

OCC1 551 PSYCHOSOCIAL PRACTICE IN OCCUPATIONAL THERAPY

Credits: 3

Prerequisites: Successful completion of OCC1-550 Enabling Human Occupation.

A university level course in Abnormal Psychology is highly recommended. Alternatively, preparatory reading on psychiatric diagnosis prior to the course is essential. A reading list can be provided upon request.

Course Coordinator:

Suzanne Rouleau
514-340-8222, extension 5154
suzanne.rouleau@mcgill.ca
Meetings by appointment only

Lecturers and seminar leaders:

Skye Barbic, PhD candidate
Sandra Everitt, M.A.
Melissa Park, Ph.D.
Suzanne Rouleau, M.Sc.
Hiba Zafran, M.Sc., PhD candidate

Course Description: This course will cover the basic principles and application of psychosocial assessments and treatment approaches in occupational therapy (OT) for clients with psychiatric conditions and/or psychosocial dysfunction across the life span. The Model of Human Occupation (MOHO) will be used as a conceptual model of practice.

Expanded Course Description: This is a lecture, clinical and case-based reasoning, and experiential course. It covers an introduction to the context and practice of OT in mental health, to Recovery principles and the application of OT theoretical concepts (MOHO) in mental health practice. It also covers the use of psychosocial assessments, goal setting, individual and group interventions in clinical OT, and therapeutic use of self for clients with psychiatric conditions, mental health issues and/or psychosocial dysfunction. Students will have opportunities to practice essential clinical skills in the seven (7) mandatory Seminars/Clinical Reasoning Workshops and to reflect on testimonies from clients as guest speakers.

Course Structure: This course consists of 2 ½ hours/week of lectures and/or clinical reasoning case-based group discussions; and six (6) three-hour applied skills Seminars/

Clinical Reasoning Workshops during the winter semester. The last two lectures include a 7th and 8th mandatory Clinical Reasoning Workshops.

Learning Outcomes: On completion of this course, the student will be expected to:

1. be aware of the roles of occupational therapists in mental health and of the importance of the Recovery approach within a changing context of psychiatric diagnosis and practice
2. analyze the impact of psychiatric conditions on a person's occupational identity and trajectory
3. determine and select an evaluation process for clients with various conditions
4. determine patient-oriented goals/outcomes and select appropriate therapeutic interventions for a individuals and/or group of clients with psychosocial dysfunction
5. engage in clinical reasoning, including reflective practice, while developing skills related to therapeutic use of self in mental health interviewing and group interventions
6. use the theory of group dynamics to observe and analyze groups.

Course Content:

1. Introduction to the roles of occupational therapists in mental health, some of the National and Provincial regulations and to the Recovery approach within the context of values-based practice
2. The analytic application of the MOHO model to clients in mental health
3. The use of self in interviewing, eliciting patient oriented outcomes and leading groups
4. Principles and application of psychosocial assessments
5. Establishment of client-centered treatment goals
6. Introduction to treatment approaches for an individual and/or a group of clients with psychosocial dysfunction, across the lifespan.

Applied Skills Seminars/ Clinical Reasoning Workshops:

1. Seminar on interviewing to elicit patient oriented outcomes
2. Simulation center: initiating an interview with clients with psychiatric conditions
3. Hands on Seminar on Objective Assessments
4. Clinical Reasoning Workshop on setting goals and selecting assessments
5. Therapeutic Use of Self in a group context I: leadership styles, process vs. content

6. Therapeutic Use of Self in a group context II: facing therapeutic challenges
7. Clinical Reasoning Workshop on OT interventions in child psychiatry (during lecture time)
8. Clinical Reasoning Workshop on setting individual and group interventions as well as interventions related to the environment (during lecture time)

Detailed information on the lectures and seminars will be available on webCT.

Required Texts

- Cara, E. & MacRae, A. (2004). *Psychosocial Occupational Therapy: A Clinical Practice, 2nd ed.* Clifton Park, NY: Thompson Delmar Learning.
- Dimock, H.G. & Kass, R. (2007) *How to observe your group.* 4th ed. North Concord, ON: Captus Press Inc.
- Hemphill-Pearson, B. (2008). *Assessments in Occupational Therapy Mental Health:*
- *An Integrative Approach, 2nd ed.* Thorofare: Slack.
- Kielhofner, G. (2008). *Model of Human Occupation: Theory and Application, 4th ed.*
- Philadelphia: Lippincott, Williams & Wilkins.
- Everitt, E., Park, M., Rouleau, S., Zafran, H. (2012) OCC1-551 Psychosocial Practice in Occupational Therapy – CoursePack

Recommended Texts (copies on reserve at the library)

- Kaplan, H.I., & Sadock, B.J. (latest edition). *Kaplan and Sadock's Synopsis of Psychiatry.* Baltimore: Lippincott, Williams & Wilkins.
- American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders: DSM-IV-TR*, 4th text. rev. ed. Washington, DC: American Psychiatric Association.

- Bonder, B. (2004). *Psychopathology and function*, 3rd ed. Thorofare: Slack.

Student Assignment and Evaluation: TBA. (may consist of):

- Case-based assignments in groups
- Individual Reflective Journal or Blog
- Seminar attendance and participation
- Final Exam (50%)
- Details will be provided on the first day of class

Handing in Assignments: Assignments must be submitted on webCT by the due dates.

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.

Special Requirements for Course Completion and Program Continuation: In order to pass the course, a grade of at least 60% must be obtained as a total course mark for B.Sc students and 65% for Qualifying Year students. A supplemental is permitted in this course. Please refer to the Rules and Regulations for information regarding final and supplemental examinations.

This course falls under the regulation concerning individual and group evaluation. Please refer to the section on marks in the Rules and Regulations for Student Evaluation and Promotion.

Plagiarism/Academic Integrity: "McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see www.mcgill.ca/students/srr/honest/ for more information.)

"L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter le site www.mcgill.ca/students/srr/honest/)."

Attendance: Students are expected to attend every lecture and lab. Students who have missed more than 10% of Seminar/ Clinical Reasoning Workshop (i.e. *more than one in this course*) without prior approval or a medical notice will have a 5% mark deducted

from their final course mark. This rule applies to all required workshops, seminars or professional activities within this course. Some lecture time has been dedicated to Clinical Reasoning Workshops, please look at the schedule.

Right to submit in English or French written work that is to be graded: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.

"Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue)."

Consequences of not completing assignments as requested: Lateness will be penalized by the loss of 1 mark/day.

Disability: "If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the Office for Students with Disabilities at 398-6009.

The following behaviours are expected of health care professionals

Professional Conduct and Dress Code: Professionalism and accountability are expected throughout the course of the semester. This includes the on-going respectful nature of teacher-student as well as student-student interactions. This also applies to dressing. It is each student's responsibility to have appropriate attire during all class assignments and learning activities.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. email, msn, sms). Your cell phone should be on silent during class time and phone calls should only take place during the break or after class.