTH 5787 RT Practicum

HRPR 8985 Teaching in Higher Education: Health Professions \*\*

THRC 9995 Master’s Project in RT \*

Non-Credit Teaching in Higher Education Reflective Practicum\*

University of Phoenix (Undergraduate Courses)

PSY 300 Introduction to Psychology

**PEDAGOGY MENTORSHIP**

**Student Mentoring in Pedagogy**

2024; Served as a Teaching in Higher Education Reflective Practicum Mentor for an MS Recreational Therapy student in Fall 2024 to earn the Teaching in Higher Education Graduate Certificate

2024; Served as a Teaching in Higher Education Reflective Practicum Mentor for two MS Recreational Therapy students in Spring 2024 to earn the Teaching in Higher Education Graduate Certificate

2023; Served as a Teaching in Higher Education Reflective Practicum Mentor Fall 2023 for a PhD Neuromotor Science student to earn the Teaching in Higher Education Graduate Certificate

2023; Mentored one current MS Recreational Therapy student and one recently graduated MS Recreational Therapy student to provide guest lectures in a BS Recreational Therapy course to provide mentored teaching experiences, as the students have future aspirations of being RT educators

2023; Developed a full semester non-credit teaching in higher education reflective practicum course for MS Recreational Therapy students starting Spring 2024 to assist students in attaining Temple University’s Center for the Advancement of Teaching (CAT) Teaching in Higher Education Certificate (the reflective practicum course provides teaching practice with pedagogy mentorship)

2022; Served as a Teaching in Higher Education Reflective Practicum Mentor for an Occupational Therapy Doctorate student to earn the Teaching in Higher Education Graduate Certificate. At the end of the practicum, the student had a job interview for a 12-month NTT Assistant Professor & Fieldwork Coordinator position at a university in New York.

**Graduate Student Progression to Teaching in Higher Education**

*4+1 students & MSRT students I’ve taught who have secured recreational therapy teaching positions in higher education*

Alicia Pola: Assistant Professor at Florida International University, Assistant Professor at Regis College

Nicholas Wahl: Adjunct Instructor at Temple University, Adjunct Instructor at Grand Valley State University

Rebecca Thompson: Guest Lecturer, San Rafaelle University; Adjunct Instructor, Seneca College; Adjunct Instructor, Brock University; Adjunct Instructor at Waterloo University

Julianne Hirst: Adjunct Instructor at Temple University

Ashley Optiz: Adjunct Instructor at Temple University

Victoria Dubesky: Adjunct Instructor at Temple University

Morgan Ferrante Thornton: Adjunct Instructor at Temple University

Alex Jankowski: Adjunct Instructor at Temple University

Sara Shovlin: Adjunct Instructor at Temple University

**RESEARCH**

**Grants**

1. 2009; Dissertation Completion Grant, $8,000 grant from Temple University (awarded)
2. 2009; Community Economic & Development Grant, $29,000 grant from City of Philadelphia to renovate local elementary school computer lab (funded)

**Research Projects with RT Undergraduate Students**

1. Alyssa Angelaccio, Ana Canal, Marissa Fisher, & Catherine Smith; Fall 2022 & Spring 2023

Title: “These Walkers and Canes Were Made for Walkin’, and That’s Just What We’ll Do”: Community Mobility (1 international conference presentation)

1. Johanna Bauer, Macy Kilmer, Corinne Meyer, & Grace Wuillermin; Fall 2022 & Spring 2023

Title: Assessing Leisure to Inform Treatment Decisions Using the Idyll Arbor Leisure Battery (1 international presentation)

1. Kayla Fili; Spring 2019 & Fall 2019

Title: Clinical Practice Guidelines for RT Treatment of Adult Stroke (2 regional conference presentations, synthesized guidelines document)

1. Julia Olek & Christina Rennie; Spring 2019 & Fall 2019

Title: Clinical Practice Guidelines for RT Treatment of Rheumatoid Arthritis (2 regional conference presentations, synthesized guidelines document)

1. Kelly McKenzie & Gabrielle Savidge; Spring 2019 & Fall 2019

Title: Clinical Practice Guidelines for RT Treatment of Total Joint Replacement (2 regional conference presentations, synthesized guidelines document)

1. Miryam Surden & Julie McCarthy; Spring 2019 & Fall 2019

Title: Clinical Practice Guidelines for RT Treatment of Parkinson’s Disease (2 regional conference presentations, synthesized guidelines document)

1. Elizabeth Forcellini, Katrina McGrath, & Janelle Moody; Spring 2017

Title: Adaptive Sports for Decreasing Sedentary Behavior in Veterans with Combat-Related Amputations (1 regional conference presentation, knowledge translation plan document)

1. Marykate Gallagher & Gabrielle Martin; Spring 2017

Title: Aquatic Therapy for Gross Motor Functioning Among Children with Cerebral Palsy (1 regional conference presentation, knowledge translation plan document)

1. Caitlin Skotarczak & Zoe Stueck; Spring 2017

Title: Bibliotherapy for Negative Symptoms of Schizophrenia (1 regional conference presentation, knowledge translation plan document)

1. Laura Puma & Madeline Woltemate; Spring 2017

Title: Music Interventions for Social Skills in Children with Autism (1 regional conference presentation, knowledge translation plan document)

1. Alyssa Daly & Roxanne Garcia; Spring 2017

Title: Non-Pharmacological Interventions for Agitation and Aggression in Alzheimer’s (1 regional conference presentation, knowledge translation plan document)

1. Rebecca Marinucci & Julie Verrall; Spring 2017

Title: Wii Video Games for Functioning in Older Adults with Dementia (1 regional conference presentation, knowledge translation plan document)

**Research Projects with RT Graduate Students**

1. Leah Comby, Abbigale Crilley, Laura Cuadrado, Alyssa Fales, Sarah Howard, Makenna Nation, Devon Spross, & Faith Sullivan; Spring 2025

Title: Effect of horticultural-based interventions on the mental health of incarcerated individuals (1 international conference presentation, published on RT Wise Owls database, published in the Therapeutic Recreation Journal)

1. Miaya Alston, Leann Briguera, DonnaJean Dennis, Hannah Lac, Sonya Mendoza, Corinne Meyer, Jayna Vaughn, & Grace Wuillermin; Spring 2025

Title: Effect of activity-based aquatics on improving social skills for children and adolescents with autism spectrum disorder (published on RT Wise Owls database, published in the Therapeutic Recreation Journal)

1. Carol Agger, Ana Canal, Marissa Fisher, & Jada Larmond; Spring 2024

Title: Effectiveness of animal-assisted therapy in improving PTSD symptoms in children (1 international conference presentation, published on RT Wise Owls database)

1. Lessly Ginin, Krista Schline, & Claire Richter; Spring 2024

Title: Effectiveness of intergenerational programming in improving social connectedness in older adults (1 international conference presentation)

1. Alexis Klocek, Heidi Ross, Savannah Sell, & Melissa Steinheiser; Spring 2024

Title: Effectiveness of yoga on health outcomes in adults with chronic stroke (1 international conference presentation)

1. Elizabeth Mason, Niki Penrsoe, Kori Poindexter, Danielle Vizcarra; Spring 2024

Title: Barriers and facilitators to sports participation in adults with lower extremity amputation (1 international presentation)

1. Lorraine Currow, Alexandra Ellis, Nicole Hoffmann, & Rae Ortega; Fall 2022/Spring 2023

Title: A Songwriting Evidence-Based Program Plan to Improve Attention in Adolescents with Traumatic Brain Injury in Inpatient Rehabilitation (1 international conference presentation)

1. Sarah Carminati, Kristina Levine, Krista Schline, & Isabel Swingle; Fall 2022/Spring 2023

Title: A Yoga Evidence-Based Program Plan to Improve Stress Reduction in Adults with Opioid Addiction in Inpatient Rehabilitation (1 international conference presentation)

1. Rebecca Thompson, Mallory Davenport, & Tia Gilbert; Spring 2022

Title: A Yoga Evidence-Based Program Plan to Improve Stress-Coping in Adults with Alcohol Use Disorder in In-Patient Psychiatric Care (1 international conference presentation)

1. Sarah Lundli, Lauren Seiwert, & Emily Bowman; Spring 2022

Title: A Karate Evidence-Based Program Plan to Improve Social Skills in Children and Adolescents with Autism Spectrum Disorder in the Community (1 international conference presentation)

1. Emily Bowman, Hannah Goodno, Grace Maher, Ashley Opitz, Isabel Swingle, Chelsea Titlow, & Nicholas Wahl; Fall 2020 & Spring 2021

Title: Systematic Review on the Efficacy of Leisure Education and Counseling on Meaningful Activity Engagement & Health Outcomes of Adult Stroke Post-Acute Rehabilitation (PROSPERO registration #CRD42020213768)

1. Gabriella Brown & Kelly Valentine; Spring 2021

Title: A Nintendo Wii Evidence-Based Program Plan to Improve Balance and Minutes of Physical Activity Engagement in Adolescents with Cerebral Palsy (1 international conference presentation)

1. Alexis Gonzales, Devon Fetterman, & Chelsea Titlow; Spring 2021

Title: A Nintendo Wii Evidence-Based Program Plan to Improve Fine Motor Skills and Aerobic Capacity in Adolescents with Cerebral Palsy (1 international conference presentation)

1. Ilana Konel, Grace Maher, & Madeline Watson; Spring 2021

Title: A Nintendo Wii Evidence-Based Program Plan to Improve Balance and Aerobic Capacity in Children Age 6-12 with Cerebral Palsy (1 international conference presentation)

1. Kelsey Holley, Ashley Opitz, & Addie Synder; Spring 2021

Title: An Aquatic Evidence-Based Program Plan to Improve Social Skills in Individuals 10-21 with Autism Spectrum Disorder (1 international conference presentation)

1. Hannah Goodno & Cassie Jensen; Spring 2021

Title: A Horticulture Evidence-Based Program Plan to Reduce Agitation in Older Adults with Dementia (1 international conference presentation)

1. Morgan Jones, Rosie O’Donnell, & Nicholas Wahl; Spring 2021

Title: A Group Exercise Evidence-Based Program Plan to Reduce Depression in Older Adults with Dementia (1 international conference presentation)

1. Victoria DeFazio; Spring 2016

Title: Barriers and Facilitators to Physical Activity Engagement by Youth with Cerebral Palsy (published in Therapeutic Recreation Journal, published in RT Wise Owls database, 1 regional conference presentation)

1. Joanna King; Spring 2016

Title: Outcomes of Engagement in Therapeutic Recreation Camps for Youth with Cancer (published in Therapeutic Recreation Journal, published in RT Wise Owls database, 1 regional conference presentation)

