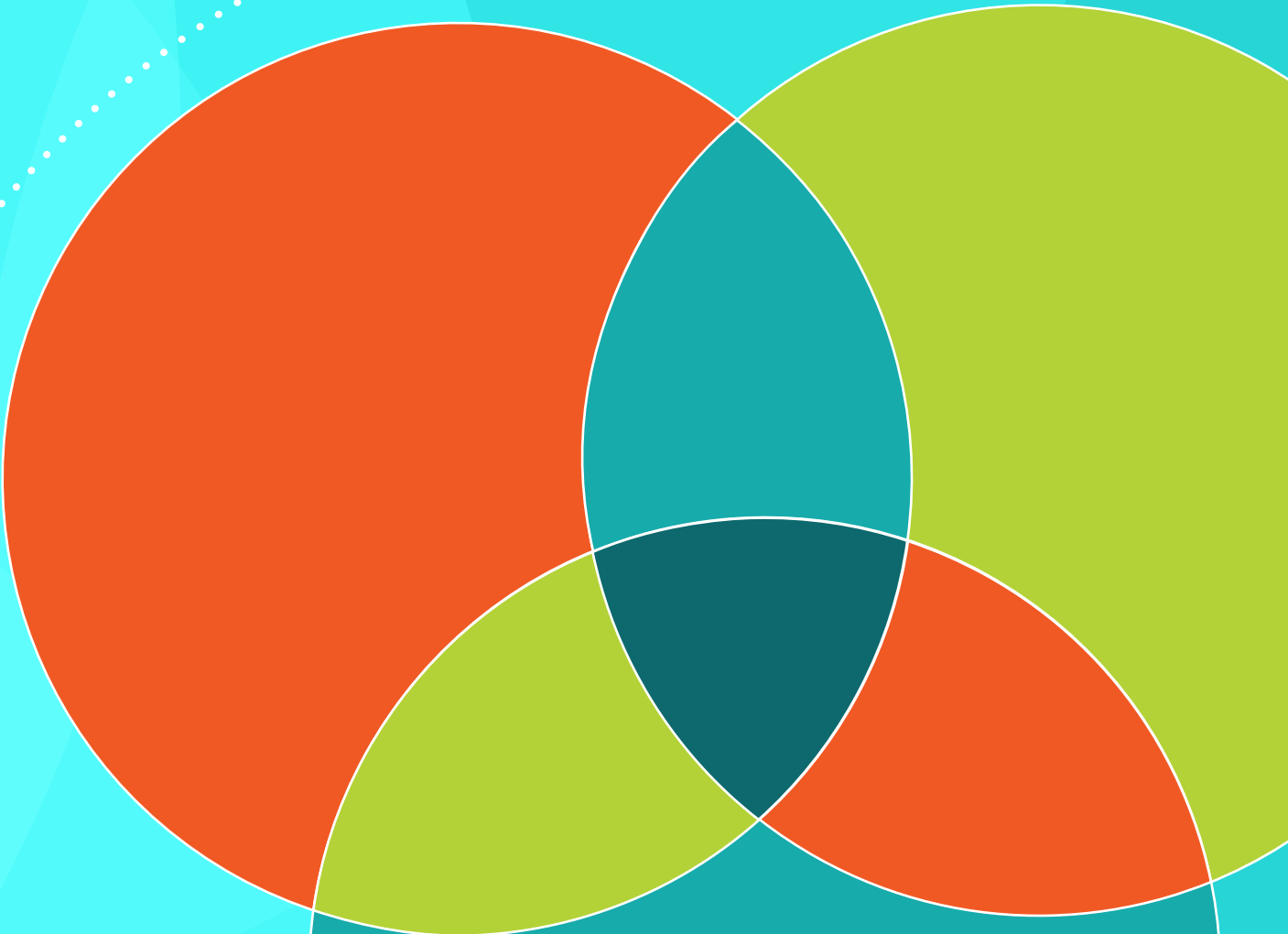




Coping Strategies to Promote Occupational Engagement and Recovery

A Program Manual for Occupational Therapists and Other Care Providers



Mary McNamara | Theresa Straathof

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Handouts (provided on USB flash drive)

