



**Brooke Jensen,  
MTRS, CTRS**

Recreational Therapist

## Meet Brooke Jensen, MTRS, CTRS— West Ridge Academy Recreational Therapist.

Brooke Jensen is a Master and Certified Therapeutic Recreation Specialist (MTRS, CTRS) and runs the recreational therapy program at West Ridge Academy. She earned her bachelor's degree in psychology from Brigham Young University and her Master's in Recreational Therapy from the University of Utah. She has been trained in sandtray therapy and has extensive high ropes course training. She loves the opportunity to be able to offer sandtray therapy and ropes course experiences to the students at West Ridge in addition to the traditional recreational therapy experiences she offers daily.

Brooke has worked with troubled teens for the past 14 years and has a passion for helping struggling youth and their families. Prior to becoming a Recreational Therapist she worked as a residential staff in a number of different residential treatment centers for many years and fell in love with building relationships with youth and utilizing her relationships with them to help facilitate change.

Brooke is passionate about recreational therapy and its systemic process that utilizes recreation and other activity-based interventions to improve physical and psychological well-being. She loves seeing the way recreational therapy can allow students to have ah-ha moments and start to see how they can take charge in changing their lives and becoming the best they can be.

When she is not playing with the students at work, she loves playing in the outdoors, sports, traveling, almost anything related to playing in the water, and spending time with her family and friends. Her dog, Sadie, sometimes accompanies her to work bringing light and love not only to her life, but to the lives of students as well.