1. Amanda Stuhl; Spring 2016

Title: Riding the Waves: Therapeutic Surfing to Improve Social Skills in Children with Autism (published in Therapeutic Recreation Journal, published in RT Wise Owls database, 1 regional conference presentation)

1. Kelly Decker; Spring 2015

Title: Outcomes of Pediatric Burn Camps: A Literature Review (1 regional conference presentation)

1. Joe Lin; Spring 2014

Title: Balance Confidence and Social Activity in Older Adults with Lower Extremity Amputation: A Systematic Review (published in RT Wise Owls database, 1 regional conference presentation)

1. Julianne Holbert (married name Hirst); Spring 2013

Title: Obesity Management in Spinal Cord Injury Through Leisure Time Physical Activity (published in Therapeutic Recreation Journal, published in RT Wise Owls database, 2 regional conference presentations, 1 international conference presentation)

1. Kristen Hartman; Spring 2013

Title: Benefits of Social Support for Individuals with Spinal Cord Injury (published in RT Wise Owls database, 2 regional conference presentations)

1. Morgan Ferrante; Spring 2013

Title: Behavior Management in Children and Adolescents with Traumatic Brain Injury through Antecedent Interventions within Applied Behavior Analysis (published in RT Wise Owls database, 2 regional conference presentations)

1. Eric Tosti; Spring 2013

Title: Therapeutic Benefits of Sports Participation for Individuals with Combat Related Lower Extremity Amputation (published in RT Wise Owls database, 2 regional conference presentations, 1 international conference presentation)

**Master’s Research Projects**

1. Victoria DeFazio & McKenzie Seaton (Primary Advisor); Fall 2017/Spring 2018

Title: Effectiveness of Anger Management Interventions for Adults with Traumatic Brain Injury: A Systematic Review (published in American Journal of Recreation Therapy)

1. Kendra Smith (Primary Advisor); Spring 2017

Title: An Evidence-Based Handcycling Guide for Individuals with Spinal Cord Injury (comprehensive evidence-based manual to use in her personal clinical practice)

1. Rachael Borders (Secondary Advisor); Spring 2017

Title: Leisure Education Programming for Community-Dwelling Older Adults with Stroke: A Systematic Review (manuscript completed but not submitted for publication)

1. Brooke Prout (Primary Advisor); Summer 2016

Title: Psychosocial Outcomes of Participation in Adaptive Sports for Adults with Spinal Cord Injury: A Systematic Review (published in American Journal of Recreation Therapy)

1. Cassandra Watts (Primary Advisor); Spring 2016

Title: Utilization of the Community Access and Navigation (I-CAN) Model for Transition-Age Youth with Intellectual and Developmental Disabilities (published in American Journal of Recreation Therapy)

1. Sophia Kenuk (Primary Advisor); Spring 2016

Title: The Outcomes of Mindfulness-Based Interventions for Adults with Traumatic Brain Injury: A Systematic Review (published in American Journal of Recreation Therapy)

1. Victoria Cooper (Primary Advisor); Spring 2015

Title: A Comparison of the Scope of Practice of Recreational Therapy and Child Life to Identify Areas for Collaboration and Future Research (published in American Journal of Recreation Therapy, 1 regional conference presentation)

1. Katelyn Byrnes (Secondary Advisor); Spring 2015

Title: The Effects of Using a Multi-Sensory VECTA Portable Machine in Older Adults with Dementia for Behavior Management (developed therapy user guide for the company that produces the VECTA, 1 regional conference presentation)

1. Rosemary Price (Secondary Advisor); Spring 2014, Summer 2014, Fall 2014, Spring 2015, & Summer 2015

Title: The Impact of Medical Play Interventions vs. Free Play on Physiological and Self-Reported Anxiety Levels in Children with Chronic Illnesses in an Outpatient Hematology Clinic (project completed but not published or presented)

1. Julianne Hirst (Primary Advisor); Spring 2014

Title: Physical Activity Levels, Mood, and Combat-Related Acquired Brain Injury: A Cross-Sectional Examination of Operation Iraqi Freedom & Operation Enduring Freedom Service Members (published in the American Journal of Recreation Therapy)

1. Kristen Hartman (Primary Advisor); Spring 2014 & Summer 2014

Title: The Impact of Outdoor Programming on Positive Affect and Perceived Self-Awareness in Veterans with Traumatic Brain Injury (published in the American Journal of Recreation Therapy, 1 regional conference presentation)

1. Morgan Ferrante (Primary Advisor); Spring 2014, Summer 2014, & Fall 2014

Title: An Exploration of Recreational Therapy in the Veterans Health Administration’s Polytrauma System of Care (published in the American Journal of Recreation Therapy)

1. Delia Bancroft (Secondary Advisor); Spring 2013, Summer 2013, & Fall 2014

Title: Online Needs Assessment Survey: Increasing Physical Activity in Participants Diagnosed with Psychiatric Disabilities (1 regional conference presentation)

1. Katelynn Ropars (Primary Advisor); Spring 2013

Title: Social Skills Training for Children with Developmental Disabilities: Evidence-Based Practice (published on RT Wise Owls; published in RT Basics, Techniques, & Interventions textbook; 1 regional conference presentation)

1. Jenna Costello (Primary Advisor); Spring 2013

Title: Multi-Sensory Motor Interventions for Behavior Management in Individuals with Dementia in Residential Settings: Evidence-Based Practice (published on RT Wise Owls, 1 regional conference presentation)

1. Tacy Bradbury (Primary Advisor); Spring 2012

Title: Do Parents/Caregivers of Children with Cerebral Palsy Recognize Therapeutic Horseback Riding as a Vehicle for Social Skills Enhancement? (thesis written)

1. Corey Isch (Secondary Advisor); Spring 2012

Title: Using Facebook with Adolescents with Traumatic Brain Injury: A Novel Way to Promote Social Connectedness (thesis written)

**Research Studies with Professional Organizations**

1. American Therapeutic Recreation Association’s (ATRA) Recreational Therapy Delphi and Competencies Study (IRB2016-198), 2015-2019; Heather Porter, Temple University; Brent Hawkins, Clemson University; & Betsy Kemeny, Slippery Rock University (all equal investigators). Published in the Therapeutic Recreation Journal.
2. ATRA’s ICF Use Survey, 2011; Designed, implemented, compiled, & disseminated ICF use survey to ATRA members; outcomes shared with ATRA for internal committee use.

**Dissertation Committees**

1. Bing Wang (PhD candidate; Temple University Japan); 2024

My role: External Examiner

Title: Using the PERMA Model as a Theoretical Framework for Promoting Well-Being with Well Adults in Group Music Therapy: A Mixed Method Study

1. Meng-Shan Lee (PhD candidate; Temple University, Phila., PA; Boyer College); 2020-2023

My role: Dissertation Committee Member

Title: The Effect of Music Therapy on Psychosocial Needs for People with Acquired Brain Injuries (ABI) and Their Caregivers in Acute Rehabilitation

1. Sam Glyn-Jones (PhD candidate; Bournemouth University, Poole, England); 2022

My role: External Examiner

Title: An Ethnographic Study of Resurface: A Wellbeing Intervention for University Students

1. Shintaro Kono (PhD candidate in the Faculty of Physical Education and Recreation; University of Alberta, Canada); 2016

My role: Member, Expert Review Panel for a new leisure and well-being scale

Outcome: Scale was utilized and published: Kono, S. & Walker, G. (2019). Theorizing ikigai or life worth living among Japanese university students: A mixed-methods approach. Journal of Happiness Studies. <https://doi-org.libproxy.temple.edu/10.1007/s10902-019-00086-x>