- Scenarios
- Communication styles
- Verbal and non-verbal components of communication behaviours
- Communication styles mix and match
- Communication styles mix and match – answer sheet
- Samples of assertive responses
- Benefits of being assertive
- DESC communication tool
- Differentiating communication styles
- DESC template
- Guidelines for refusing requests
- Counterproductive beliefs
- DESC template for refusing requests – with example
- Techniques for avoiding manipulation
- DESC template for refusing requests
- The “feeling detective”
- Types of thought distortions – The dirty dozen
- The “feeling detective” worksheet – scenarios provided
- The “feeling detective” worksheet
- Examples of negative thinking
- Challenging negative thoughts
- Rational questioning to counter negative thinking
- Recognizing and replacing negative thinking
- Feeling words list
- How would you feel?
- Feeling thermometer
- Emotion cards
- Feeling words list (from module: “Communicating feelings – Developing a feeling vocabulary”)
- True feeling statements vs. implied feeling statements
- True feeling statements
- What would you do?
- Choosing my values
- Living my values

- SMART goals
- Examples of SMART goals
- What's wrong with these goal statements?
- Strategies for getting started and staying on track with your goal
- Sentence stems
- Prioritizing my occupation challenges
- Defining the problem
- SMART goals
- Write your own progress note (SOAP definition and template)
- The parts of a SOAP note
- The six stages of change
- Identifying the stages of change
- Questions for each stage of change
- Stages of change goal sheet
- Healthy balance
- Balance and coping strategies
- Two-day planner or Three-day planner
- The balance wheel
- Balance and coping strategies
- Two-day planner or Three-day planner
- Leisure needs checklist
- Overcoming obstacles to leisure
- Two-day planner or three-day planner
- Poem: "Each Day is a New Account"
- ABCs of time
- Transforming loneliness to solitude planner
- Daily maintenance checklist (Part I and Part II)
- The process of resilience
- Key concepts of building resilience and matching activities
- My occupation choices to build resilience
- Card sort task for reflection exercise
- Maslow's hierarchy of needs
- My personal hierarchy of needs
- Self-esteem builders
- Self-esteem bruisers
- Self-esteem worksheet
- "Affirmation bingo" cards
- Constructing affirmations worksheet
- Stress symptoms
- Stress burnout curve
- Coping strategies list
- Stress coping strategies I use - personal survey

- My stress coping prescription
- To what extent do we have control of our stress?
- “Words of wisdom” sayings for a picture game
- Using “words of wisdom”
- Using “words of wisdom” in sample scenarios
- “Words of wisdom” worksheet
- Distress tolerance
- My emergency response plan
- Crisis action plan - sample
- Crisis action plan
- What is mindfulness?
- Mindfulness activities
- Mindfulness worksheet



As a therapist or group facilitator focusing on the development of knowledge, skills or attitude shifts, have you struggled with questions such as:

- How do I know that my clients are learning?
- How do I know the group will have meaning for them?
- What will I say or do to result in effective and efficient learning for my clients?
- Where is the evidence that group members are learning what I want them to learn?
- How can I measure the success of my clients' learning in coping strategies groups?

This book is a one-stop resource that offers a unique combination of evidence-based methods for adult learning and coping strategy development, and will provide you with the tools to lead such groups or to develop your own.

Includes 30 ready-to-implement learning designs for coping strategy groups with corresponding handouts!

The first section explores foundations of occupational therapy theory, adult learning theory using Kolb's experiential model, Kirkpatrick's model of learning evaluation and the recovery model. The occupational therapy program and interventions at The Ottawa Hospital acute mental health unit are described. Case vignettes illustrate how the theory is applied to practice.

The second section of the book offers step-by-step modules to promote client learning (knowledge, skills, attitude shifts) in areas of goal setting, healthy lifestyles, effective communication, constructive self-talk, stress management, relaxation, self-esteem, values and resilience. Each module is user friendly. The modules include a variety of hands-on activities, questions to facilitate learning, points for discussion, practical applications, and an evaluation component to prove the learning is working. Though the modules are written for training in groups, there is indication of how the learning can be modified for use with individual clients.

The final section provides over 80 handouts on a USB flash drive! Clients use these handouts to apply the concepts they have learned to what is meaningful in their current situation. By using such tools as communication scripts, daily schedules, personal inventories, thought, feeling and behaviour mapping, clients are encouraged to prioritize health and safety needs, and to embrace choice.

Use these tools to get clients back to doing what they need and want to do in their day.

Written by occupational therapists, this book may be used by a variety of health care professionals and teachers working to promote recovery.

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