

OTHY301 EXAM PREP

Week 1

Does the occupation support the Development of Self-Management Skills?

- Supporting the development of agency
- Supporting the development of empowerment
- Supporting the development of motivation
- The contribution of medication to recovery
- The contribution of risk-taking to recovery

Wellness toolbox

- Daily maintenance plan
- Triggers
- Early warning signs
- When things are breaking down
- Crisis planning
- Post crisis planning

Frame of Reference: a field of theoretical base for practice

Model (conceptual): gives more precise directions for putting therapy into practice.

Therapeutic use of self

- Empathy
- Active listening
- High level communication skills
- Genuine
- Humility
- Self-awareness

Activities

- Activity analysis
- Activity synthesis
- Activity adaptation
- Activity grading
- Activity sequencing

Environment

- Social and Physical environments
- Demands on behaviour

Core skills for MH practice

- Collaboration with the client
- Assessment
- Enablement
- Problem solving
- Using activity as a therapeutic tool

- Group work
- Environmental adaptation

Thinking skills

- Evidence discovery
- Theory application
- Decision making
- Judgement
- Ethics
- Clinical reasoning
- Reflection

Designing intervention plans

Factors to consider:

- Service context
- Impact of medication
- Energy levels
- Current routines & habits
- Risk management

Choosing the activity

- Volitional process
- Constructs of the occupation
- Performance capacity
- Connectedness to recovery goals; opportunities for self management
- Therapist knowledge and skill set

Volitional process:

Anticipating “is it worth the effort” – choosing activity/ occupational choices-
experiencing- interpreting

Occupational domains

- Participation
- Physical activity
- Client-centred groups
- Cognitive-based approaches
- Creative activities
- Play
- Life skills
- Spirituality
- Employment
- Education
- Leisure pursuits
- Motivation
- Communication and social activities
- Environmental and sensory processing
- Rest and sleep

Steps in the EVP process

1. Translate uncertainty into an answerable question: **ASK**

2. Systematic retrieval of best available evidence: **ACCESS**
3. Critical appraisal of evidence for validity, clinical relevance and applicability: **APPRAISE**
4. Application of results in practice: **APPLY**
5. Evaluation of performance: **ASSESS**