**RT Wise Owls (RTWO)** (rtwiseowls.temple.edu)

2016-Present; Creator & Director, RTWO Research Lab

2013-Present; RTWO Creator & Director

**PUBLICATIONS**

**Peer-Reviewed Journal Articles**

*\* = Publication with student*

1. Comby, L.\*, Crilley, A.\*, Cuadrado, L.\*., Fales, A.\*, Howard, S.\*, Nation, M.\*, Spross, D.\*, Sullivan, F.\*, & **Porter, H.** (in press). Effect of horticultural-based interventions on the mental health of incarcerated individuals. *Therapeutic Recreation Journal*
2. Alston, M.\*, Briguera, L.\*, Dennis, D\*., Lac, H.\*, Mendoza, S.\*, Meyer, C.\*, Vaughn, J.\*, Wuillermin, G\*, & **Porter, H.** (in press). Effect of activity-based aquatics on improving social skills for children and adolescents with autism spectrum disorder. *Therapeutic Recreation Journal*
3. Agger, C.\*, Canal, A.\*, Larmond, J.\*, Fisher, M.\*, & **Porter, H.** (2025). Effectiveness of animal-assisted therapy in improving PTSD symptoms among children. *Therapeutic Recreation Journal, 59*(1), 132-137.
4. Klocek, A.\*, Ross, H.\*, Sell, S.\*, Steinheiser, M.\*, & **Porter, H.** (2024). Effectiveness of yoga on health outcomes in adults with chronic stroke. *Therapeutic Recreation Journal, 58*(2), 228-233.
5. **Porter, H.,** Goodno, H\*., Wahl, N.\*, Bowman, E.\*, Titlow, C.\*, Opitz, A.\*, Maher, G.\*, Swingle, I.\*, & Roth, S. (2023). Leisure education and leisure counseling in adult stroke: A systematic review. *Therapeutic Recreation Journal, 57*(2), 97-115
6. **Porter, H.,** Hawkins, B., & Kemeny, B. (2020). Recreational therapy competencies, part I: The ATRA delphi and competencies study. *Therapeutic Recreation Journal, 54*(4), 391-401.
7. Hawkins, B., Kemeny, B., & **Porter, H**. (2020). Recreational therapy competencies, part 2: Findings from the ATRA competencies study. *Therapeutic Recreation Journal, 54*(4), 402-435.
8. Seaton, M.\*, DeFazio, V.\*, & **Porter, H.** (2018). Efficacy of anger management interventions for adults with traumatic brain injury: A systematic review. *American Journal of Recreation Therapy*, *17*(20), 27-36.
9. Watts, C.\*, **Porter, H.**, & Snethen, G. (2017). Utilization of the I-CAN model for transition-age youth with intellectual and developmental disabilities. *American Journal of Recreation Therapy*, 16(4), 37-47.
10. Kenuk, S.\* & **Porter, H.** (2017). The outcomes of mindfulness-based interventions for adults who have experienced a traumatic brain injury: A systematic review. *American Journal of Recreation Therapy*, *16*(2), 9-19.
11. Prout, B.\* & **Porter, H.** (2017). Psychosocial outcomes of participation in adaptive sports for adults with spinal cord injuries: A systematic review of the literature. *American Journal of Recreation Therapy, 16*(1), 39-47.
12. King, J.\* & **Porter, H.** (2016). Outcomes of camp participation for youth with cancer. *Therapeutic Recreation Journal, 5*0(4), 335-339.
13. DeFazio, V.\* & **Porter, H.** (2016). Barriers and facilitators to physical activity for youth with cerebral palsy. *Therapeutic Recreation Journal, 50*(4), 327-334.
14. Cooper, V.\* & **Porter, H.** (2016). A comparison of the scope of practice of recreational therapy and child life to identify areas for collaboration and future research. *American Journal of Recreation Therapy, 15*(2), 13-28.
15. Stuhl, A.\* & **Porter, H.** (2015). Riding the waves: Therapeutic surfing to improve social skills training in children with autism. *Therapeutic Recreation Journal, 49*(3), 253-256
16. Ferrante, M.\* & **Porter, H.** (2015). An exploration of recreational therapy in the veterans health administration polytrauma system of care. *American Journal of Recreation Therapy, 14*(1), 23-34.
17. Hartman, K.\* & **Porter, H.** (2015). The relationship among whitewater kayaking, positive affect, and perceived self-awareness: A case study of a Vietnam veteran. *American Journal of Recreation Therapy, 13*(2), 41-47.
18. Hirst, J.\* & **Porter, H.** (2015). Obesity management in spinal cord injury through leisure time physical activity. *Therapeutic Recreation Journal, 49*(1), 76-79
19. Hirst, J.\* & **Porter, H.** (2014). Physical activity levels, mood, and combat-related acquired brain injury: A cross-sectional examination of Operation Iraqi Freedom & Operation Enduring Freedom service members. *American Journal of Recreation Therapy, 13*(4), 7-16.
20. **Porter, H.** (2014). RT Wise Owls: A recreational therapy website for evidence-based practice resources and tools. Invited “review” by the editor of the *Therapeutic Recreation Journal, 48*(4), 332-333
21. Iwasaki, Y., Coyle, C., Shank, J., Messina, E., **Porter, H.,** Salzer, M., Baron, D., Kishbauch, G., Naveiras-Cabello, R., Mitchell, L., Ryan, A., & Koons, G. (2014). Role of leisure in recovery from mental illness. *American Journal of Psychiatric Rehabilitation, 17*(2), 147-165
22. Iwasaki, Y., Coyle, C., Shank, J., Messina, E., & **Porter, H.** (2013). Leisure-generated meanings and active living for persons with mental illness. *Rehabilitation Counseling Bulletin, 57*, 46-56
23. **Porter, H.,** Shank, J. & Iwasaki, Y. (2012). Promoting a collaborative approach with recreational therapy to improve physical activity engagement in type 2 diabetes. Therapeutic Recreation Journal, Special Issue Part I: Collaborative Practices and Physical Activity, 46(3), 202-217
24. **Porter, H**., Iwasaki, Y., & Shank, J. (2011). Conceptualizing meaning-making through leisure experiences. *Society & Leisure, 33*(2), 167-194
25. **Porter, H.** & Van Puymbroek, M. (2007). Utilization of the international classification of functioning, disability, and health within therapeutic recreation practice. *Therapeutic Recreation Journal, 41*(1), 47-60

**Peer-Reviewed Open-Access Online Publications**

*\* = Publication with student*

1. Comby, L.\*, Crilley, A.\*, Cuadrado, L.\*., Fales, A.\*, Howard, S.\*, Nation, M.\*, Spross, D.\*, Sullivan, F.\*, & **Porter, H.** (2025). Effect of horticultural-based interventions on the mental health of incarcerated individuals. *RT Wise Owls (rtwiseowls.temple.edu)*.
2. Alston, M.\*, Briguera, L.\*, Dennis, D\*., Lac, H.\*, Mendoza, S.\*, Meyer, C.\*, Vaughn, J.\*, Wuillermin, G\*, & Porter, H. (2025). Effect of activity-based aquatics on improving social skills for children and adolescents with autism spectrum disorder. *RT Wise Owls (rtwiseowls.temple.edu)*.
3. Klocek, A.\*, Ross, H.\*, Sell, S.\*, Steinheiser, M.\*, & **Porter, H.** (2024). Effectiveness of yoga on health outcomes in adults with chronic stroke. *RT Wise Owls (rtwiseowls.temple.edu*).
4. Agger, C.\*, Canal, A.\*, Larmond, J.\*, Fisher, M.\*, & **Porter, H.** (2024). Effectiveness of animal-assisted therapy in improving PTSD symptoms among children. *RT Wise Owls (rtwiseowls.temple.edu)*.
5. DeFazio, V.\* & **Porter, H.** (2016). Barriers and facilitators to physical activity for youth with cerebral palsy. *RT Wise Owls (rtwiseowls.temple.edu)*.
6. King, J.\* & **Porter, H.** (2016). Outcomes of camp participation for youth with cancer. *RT Wise Owls*.
7. Stuhl, A.\* & **Porter, H.** (2015). Riding the waves: Therapeutic surfing to improve social skills for children. *RT Wise Owls (rtwiseowls.temple.edu)*.
8. Lin, C.\* & **Porter, H**. (2014). Balance confidence and social activity in older adults with lower extremity amputation: A systematic review. *RT Wise Owls (rtwiseowls.temple.edu)*.
9. Holbert, J.\* & **Porter, H.** (2013). Obesity management in spinal cord injury through leisure time physical activity. *RT Wise Owls (rtwiseowls.temple.edu)*.
10. Hartman, K.\* & **Porter, H.** (2013). Benefits of social support for individuals with spinal cord injury. *RT Wise Owls (rtwiseowls.temple.edu)*.
11. Ferrante, M.\* & **Porter, H.** (2013). Behavior management in children and adolescents with traumatic brain injury through antecedent interventions within applied behavior analysis. *RT Wise Owls (rtwiseowls.temple.edu)*.
12. Tosti, E.\* & **Porter, H.** (2013). Therapeutic benefits of sports participation for individuals with combat related lower extremity amputations. *RT Wise Owls (rtwiseowls.temple.edu)*.
13. Costello, J.\* & **Porter, H.** (2013). Multi-sensory motor interventions for behavior management in individuals with dementia in residential care. *RT Wise Owls (rtwiseowls.temple.edu)*.
14. Ropars, K.\* & **Porter, H.** (2013). Social skills training for children and adolescents with developmental disabilities. *RT Wise Owls (rtwiseowls.temple.edu).*

**Book Editor & Author**

1. **Porter, H.** (2024). *Assessment, clinical decision making, & documentation in recreational therapy*. RecThera.
2. **Porter, H.** (2023). *Nature walking for wellness: Activities and assessments for a healthier you*. RecThera. ISBN 9798859934119
3. **Porter, H.**, Hawkins, B., & Kemeny, B. (2019). *ATRA’s competencies in recreational therapy practice: Results from the 2019 ATRA delphi & competencies study*. American Therapeutic Recreation Association: Reston, VA. ISBN: 978-1-7346280-0-5
4. **Porter, H.** (2016). *Recreational therapy and the international classification of functioning, disability, and health*. Idyll Arbor, Inc. ISBN: 978-1882883950
5. **Porter, H.** (2016). *Recreational therapy basics, techniques, and interventions.* Idyll Arbor, Inc. ISBN: 978-1882883974
6. **Porter, H.** (2015). *Recreational therapy for specific diagnoses and conditions*. Idyll Arbor, Inc. ISBN: 978-1882883967
7. **Porter, H.** & Burlingame, J. (2006). *Recreational therapy handbook of practice: ICF-based diagnosis and treatment.* Idyll Arbor, Inc. ISBN: 978-1882883530

**Book Chapters**

*\* = Publication with student, \*\* = Publication with adjunct instructor (mentoring), \*\*\* = Publication with therapist (mentoring)*

1. **Porter, H.** (2025). Chapter 11: The International Classification of Functioning Disability and Health. In K. Giannangelo (Ed.). *Healthcare Code Sets, Clinical Terminologies, and Classification Systems, 5th edition*. Chicago, IL: American Health Information Management Association.
2. **Porter, H.** (2019). Chapter 11: The International Classification of Functioning Disability and Health. In K. Giannangelo (Ed.). *Healthcare Code Sets, Clinical Terminologies, and Classification Systems, 4th edition*. Chicago, IL: American Health Information Management Association.
3. **Porter, H.,** Van Puymbroeck, M., & McCormick, B. (2017). The role of the International Classification of Functioning, Disability, and Health (ICF) in recreational therapy practice, research, and education. In N. Stumbo (Ed.). *Professional Issues in Therapeutic Recreation, 3rd edition.* Sagamore Publishing.
4. **Porter, H.** (2016). Introduction to the ICF. In H. Porter (Ed.). *Recreational therapy and the international classification of functioning, disability, and health*. Enumclaw, WA: Idyll Arbor, Inc.
5. **Porter, H.** (2016). Body functions. In H. Porter (Ed.). *Recreational therapy and the international classification of functioning, disability, and health*. Enumclaw, WA: Idyll Arbor, Inc.
6. **Porter, H.** (2016). Body structures. In H. Porter (Ed.). *Recreational therapy and the international classification of functioning, disability, and health.* Enumclaw, WA: Idyll Arbor, Inc.
7. **Porter, H.** (2016). Activities and participation. In H. Porter (Ed.). *Recreational therapy and the international classification of functioning, disability, and health.* Enumclaw, WA: Idyll Arbor, Inc.
8. **Porter, H.** (2016). Environmental factors. In H. Porter (Ed.). *Recreational therapy and the international classification of functioning, disability, and health.* Enumclaw, WA: Idyll Arbor, Inc.
9. **Porter, H.** (2016). Chapter 1: Activity and task analysis. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
10. **Porter, H.** (2016). Chapter 2: Adjustment/response to disability. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
11. **Porter, H.** (2016). Chapter 3: Body mechanics and ergonomics. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
12. **Porter, H.** (2016). Chapter 4: Consequences of inactivity. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
13. **Porter, H.** (2016). Chapter 5: Education and counseling. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
14. **Porter, H.** (2016). Chapter 6: Parameters and precautions. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
15. **Porter, H.** (2016). Chapter 7: Participation. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
16. **Porter, H.** (2016). Chapter 8: Psychoneuroimmunology. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
17. **Porter, H.** (2016). Chapter 9: Stress. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
18. **Porter, H.** (2016). Chapter 10: Theories, models, and concepts. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
19. **Porter, H.** (2016). Chapter 11: Activity pattern development. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
20. **Porter, H.** (2016). Chapter 18: Balance training. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
21. **Porter, H.** (2016). Chapter 22: Cognitive retraining and rehabilitation. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
22. **Porter, H.** (2016). Chapter 23: Community participation: Transition, inclusion, integration, and reintegration. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
23. **Porter, H.** (2016). Chapter 24: Community problem solving. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
24. **Porter, H.** (2016). Chapter 27: Energy conservation techniques. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
25. **Porter, H.** (2016). Chapter 32: Leisure resource awareness. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
26. **Porter, H.** & Sciolla, J.\*\* (2016). Chapter 34: Medical play and preparation. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
27. Bower, G.\* & **Porter, H.** (2016). Chapter 36: The Montessori method. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
28. **Porter, H.** (2016). Chapter 37: Motor learning and training strategies. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
29. **Porter, H.** (2016). Chapter 39: Physical activity. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc
30. Weybright, E.\*\*\* & **Porter, H.** (2016). Chapter 41: Reminiscence. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
31. **Porter, H.** (2016). Chapter 42: Sensory interventions. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
32. **Porter, H.** (2016). Chapter 43: Sexual well-being. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
33. Ropars, K.\* & **Porter, H.** (2016). Chapter 44: Social skills training. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions*. Enumclaw, WA: Idyll Arbor, Inc.
34. **Porter, H.** (2016). Chapter 45: Stress management and coping. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
35. **Porter, H.** (2016). Chapter 48: Transfers. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
36. **Porter, H.** (2016). Chapter 50: Walking and gait training. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
37. **Porter, H.** (2016). Chapter 51: Wheelchair mobility. In H. Porter (Ed.), *Recreational therapy basics, techniques, and interventions.* Enumclaw, WA: Idyll Arbor, Inc.
38. **Porter, H.** (2015). Chapter 11: The International Classification of Functioning Disability and Health. In the Healthcare Code Sets, Clinical Terminologies, and Classification Systems, 3rd edition. *American Health Information Management Association*, Kathy Giannangelo (editor)
39. Elokdah, K.\*\*\* & **Porter, H.** (2015). Chapter 1: Amputation. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 5-26). Enumclaw, WA: Idyll Arbor, Inc.
40. **Porter, H.** (2015). Chapter 2: Attention-Deficit/Hyperactivity Disorder. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 27-38). Enumclaw, WA: Idyll Arbor, Inc.
41. **Porter, H.** (2015). Chapter 4: Back disorders and pain. In H. Porter (Ed*.), Recreational therapy for specific diagnoses and conditions* (pp. 51-58). Enumclaw, WA: Idyll Arbor, Inc.
42. **Porter, H.** (2015). Chapter 6: Burns. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 69-78). Enumclaw, WA: Idyll Arbor, Inc.
43. **Porter, H.** (2015). Chapter 7: Cancer. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 79-84). Enumclaw, WA: Idyll Arbor, Inc.
44. **Porter, H.** (2015). Chapter 10: Chronic Obstructive Pulmonary Disease. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 115-120). Enumclaw, WA: Idyll Arbor, Inc.
45. **Porter, H.** (2015). Chapter 11: Diabetes Mellitus. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 121-130). Enumclaw, WA: Idyll Arbor, Inc.
46. **Porter, H.** & Jake, L. (2015). Chapter 13: Feeding & eating disorders. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 141-152). Enumclaw, WA: Idyll Arbor, Inc.
47. **Porter, H.** (2015). Chapter 14: Fibromyalgia and Juvenile Fibromyalgia. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 153-160). Enumclaw, WA: Idyll Arbor, Inc.
48. **Porter, H.** (2015). Chapter 16: Generalized Anxiety Disorder. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 169-174). Enumclaw, WA: Idyll Arbor, Inc.
49. **Porter, H.** (2015). Chapter 17: Guillain-Barre Syndrome. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 175-180). Enumclaw, WA: Idyll Arbor, Inc.
50. **Porter, H.** (2015). Chapter 19: Heart Disease. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 195-200). Enumclaw, WA: Idyll Arbor, Inc.
51. **Porter, H.**, Wiggins, B., & Haynes, N. (2015). Chapter 28: Parkinson’s Disease. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 295-308). Enumclaw, WA: Idyll Arbor, Inc.
52. **Porter, H.** (2015). Chapter 30: Pressure ulcers. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 321-326). Enumclaw, WA: Idyll Arbor, Inc.
53. **Porter, H.** (2015). Chapter 37: Total joint replacement. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 399-406). Enumclaw, WA: Idyll Arbor, Inc.
54. Long, D.\*\*\*, Gregory, D., & **Porter, H.** (2015). Chapter 38: Traumatic brain injury. In H. Porter (Ed.), *Recreational therapy for specific diagnoses and conditions* (pp. 407-416). Enumclaw, WA: Idyll Arbor, Inc.
55. Van Puymbroeck, M., **Porter, H.**, McCormick, B., & Singleton, J. (2009). The international classification of functioning, disability, and health in therapeutic recreation practice. In *Professional Issues in Therapeutic Recreation* (pp 43-57). Stumbo, N. (Ed.). Sagamore Publishing.

**Dissertation**

1. Porter, H. (2009). *Developing a Leisure Meanings Gained and Outcomes Scale (LMGOS) and Exploring Associations of Leisure Meanings to Leisure Time Physical Activity Adherence among Adults with Type 2 Diabetes*. Temple University: Phila., PA (ProQuest # 3359696).

**Technical Reports & Guidelines for Professional Organization Members Only**

1. **Porter, H.** (2021). *American therapeutic recreation association’s rapid review and systematic review guidelines.* American Therapeutic Recreation Association: Reston, VA
2. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Physical rehabilitation and medical: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
3. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Community: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
4. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Older adults: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
5. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Behavioral health: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
6. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Child and adolescent: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
7. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Veterans: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.
8. Hawkins, B., **Porter, H.**, & Kemeny, B. (2017). *Schools: ATRA delphi and competencies study research update*. American Therapeutic Recreation Association: Reston, VA.

**Manual Chapters**

1. **Porter, H.** (1997). Importance of staying active. In Bryn Mawr Rehab Spinal Cord Committee (Eds.), *Spinal cord education manual* (pp. unknown). Malvern, PA: Bryn Mawr Rehab Hospital
2. **Porter, H.** (1997). Recreation and leisure resources. In Bryn Mawr Rehab Spinal Cord Committee (Eds.). *Spinal cord education manual* (pp. unknown). Malvern, PA: Bryn Mawr Rehab Hospital

**Newsletter Articles**

1. **Porter, H.**, Hawkins, B., & Kemeny, M (2020). Now available! ATRA’s competencies in RT practice. *American Therapeutic Recreation Association, Summer 2020 Newsletter*
2. **Porter, H.** (2016). Looking for evidence-based practice? Go to RT Wise Owls! *Recreational Therapy Today, August 2016 Newsletter.*
3. **Porter, H.** (2016). RT licensure in Pennsylvania update. *Pennsylvania Therapeutic Recreation Society, Spring 2016 Newsletter*
4. **Porter, H.** (2016). Errorless learning and forward chaining. *American Therapeutic Recreation Association, Spring 2016 Newsletter*
5. **Porter, H.** (2014). Recreational therapy licensure in Pennsylvania. *American Therapeutic Recreation Association, Summer 2014 Newsletter*
6. **Porter, H.** (2014). Ipad resources. *American Therapeutic Recreation Association, Spring 2014* Newsletter
7. **Porter, H.** (2014). Evidence based practice toolkits added to the RT Wise Owls blog. *American Therapeutic Recreation Association, Spring 2014 Newsletter*
8. **Porter, H.** (2013). Recreational therapy in the school system: Identified as top priority for transitioning youth with disabilities. *American Therapeutic Recreation Association, Fall 2013 Newsletter*
9. **Porter, H.** (2013). Recreational therapy in the school system: Identified as top priority for transitioning youth with disabilities. *New Jersey/Eastern Pennsylvania Therapeutic Recreation Association, Fall 2013 Newsletter*
10. **Porter, H.** (2013). First annual recreational therapy evidence based practice day conference at Temple University: A great success! *American Therapeutic Recreation Association, Summer 2013 Newsletter*
11. **Porter, H.** (2012). Mendeley groups for recreational therapists. *American Therapeutic Recreation Association, October 2012 Newsletter*
12. **Porter, H.** (2011). The international classification of functioning, disability & health: An overview for recreational therapists. *American Therapeutic Recreation Association, September 2011 Newsletter*

**Guides**

1. **Porter, H.** (2013). *Recreational therapy evidence-based practice.* An 8-page document for other RT academic programs that explains the benefits of (and how to structure student work and host) an RT evidence-based practice day conference.

**Blogs**

1. **Porter, H.** (2021). A positive project: Creating a profession-specific niche website and database with students. *Temple University’s Center for the Advancement of Teaching EDvice Exchange*.
2. **Porter, H.** (2021). Positive projects: Cultivating positive emotions for enhanced learning and professional growth. *Temple University’s Center for the Advancement of Teaching EDvice Exchange*.

**Commentaries**

1. **Porter, H.** (2018). Book review rebuttal: RT for specific diagnoses and conditions. *American Journal of Recreation Therapy, 17*(4), 9-10.

**Other Publications**

1. **Porter, H.** (2023). *Therapist’s daily planner*. RecThera. ASIN BOCHPY263P
2. **Porter, H.** (2023). *Therapist’s daily planner*. RecThera. ASIN BOC9S571JT

**Invited Journal Reviewer**

1. Journal of Leisure Research
2. Leisure Sciences
3. RT Wise Owls
4. Therapeutic Recreation Journal
5. CommonHealth

**PRESENTATIONS**

**International**

*\* = Presentation with student*

1. Comby, L.\*, Crilley, A.\*, Cuadrado, L.\*., Fales, A.\*, Howard, S.\*, Nation, M.\*, Spross, D.\*, Sullivan, F.\*, & **Porter, H.** (2025). Effect of horticultural-based interventions on the mental health of incarcerated individuals. Recreational Therapy Evidence Based Practice Conference, Virtual
2. **Porter, H.** (2024). Nature walking for wellness. 2024 ATRA Annual Conference. Virtual
3. **Porter, H.** (2024). Clinical reasoning: Making assessment and treatment decisions. 2024 ATRA Annual Conference. Virtual
4. **Porter, H.** (2024). Nature walking for wellness. Recreational Therapy Evidence Based Practice Conference; Virtual
5. Agger, C.\*, Canal, A.\*, Fisher, M.\*, Larmond, J.\*, & **Porter, H.** (2024). Effectiveness of animal-assisted therapy in improving PTSD symptoms in children. Recreational Therapy Evidence Based Practice Conference; Virtual
6. Ginin, L.\*, Schline, K.\*, Richter, C.\*, & **Porter, H.** (2024). Effectiveness of intergenerational programming in improving social connectedness in older adults. Recreational Therapy Evidence Based Practice Conference; Virtual
7. Mason, E.\*, Penrose, N.\*, Poindexter, K.\*, Vizcarra, D.\*, & **Porter, H.** (2024). Barriers and facilitators to sports participation in adults with lower extremity amputation. Recreational Therapy Evidence Based Practice Conference; Virtual
8. Klocek, A.\*, Ross, H.\*, Sell, S.\*, Steinheiser, M.\*, & **Porter, H.** (2024). Effectiveness of yoga on health outcomes in adults with chronic stroke. Recreational Therapy Evidence Based Practice Conference; Virtual
9. Vanderhoff, J.\*, **Porter, H**. & Vargas, G. (2024). RT Wise Owls: Developing, expanding, maintaining, and updating an accessible evidence resource for students and practitioner. The Academy of Leisure Sciences Conference on Research and Teaching. New Orleans, Louisiana.
10. Angelaccio, A.\*, Canal, A.\*, Fisher, M.\*, Smith, C.\*, & **Porter, H.** (2023). “These walkers and canes were made for walkin’, and that’s just what we’ll do”: Community mobility. Recreational Therapy Evidence Based Practice Conference; Virtual
11. Bauer, J.\*, Kilmer, M.\*, Meyer, C.\*, Wuillermin, G.\*, & **Porter, H.** (2023). Assessing leisure to inform treatment decisions using the Idyll Arbor Leisure Battery. Recreational Therapy Evidence Based Practice Conference; Virtual
12. Currow, L.\*, Ellis, A.\*, Hoffmann, N.\*, Ortega, R.\*, & **Porter, H.** (2023). A songwriting evidence-based program plan to improve attention in adolescents with traumatic brain injury in inpatient rehabilitation. Recreational Therapy Evidence Based Practice Conference; Virtual
13. Carminati, S.\*, Levine, K.\*, Schline, K.\*, Swingle, I.\*, & **Porter, H.** (2023). A yoga evidence-based program plan to improve stress reduction in adults with opioid addiction in inpatient rehabilitation. Recreational Therapy Evidence Based Practice Conference; Virtual
14. Thompson, R.\*, Davenport, M.\*, Gilbert, T.\*, & **Porter H.** (2022). A yoga evidence-based program plan to improve stress-coping in adults with alcohol use disorder in in-patient psychiatric care. Recreational Therapy Evidence Based Practice Conference; Virtual
15. Lundli, S.\*, Seiwert, L.\*, Bowman, E.\*, & **Porter, H.** (2022). The karate evidence-based program plan to improve social skills in children and adolescents with autism spectrum disorder in the community. Recreational Therapy Evidence Based Practice Conference; Virtual
16. Brown, G.\*, Valentine, K.\*, & **Porter, H.** (2021). A nintendo wii evidence-based program plan to improve balance and minutes of physical activity engagement in adolescents with cerebral palsy. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
17. Gonzales, A.\*, Fetterman, D.\*, Titlow, C.\*, & **Porter, H.** (2021). A nintendo wii evidence-based program plan to improve fine motor skills and aerobic capacity in adolescents with cerebral palsy. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
18. Konel, I.\*, Maher, G.\*, Watson, M.\*, & **Porter, H.** (2021). A nintendo wii evidence-based program plan to improve balance and aerobic capacity in children age 6-12 with cerebral palsy. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
19. Holley, K.\*, Opitz, A.\*, Synder, A.\*, & **Porter, H.** (2021). An aquatic evidence-based program plan to improve social skills in individuals 10-21 with autism spectrum disorder. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
20. Goodno, H.\*, Jensen, C.\*, & **Porter, H.** (2021). A horticulture evidence-based program plan to reduce agitation in older adults with dementia. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
21. Jones, M.\*, O’Donnell, R.\*, Wahl, N.\*, & **Porter, H.** (2021). A group exercise evidence-based program plan to reduce depression in older adults with dementia. Recreational Therapy Evidence-Based Practice Day Conference; Virtual
22. **Porter, H.**, Hawkins, B., & Kemeny, B. (2020). What’s next? Significant steps that follow the ATRA Competencies Study. American Therapeutic Recreation Association Annual Conference; Virtual.
23. Hawkins, B., Kemeny, B., & **Porter, H.** (2019). Complement your RT competence! Results and implications from the ATRA Delphi and Competencies Study. American Therapeutic Recreation Association Annual Conference; Reno, NV.
24. Hawkins, B., Kemeny, B., & **Porter, H.** (2018). Keys to competent practice: Implications from ATRA’s delphi and competency study.  American Therapeutic Recreation Association Annual Conference; Grand Rapids, MI.
25. **Porter, H.** (2018). Standardized assessment tools in rehabilitation. Invited/accepted presentation for Recreational Therapy students at University of Lethbridge, Canada
26. **Porter, H.** (2017). Standardized assessment tools for RT practice: Part I. Invited/accepted presentation for ATRA Academy Webinar; Hattiesburg, MS.
27. **Porter H.** (2017). Standardized assessment tools in RT practice: Part II. Invited/accepted presentation for ATRA Academy Webinar; Hattiesburg, MS.
28. **Porter, H.** (2016). RT evidence-based practices for community integration, inclusion, and transitioning. Invited/accepted presentation for ATRA Academy Webinar; Hattiesburg, MS.
29. **Porter, H.** (2016). Constraint induced movement therapy (CIMT): A new avenue for RT research. Invited/accepted presentation for ATRA Academy Webinar; Hattiesburg, MS.
30. Holbert, J.\* & **Porter, H.** (2013). Obesity management in spinal cord injury through leisure time physical activity. American Therapeutic Recreation Association Annual Conference; Pittsburgh, PA
31. Tosti, E.\* & **Porter, H.** (2013). Therapeutic benefits of sports participation for individuals with combat related lower extremity amputation. American Therapeutic Recreation Association Annual Conference; Pittsburgh, PA
32. **Porter, H.** (2013). The International Classification of Functioning, Disability, and Health (ICF) and recreational therapy practice: ICF scoring. Invited/accepted presentation for ATRA Academy Webinar; Hattiesburg, MS.
33. **Porter, H.** (2007). Neuroplasticity interventions for recreational therapy. Invited presentation for ATRA Academy Teleconference; Hattiesburg, MS

**National**

1. Kemeny, B., Hawkins, B., & **Porter, H.** (2019). ATRA Competency Study: Promoting development of recreational therapists serving older adults. The Gerontological Society of America’s 71st Annual Scientific Meeting; Austin, TX.

###### **Porter, H.** (2018). Using and building evidence-based practice in RT. Invited presentation for the Oklahoma Recreational Therapy Association Annual Conference, Online

1. **Porter, H.** & Burlingame, J (2005). The international classification of functioning, disability, and health: New directions for therapeutic recreation practice. Submitted presentation for the Mid-Eastern Symposium on Therapeutic Recreation; Ocean City, MD

**Regional**

*\* = Presentation with student*

###### **Porter, H.** (2023). American Therapeutic Recreation Association Town Hall: Advocacy for Pennsylvania licensure. Online

###### **Porter, H.**, Fili, K.\*, McCarthy, J.\*, McKenzie, K.\*, Olek, J.\*, Rennie, C.\*, Savidge, G.\*, & Surden, M.\* (2019). Clinical practice guidelines for RT treatment of adult stroke, parkinson’s, total joint replacement, and rheumatoid arthritis. New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.

1. Fili, K.\* & **Porter, H.** (2019). Clinical practice guidelines for RT treatment of adult stroke. Recreational Therapy Evidence Based Practice Day Conference, Temple University. Phila., PA
2. Olek, J.\*, Rennie, C.\*, & **Porter, H.** (2019). Clinical practice guidelines for RT treatment of rheumatoid arthritis. Recreational Therapy Evidence Based Practice Day Conference, Temple University, Phila., PA
3. McKenzie, K.\*, Savidge, G.\*, & **Porter, H.** (2019). Clinical practice guidelines for RT treatment of total joint replacement. Recreational Therapy Evidence Based Practice Day Conference, Temple University, Phila., PA
4. McCarthy, J.\*, Surden, M.\*, & **Porter, H.** (2019). Clinical practice guidelines for RT treatment of Parkinson’s disease. Recreational Therapy Evidence Based Practice Day Conference, Temple University, Phila., PA
5. **Porter, H.** (2019). “I see you cheating!”: Proctorio, technology-based exam proctoring. E-Learning 3.0 Conference, USciences, Phila., PA
6. **Porter, H.** (2019). Findings from ATRA’s Delphi & Competencies Study: Implications for Practice. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
7. Kemeny, B., Hawkins, B., & **Porter, H.** (2019). Keys to competent practice. Slippery Rock University Recreational Therapy Workshop, Slippery Rock, PA
8. **Porter H.** (2018). Standardized assessment tools for older adults: Measuring outcomes to strengthen practice, Part I. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
9. **Porter H.** (2018). Standardized assessment tools for older adults: Measuring outcomes to strengthen practice, Part II. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
10. **Porter H.** (2018). Using and building evidence-based practice in RT. Recreational Therapy Evidence-Based Practice Day Conference, Temple University
11. **Porter H.** (2018). Using and building evidence-based practice in RT. Oklahoma Recreational Therapy Association Conference.
12. **Porter, H.** (2018). Neuroplasticity interventions for neurological impairments. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
13. Daly, A.\*, Garcia, R.\*, & **Porter, H.** (2017). Non-pharmacological interventions for agitation and aggression in alzheimer’s. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
14. Skotarczak, C.\*, Stueck, Z.\*, & **Porter, H.** (2017). Bibliotherapy for negative symptoms of schizophrenia. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
15. Forcellini, E.\*, McGrath, K.\*, Moody, J.\*, & **Porter, H.** (2017). Adaptive sports for decreasing sedentary behavior in veterans with combat-related amputations. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
16. Gallagher, M.\*, Martin, G.\*, & **Porter, H.** (2017). Aquatic therapy for gross motor functioning among children with cerebral palsy. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
17. Marinucci, R.\*, Verrall, J.\*, & **Porter, H.** (2017). Wii video games for functioning in older adults with dementia. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
18. Puma, L.\*, Woltemate, M.\*, & **Porter, H.** (2017). Music interventions for social skills in children with autism. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
19. DeFazio, V.\* & **Porter, H.** (2017). Barriers and facilitators to physical activity for youth with cerebral palsy. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
20. King, J.\* & **Porter, H.** (2017). Outcomes of camp participation for youth with cancer. Recreational Therapy Evidence-Based Practice Day Conference, Temple University, Phila., PA
21. **Porter, H.** (2016). Using and building evidence-based practice in RT. Invited presentation for the Pennsylvania Therapeutic Recreation Society, Lancaster, PA (\*Listed as a “featured” speaker in the conference program).
22. **Porter, H.** (2016). Neuroplasticity interventions for rehabilitation of individuals with neurological impairment. Invited presentation for the Pennsylvania Therapeutic Recreation Society, Lancaster, PA (\*Listed as a “featured” speaker in the conference program).
23. **Porter, H.** & Hsieh, P. (2015). Standardized assessment tools: Resources and simple data analysis. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
24. Stuhl, A.\* & **Porter, H.** (2015). Riding the waves: Therapeutic surfing to improve social skills in children with autism. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
25. Decker, K.\* & **Porter, H.** (2015). Outcomes of pediatric burn camps: A literature review. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
26. Cooper, V.\* & **Porter, H.** (2015). A comparison of the scope of practice of recreational therapy and child life to identify areas for collaboration and future research. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
27. Hartman K.\* & **Porter, H.** (2014). The impact of outdoor programming on positive affect and perceived self-awareness in veterans with traumatic brain injury. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
28. **Porter, H.** (2014). Recreational therapy licensure in Pennsylvania (part of Keynote session). Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
29. **Porter, H.** & Hsieh, P. (2014). Constraint induced movement therapy in recreational therapy practice. New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
30. Lin, J.\* & **Porter, H.** (2014). Balance confidence and social activity in older adults with lower extremity amputation: A systematic review. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
31. Ropars, K.\* & **Porter, H.** (2013). Social skills training for children with developmental disabilities: Evidence-based practice. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
32. Costello, J.\* & **Porter, H.** (2013). Multi-sensory motor interventions for behavior management in individuals with dementia in residential settings: Evidence-based practice. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
33. **Porter, H.** (2013). Recreational therapy licensure in Pennsylvania. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
34. Holbert, J.\* & **Porter, H.** (2013). Obesity management in spinal cord injury through leisure time physical activity. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
35. Holbert, J.\* & **Porter, H.** (2013). Obesity management in spinal cord injury through leisure time physical activity. New Jersey Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ
36. Hartman, K.\* & **Porter, H.** (2013). Benefits of social support for individuals with spinal cord injury. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
37. Hartman, K.\* & **Porter, H.** (2013). Benefits of social support for individuals with spinal cord injury. New Jersey Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ
38. Ferrante, M.\* & **Porter, H.** (2013). Behavior management in children and adolescents with traumatic brain injury through antecedent interventions within applied behavior analysis. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
39. Ferrante, M.\* & **Porter, H.** (2013). Behavior management in children and adolescents with traumatic brain injury through antecedent interventions within applied behavior analysis. New Jersey Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ
40. Tosti, E.\* & **Porter, H.** (2013). Therapeutic benefits of sports participation for individuals with combat related lower extremity amputation. Recreational Therapy Evidence Based Practice Day Conference at Temple University, Phila., PA
41. Tosti, E.\* & **Porter, H.** (2013). Therapeutic benefits of sports participation for individuals with combat related lower extremity amputation. New Jersey Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ
42. **Porter, H.** (2011). The International Classification of Functioning, Disability, & Health (ICF): Basic Coding Proficiency & Application. Invited “full-day” conference for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
43. **Porter, H.** (2010). Key opportunities for recreational therapy with the international classification of functioning, disability, and health. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
44. **Porter, H.** (2009). Obtaining personal meaning through leisure. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference, Edison, NJ.
45. **Porter, H.** (2005). The international classification of functioning, disability, and health: New directions for therapeutic recreation practice. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association, Edison, NJ.
46. **Porter, H.** (2004). Neuroplasticity interventions for recreational therapy. Invited presentation for the New Jersey/Eastern Pennsylvania Therapeutic Recreation Society, Edison, NJ.

**College/University**

1. **Porter, H.** (2022). Student engagement: An evidence-based approach to mentoring student projects (roundtable). CPH Teaching Symposium. Invited presentation.
2. Cheesman, W., Egan, B., Frankel, A., Friedman, L., Harris, K., Ibrahim, J., Mansell, J., **Porter, H.,** Scarpulla, M., & Stewart, A. (all presenters equal) (2020). Virtual town hall: Teaching check-in #2. Invited panel presentation about online teaching strategies to help faculty during COVID-19.
3. Cheesman, W., Egan, B., Frankel, A., Friedman, L., Harris, K., Ibrahim, J., Mansell, J., **Porter, H.,** Scarpulla, M., & Stewart, A. (all presenters equal) (2020). Virtual town hall: Teaching check-in #1. Invited panel presentation about online teaching strategies to help faculty during COVID-19.
4. Ibrahim, J., **Porter, H.**, Friedman, L., Egan, W., Harris, K., Ford, L., Frankel, A., Mansell, J., Scarpulla, M., & Cheesman, W. (all presenters equal) (2020). CPH online teaching webinar to help faculty during COVID-19.
5. **Porter, H.** (2020). Proctorio demonstration. Panel member, representative for CPH. Temple University, Phila., PA
6. **Porter, H.** (2019). “I see you cheating!”: Proctorio, technology-based exam proctoring. Temple University’s Annual Conference on Teaching Excellence, Temple University, Phila., PA
7. **Porter, H.** (2019). Promotion preparation and suggestions. Invited panel member by the CPH Associate Dean of Faculty Affairs to talk with individuals going up for promotion from Assistant to Associate professor
8. **Porter, H.** (2018). Promotion preparation and suggestions. Invited panel member by the CPH Associate Dean of Faculty Affairs to talk with individuals going up for promotion from Assistant to Associate professor
9. **Porter, H.** (2015). Kahoot: An innovating teaching tool. First Annual Teaching Showcase, College of Public Health, Temple University, Phila., PA.

**Guest Lectures**

1. **Porter, H.** (2020). ATRA dephi and competencies study. Invited lecture for RCTH 3196 Research and Evaluation in Recreational Therapy Section 001 course at Temple University
2. **Porter, H.** (2019). ATRA dephi and competencies study. Invited lecture for RCTH 3196 Research and Evaluation in Recreational Therapy Section 002 course at Temple University
3. **Porter, H.** (2019). ATRA dephi and competencies study. Invited lecture for RCTH 3196 Research and Evaluation in Recreational Therapy Section 001 course at Temple University
4. **Porter, H.** (2019). State of recreational therapy licensure. Invited lecture for RCTH 3101 Recreational Therapy Professional Seminar II course at Temple University
5. **Porter, H.** (2019). ATRA’s delphi and competencies study. Invited lecture for RCTH 3196 Research and Evaluation in Recreational Therapy course at Temple University
6. **Porter, H.** (2016). Introduction to recreational therapy. Invited lecture for HRPR 1001 The Way We Live, Work, and Play course at Temple University.
7. **Porter, H.** (2015). Widening the lens. Invited lecture for Intro to Health Professions course at Temple University.
8. **Porter, H.** (2014). Seated exercise for individuals with disabilities. Invited lecture for Recreational Therapy Modalities course at Temple University.
9. **Porter, H.** (2014). Using Camtasia Relay as a teaching method. Invited lecture/discussion for Dept of Rehab Sciences, Temple University, Phila., PA.
10. **Porter, H.** (2014). A career in education. Invited lecture/discussion at New Foundations Charter Elementary School’s Career Camp Program, Phila., PA.
11. **Porter, H.** (2013). Seated exercise for individuals with disabilities. Invited lecture for Recreational Therapy Modalities course at Temple University.
12. **Porter, H.** (2013). Widening the lens. Invited lecture for Intro to Health Professions course at Temple University.
13. **Porter, H.** (2013). A career in recreational therapy. Invited lecture/discussion at New Foundations Charter High School, Phila., PA.
14. **Porter, H.** (2012). Widening the lens. Invited lecture for Intro to Health Professions course at Temple University.
15. **Porter, H.** (2012). Recreational Therapy Major at Temple. Invited speaker at Temple’s CHPSW Open House.
16. **Porter, H.** (2012). Recreational Therapy Major at Temple. Invited speaker at Experience Temple Day.
17. **Porter, H.** (2011). Widening the lens. Invited lecture for Intro to Health Professions course at Temple University.
18. **Porter, H.** (2010). Widening the lens. Invited lecture for Intro to Health Professions course at Temple University.
19. **Porter, H.** (2009). Achieving your dreams: Reaching your career goals. Invited lecture/discussion at Community Education Partners for at-risk troubled adolescents.
20. **Porter, H.** & Garnick, J. (1994). Community integration review. Invited lecture for medical students preparing for board exams at Thomas Jefferson University, Philadelphia, PA.
21. **Porter, H.** & Garnick, J. (1993). Community integration review. Invited lecture for medical students preparing for board exams at Thomas Jefferson University, Philadelphia, PA.

**Interviews**

1. Interviewed by Beckie Supiano 9/25/2020 from *The Chronicle of Higher Education* about teaching online during the COVID pandemic

**CONFERENCES/TRAININGS CREATED**

**Recreational Therapy Evidence-Based Practice Conference at Temple University**

*\*Note: I created this low-cost CEU-bearing conference in 2013 to provide a platform for RT students to share their research with other students and local clinicians and provide networking opportunities. Students’ research and conference preparation are mentored by RT faculty. From 2013-2020, the conference had a regional draw (NJ, PA, DE) of about 250+ attendees annually. Starting in 2021, I moved the conference to an online platform, which broadened it to have an international draw (US, Canada, Hawaii, Australia) of about 350+ attendees annually.*

2013-2024: Conference Creator & Chair

2024; Conference Chair/Coordinator, virtual conference, 22 BSRT, MSRT, & 4+1 students presented research

2023; Served as a mentor/resource for Junior Faculty to Chair the Conference

2022; Conference Chair/Coordinator, virtual conference, 18 BSRT, MSRT, & 4+1 students presented research (\*invited two Junior Faculty to assist me in conference planning activities in anticipation of fully transitioning the Conference Chair/Coordinator position to the Junior Faculty the following year)

2021; Conference Chair/Coordinator, virtual conference, 34 BSRT, MSRT, & 4+1 students presented research

2020; Conference Chair/Coordinator, canceled one month prior to scheduled date due to COVID-19

2019; Conference Chair/Coordinator, in-person conference, 26 BSRT, MSRT, & 4+1 students presented research

2018; Conference Chair/Coordinator, in-person conference, 28 BSRT, MSRT, & 4+1 students presented research

2017; Conference Chair/Coordinator, in-person conference, 32 BSRT, MSRT, & 4+1 students presented research

2016; Conference Chair/Coordinator, in-person conference, 24 MSRT and 4+1 students presented research

2015; Conference Chair/Coordinator, in-person conference, 27 MSRT and 4+1 students presented research

2014; Conference Chair/Coordinator, in-person conference, 23 MSRT and 4+1 students presented research

2013; Conference Chair/Coordinator, in-person conference, 14 MSRT and 4+1 students presented research

**Constraint Induced Movement Therapy (CIMT) Training for Recreational Therapists**

*\*Note: CIMT training is provided by the University of Alabama at Birmingham under supervision of Dr. Edward Taub (creator of CIMT) and was only open to physical and occupational therapists. I initiated conversations with them to open training to recreational therapists, in which I was successful. I collaborated with David Morris, Course Coordinator, to create the first 4-day CEU-bearing CIMT training program for recreational therapists at Temple.*

2014; Conference Chair/Coordinator, first host site for recreational therapy CIMT training.

**SERVICE**

**PROGRAM Committees/Task Forces/Teams**

2023-Present; Coordinator for the non-credit Teaching in Higher Education RT Reflective Practicum course

2023-Present; Member, RT Alumni Advisory Committee

2023-2024; Created, designed, organized, and facilitated an ‘Ask an RT’ video series with Andrew Thayer (CPH Videography)

2020-Present; Chair, RT Wise Owl Award Scholarship Committee

2016-Present: Reviewer, MSRT Program Applications

2016-Present; Creator and Director, RT Wise Owls Research Lab

2013-Present; Creator and Director, RT Wise Owls

2009-Present; Member, MSRT Graduate Faculty Committee

2018; Member, Recreational Therapy Undergraduate Curriculum Committee

2017-2018; Member, MSRT Online Committee

2017; Member, Faculty Search Committee for Recreational Therapy Program at Temple

2014; Member, Faculty Search Committee for Recreational Therapy Program at Temple

**DEPARTMENT Committees/Task Forces/Teams**

2025; Member, NTT Promotion Committee for Dept of Health & Rehabilitation Sciences

2024; Member, Communication Sciences and Disorders Department Promotion Committee

2011-2012; Member, Academic Planning Committee for Dept. of Rehabilitation Sciences

2011-2012; Chair, Program Evaluation Committee for Dept. of Rehabilitation Sciences at Temple

2010; Co-Coordinator, Center for Obesity Research and Education & Dept. of Rehabilitation Sciences Collaboration

**COLLEGE Committees/Task Forces/Teams**

2024-Present; Member, Interprofessional Education Simulation Committee

2023-2024; Member, Interprofessional Education Committee for College of Public Health

2015-Present; Member, Non-Tenure Track Promotion Committee for College of Public Health

2015-Present; Chair (for 22 candidates), Non-Tenure Track Promotion Committee for College of Public Health

2023; Recreational Therapy Representative for College of Public Health, Fox Chase Cancer Center and Temple University Collaboration Retreat

2014-2023; Member, Teaching Excellence Committee for the College of Public Health

2020; Health & Rehabilitation Sciences Event Committee, College of Public Health

2019; Member, Paley Classroom Focus Group, College of Public Health

2018; Member, Polling & Exam Proctoring Committee, College of Public Health

2017-2018; Member, College of Public Health Interprofessional Education Committee

2015; Member, Non-Tenure Track Faculty Work Effort Policy Committee for College of Public Health

2014; Member, Summer Workgroup V preparing for accreditation of CHPSW as a College of Public Health

2012-2013; Member, Mobile Technology Committee for CHPSW

**UNIVERSITY Committees/Task Forces/Teams**

2024; Arts and Quality of Life Conference 2025 Steering Committee

2018-Present; Member, Lindback Distinguished Teaching Award Committee

2020; Member, Assessment Planning Committee

2018; Co-Chair, Tuition Benefits for Dependent Children Committee, Temple University

2015-2016; Chair, Tuition Benefits for Dependent Children Committee, Temple University

**OTHER UNIVERSITY Committees/Task Forces/Teams**

2022; Review of Full Professor promotion materials (CV, samples of scholarly work, self-evaluation, promotion guidelines) with summary letter for an Associate faculty member at University of North Carolina at Wilmington (UNCW) – invited reviewer.

**PROFESSIONAL Committees/Task Forces/Teams**

2023; Reviewer, ATRA Research Institute

2016-Present; Alternate Representative for ATRA, Joint Commission’s Hospital Professional and Technical Advisory Committee (PTAC)

2014-Present; Chair, Recreational Therapy Licensure for Pennsylvania Committee

2004-Present; Member, ATRA’s World Health Organization/International Classification of Functioning, Disability and Health Team

2021-2022; Creator & Chair, ATRA’s Intervention Research Registry (I also created this registry)

2020-2022; Chair, ATRA’s Research Collaborative

2019; National Council for Therapeutic Recreation Certification (NCTRC) Exam Item Writing Committee

2017; Invited Member, National Rehab Taxonomy Work Group

2015-2016; Lead Chair, Physical Rehabilitation & Medical Section for ATRA

2015-Present; Member, Community of Practice on Evidence (Center on Knowledge Translation for Disability and Rehabilitation Research – KTDRR)

2013-2015; Co-Chair, ATRA’s Evidence Based Practice Task Force

2013; Co-Chair of the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Fall Conference

2010-2013; Chair, ATRA’s World Health Organization/International Classification of Functioning, Disability and Health Team

2008; Member, ATRA Competencies Committee

2007; Member, ATRA Accreditation Committee

2006; Member, NCTRC Job Analysis Pilot Survey

**STUDENT MENTORING & TUTORING**

**Student Award Mentoring**

2025; RT Wise Owl Award; Heidi Ross – Awarded

2024; Kendrick, Clemmer, Phillips (KCP) Endowed Scholarship; Heidi Ross - Awarded

2022; Kendrick, Clemmer, Phillips (KCP) Endowed Scholarship; Julie Vanderhoff - Awarded

2022; RT Wise Owl Award; Alyssa Angeliaccio - Awarded

2022; RT Wise Owl Award; Nicole Hoffmann - Awarded

2021; RT Wise Owl Award; Rebecca Thompson – Awarded

2021; RT Wise Owl Award; Emily Bowman – Awarded

2020; National Academy of Recreational Therapists Future Scholars Program; Nicholas Wahl - Awarded

2014; Temple University Dental Hygiene Alumni Club Award; Brian Schad (monetary award for non-traditional student with strong GPA and community service) - Awarded

2012; Temple University Writing Intensive Prize; Christine Atieno Oyamo (monetary award for a student who has made significant gains in writing skills) – Not Awarded

2011; Temple University Dental Hygiene Alumni Club Award; Genee Atwater (monetary award for non-traditional student with strong GPA and community service) – Awarded

**Student Recognition Mentoring**

2019; Contacted and advocated for Communications and Marketing within the College of Public Health to write a story about Gabrielle Savidge, an RT student who started a Girls on the Run Chapter at an elementary school

**Assessment & Documentation Peer Tutoring Program**

*\*I created and mentor a peer tutoring program for students in RCTH 3096 Assessment & Documentation in RT. Below are the peer tutors within the program.*

2014-Present; I created and mentor the peer tutoring program for students in the RCTH 3096 Assessment & Documentation in RT

**CONSULTATIONS**

**Consultations for Organizations for Assessment, Research Methods, & Evidence-Based Practice**

2024 & 2025; Children’s Specialized Hospital; Mountainside, NJ; Assistance in developing a research study for their summer residential camp for adolescents ages 16-21 with spinal cord injury

2024; Nova Scotia Health; Halifax, Nova Scotia, Canada; Assistance with resources to train student interns and new employees in developing clinical reasoning competency.

2024; Corporal Michael Crescenz VA Medical Center; Phila., PA; Assessment and documentation resources for measuring recreational therapy outcomes in older adult dementia care provided by the VA

2024; Mt. Ascutney Hospital and Health Center; Windsor, Vermont; Use of EPIC for recreational therapy documentation in-patient physical rehabilitation

2024; WakeMed Health and Hospitals; Raleigh, NC; Resources for counseling clients with spinal cord injury on sexuality

2023; Ability 360 Sport; Phoenix, AZ; Research articles on sport interventions for youth with Cerebal Palsy

2023; Action Trackchair; Marshall, MN; Developing a feasibility study for the use of Action Trackchairs in state parks for Utah government funding, as well as suggestions for developing mixed methods studies for state parks currently using and not using the Action Trackchair and potential users.

2023; Medicine Hat Regional Hospital – Regional Resource Centre – Addiction & Mental Health Outreach Services; Alberta, CA; Research articles related to inclusion and mental health

2023; Havenwood Academy; Cedar City, UT; Research articles on adventure therapy for adolescents with complex trauma

2022; Surrey Memorial Hospital; Surrey, BC; Research articles related to the use of storytelling and traumatic brain injury rehabilitation

2022; Havenwood Academy; Cedar City, UT; Research articles on commercial video games and mental health

2022; Veteran’s Administration; Augusta, GA; Research articles on adaptive kayaking for service members and veterans

2022; Bryn Mawr Rehab; Malvern, PA; Research articles to support development of adaptive sports program

2022; Christiana Care Health Care System, Rehabilitation Services; Newark, DE; Outcome measures for brain injury program

2021; Christiana Care Health Care System, Rehabilitation Services; Clinical practice guidelines and research articles to support the value/need for RT within the brain injury program

2021; Sheltering Arms Physical Rehabilitation Centers; Richmond, VA; Outcome measurement for inpatient rehabilitation

2021; RecFit Solutions; Kansas City, Missouri; Identification of relevant data points, associated measurement tools, and tracking and running statistics via Excel for private practice company

2021; Pure Abilities LLC; Fort Wayne, IN; Identification of journal articles to support a research review group about aquatic therapy

2020; Truman Medical Center (TMC) Behavioral Health’s New Frontiers Tennis Program; Kansas City, Missouri; Standardized assessment tools for community-based tennis program for individuals with mental illness

2020; Service Member Transitional Advanced Rehabilitation Team (STAR), a poly-trauma transitional program at the Central Virginia Veterans Healthcare System; Richmond, VA; Standardized assessment tools for STAR

2020; The HSC Pediatric Center; Washington, DC; Identification of journal articles to support RT practice within the pediatric center

2020; Laurel Ridge Treatment Center; San Antonio, Texas; Identification of journal articles to support a physical activity initiative for children with mental illness

2019; Sheltering Arms Physical Rehabilitation Centers; Richmond, VA; Building a new innovative 114-bed freestanding inpatient rehabilitation facility in Richmond, VA (joint venture between Sheltering Arms and VCU Health, called the Sheltering Arms Institute) with goals to be an evidence-based model program that focuses on lifestyle/continuum health. Discussed RT outcome measurement at all levels of care with the goal to develop a comprehensive outcome measurement plan. Provided resources to support the development of an evidence-based RT program at the Institute (e.g., research articles). Will be an ongoing consultant as the program is developed

2019; Mid Sweden University; Ostersund, Sweden; Standardized assessment tools and resources for a research study on outcomes of camp participation for children with cancer

2018; Hebrew Rehabilitation Center; Boston, MA; Standardized assessment tools for clinical practice

2016; Camilla Hall; Malvern, PA; Evidence-based research to support RT practice

2015; Abramson Center for Jewish Life; North Wales, PA; Setting up a clinical recreational therapy program on a short-term transitional rehabilitation unit with emphasis on data collection for research

2014; United Way; Madison, WI; Use of RT in the school system to integrate into a Request for Proposal to increase independence of transition students with behavioral health, mental health, and learning challenges.

2006; Kids Club program at Northeast Racquet Club & Fitness Center; Phila., PA; Development of activity classes for children members

**Consultations for Recreational Therapy Curriculum Development**

2022; Southern Connecticut State University’s Institute for Adapted Sports and Recreation; Ideas for simulating electronic clinical documentation for teaching purposes

2021; University of Iowa; Iowa City, IA; Infusing evidence-based research and practice into RT curriculum

2020; Oklahoma State University; Stillwater, OK; Identifying content to integrate into their RT Assessment and Documentation course

2019; Florida International University; Creation of a Disabling Conditions course for RT students at FIU

2018; Lethbridge University; Lethbridge, Alberta Canada; Assisted in creating content, materials, and techniques for teaching the RT Assessment and Documentation course

2015; Florida International University; Restructuring the RT Assessment & Documentation course to meet CARTE accreditation

2015; Oklahoma State University; Stillwater, OK; Assisted in developing evidence-based research course assignments and mentored research/synthesis projects into RT curriculum

2014; Clemson University; Clemons, SC; How to construct evidence-based practice courses to assist them in restructuring courses in their RT Graduate program

2014; Penn State Altoona; Altoona, PA; Reimbursement for RT services for children with Autism to assist families in the area, as well as to incorporate into curriculum

2013; Longwood University; Farmville, VA; Incorporating evidence-based practice and associated resources into the RT curriculum

**Consultations for Employment of Recreational Therapists**

2015; Penn State Milton S. Hershey Medical Center; Hershey, PA; Resources to support the hiring of an RT on the acute/intermediate care unit

2015; Public elementary school; Phila., PA; Resources to support the hiring of an RT at a public elementary school

2015; Melmark School; Berwyn, PA; Justification for hiring an RT, school/residential facility for children with developmental disabilities

**Consultations for Recreational Therapy Licensure**

2022; Canada; Airdrie Miller, CTRS & Nikki Gushue, CTRS, Co-Leads for Licensure in Newfoundland & Labrador

2022; Nova Scotia; Andrew Ritcey, MA, CTRS, Lead for Licensure in Nova Scotia

2020 & 2018; California; Laura McLachlin, PhD, CTRS & Kevin McCann, CTRS, Co-Leads for RT Licensure in California

2018 & 2017; Minnesota; Kathy Davis, MA, CTRS, Co-Lead for RT Licensure for Minnesota

**Consultations for Students**

2023; University of Lethbridge; Alberta, CA; RT Student; Requested examples of RCT research with low bias

2022; German Sports University of Cologne; Sports Student; Research literature on mindfulness and traumatic brain injury

2021; Temple University; Doctoral Student in Educational Psychology; Discussion and resources on the facilitation and outcomes of positive emotions in education, health care, and public health

2019; Temple University; Fox School of Business UG Student; Discussion and resources on how to create an open-access online database for treatment of breakdancing injuries, that incorporates a community discussion forum; as well as processes involved in conducting community-based participatory research

2014; Florida International State University; RT Student; Discussion about the use and benefits of the International Classification of Functioning, Disability, and Health (ICF) in RT practice

**Consultations for Individuals in the Community**

2014; Ms. Shirley Knupp; Phoenixville, PA; Justification for RT services for adult son with autism

2013; RT crochet assessment for client in Active Living for Persons with Aphasia at Temple University, trained an RT student to work with client outside of class time to foster skill development

**RECOGNITION & AWARDS**

**Teaching Awards**

2024; Recipient of the Great Teacher Award from Temple University; the highest teaching award at the University, my name is engraved on the Great Teachers Wall in the Founders Garden

2017; Recipient of the Lindback Distinguished Teaching Award from Temple University

2013; Recipient of the Excellence in Teaching Award from the College of Health Professions & Social Work (renamed the College of Public Health) at Temple University

2012; Excellence in Education Award to Temple University’s Recreational Therapy Program from the American Therapeutic Recreation Association (program award)

**Professional Awards**

2023; Recipient of the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Certificate of Service Award for performing as an Outstanding Professional in providing excellent service in volunteering for advancement in the RT professional field

2020; Elected as a ‘Fellow, Distinguished in Recreational Therapy (FDRT)’ in the National Academy of Recreational Therapists (NART), an honorific society for the most accomplished leaders in Recreational Therapy

2016; Recipient of the American Therapeutic Recreation Association, Member of the Year Award for contributions to the advancement of the RT profession

2015; Recipient of the New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Certificate of Service Award for performing as an Outstanding Professional in providing excellent service in volunteering for advancement in the RT professional field

2015; Recipient of the Pennsylvania Therapeutic Recreation Society Presidential Citation Award for efforts and performances throughout the year that were adjudged to be outstanding by the President

**Awards/Scholarship Created**

2023; Created the RT Faculty Scholarship; a monetary award for incoming MSRT students to help entice enrollment in the MSRT program, as well as provide tuition assistance to currently enrolled MSRT students who experience a financial hardship and need tuition support to continue their MSRT studies. Award is funded through profits from the annual RT Evidence-Based Practice Conference, which I created and Chaired.

2021; Created the RT Wise Owl Award; a competitive monetary award for RT students who demonstrate a commitment to RT evidence-based practice and the profession. Award is funded through profits from the annual RT Evidence-Based Practice Conference, which I created and Chaired.

**Professional Recognition**

2025; Invited ‘Great Teachers’ panelist to Temple University’s Center for the Advancement of Teaching luncheon

2024; Recipient of an unsolicited Citation from the Council of the City of Philadelphia, a formal commendation for my recreational therapy career accomplishments and dedication to enhancing the lives and health of the citizens of Philadelphia

2022; RT faculty at Temple presented me with an award (that they created) to thank me for 10 years of service in creating and chairing the annual RT Evidence-Based Practice Conference.

2015; Was asked, and subsequently compiled, an “advocacy packet example” of my legislative efforts for RT licensure to share with students in the new CPH HRPR 1001 Public Health: The Way We Live, Work, & Play course

2015; Induction to the Provost’s Teaching Academy, Temple University

2014; Special invitation to serve as a member on the College of Public Health’s Teaching Excellence Committee (an honor reserved for those who have received Teaching awards)

2013; One of 30 people worldwide to be invited to the Rehabilitation Treatment Taxonomy 3 day “working meeting” in Rockville, MD to provide feedback on a taxonomy for rehabilitation developed by Ucahn School of Medicine at Mount Sinai, Moss Rehabilitation Research Institute and the Kessler Foundation through a National Institute on Disability and Rehabilitation Research (NIDDR) grant

2011; Identified as a worldwide “clinical expert” in Lower Limb Amputation and invited (and accepted) to contribute to the development of a Lower Limb Amputation ICF Core-Set. Project was Chaired by Dr. Friedbert Kohler out of Liverpool Hospital in Australia and is in partnership with the World Health Organization.

2006; Spotlight in ICF Clearinghouse Newsletter (CDC publication) for work related to the advancement of the International Classification of Functioning, Disability and Health. I was the first person to write a book about the ICF other than the ICF itself.

**ENGAGEMENT IN PROFESSIONAL DEVELOPMENT**

2025; The Note Ninjas Summit, Virtual

2025: AI Detector Training Course; Temple University’s Center for the Advancement of Teaching

2025: Beyond Talking Heads: Tools and Techniques for Fostering Active Learning in Synchronous Online Classes; Temple University’s Center for the Advancement of Teaching

2025; Ungrading and Alternative Assessments; Temple University’s Center for the Advancement of Teaching

2025; Integrating Poll Everywhere Data Into Your Grades in Canvas; Temple University’s Center for the Advancement of Teaching

2023; Advanced Online Teaching Institute; Temple University’s Center for the Advancement of Teaching

2023; Engage Your Students: Effective Techniques for Active Learning in Online Classes; Temple University’s Center for the Advancement of Teaching

2023; Social Annotation with Perusall; Temple University’s Center for the Advancement of Teaching

2023; Canvas: Using Groups and Collaborations for Collective Learning; Temple University’s Center for the Advancement of Teaching

2023; Taking Canvas to the Next Level: A Workshop for Advanced Users; Temple University’s Center for the Advancement of Teaching

2022; Temple University College of Public Health Teaching Symposium; Temple University

2022; American Congress of Rehabilitation Medicine Annual Conference; Virtual

2013, 2014, 2015, 2016, 2017, 2018, 2019, 2021, 2022, 2023, 2024, 2025; Recreational Therapy Evidence-Based Practice Conference; Temple University

2022, 2024; American Therapeutic Recreation Association Annual Conference; Virtual

2021; Practical Steps to Implement Mastery Learning; Magna, Virtual

2015, 2017, 2019, 2020, 2021, 2022; Temple University’s Annual Conference on Teaching Excellence; Temple University

2014, 2015, 2020, 2021; American Therapeutic Recreation Association Annual Conference

2019; Badge Summit: An Exploration of Micro-Credentials, Access, & Equality; Temple University

2019; E-Learning 3.0 Conference; University of the Sciences

2010, 2011, 2013, 2014, 2015, 2018, 2019; New Jersey/Eastern Pennsylvania Therapeutic Recreation Association Annual Conference; Princeton, NJ

2018; Interprofessional Education: Using Technology to Teach Team Based Care; American Medical Association

2018; Enhancing Your Canvas Course with Canvas Apps; Temple University

2018; Setting Up Student Communication with Canvas Groups; Temple University

2016; Pennsylvania Therapeutic Recreation Society Annual Conference; Lancaster, PA

2015; Teaching Showcase, College of Public Health; Temple University

2014; Knowledge Translation Conference: Effective Media Outreach Strategies; Virtual

2011; North American Collaborating Centers (NACC) Conference on the ICF; Washington, DC

**PROFESSIONAL MEMBERSHIP**

American Therapeutic Recreation Association (ATRA)

National Academy for Recreational Therapists (NART)

New Jersey/Eastern Pennsylvania Therapeutic Recreation Association (ATRA Chapter Affiliate)