



The Cognitive Orientation to daily Occupational Performance (CO-OP Approach™)

Day 3: Consolidation Day Instructions for participants

Consolidation Day Objective:

The objectives of the consolidation day are for participants to undertake a *Check* (self-reflection) of their application of the CO-OP Approach™ with the clients in their settings and to do a *DPA* of their own performance of CO-OP, and identify what works well for them and what issues or breakdowns they experience. Participants will share and celebrate their successes, and, through guided discovery, identify potential *strategies* that they can use to meet challenges and improve performance.

At the end of the day, participants will make a *GOAL* and a *Plan* for themselves to use their discovered strategies so they can more effectively use CO-OP with their clients. Over the course of the next four months, participants will *DO* their plan. Then, four months later, participants will receive a reminder email to *CHECK* their plan. We will also ask you to answer a few questions on how you are applying CO-OP in your practice.

Prior to consolidation day

What is required from participants?

- 1) Prepare and be ready to discuss, in a small group format, a **short** video or case study (not more than 2-3 minutes in length) that demonstrates your understanding and application of the CO-OP approach. The aim of this exercise is to facilitate self-reflexion and discussion among participants, and can be used as an example the application of the CO-OP approach that may be shared with other participants. During the course, you will be asked to contribute your information and your experiences to the discussion of the application of CO-OP in small group discussions as well as with the whole group.

In your preparation, think about your client (case), your experiences and reflections on the use of CO-OP in the case, including perceived benefits and challenges faced.

Your video case study, should include the following information:

- Age, gender, primary diagnosis or reason for therapy referral
- Client's goals
- Relevant background information in 2-3 sentences (e.g., additional diagnoses, setting [hospital, rehab, school], etc.)
- Demonstration of application of at least one CO-OP Key Feature (suggestion: guided discovery or DPA)
- Self-reflection (addressing successes and challenges)

You **may** also include any one of the following to enhance the discussion of your video case study:

- Audio recordings of dialogue between therapist and client (e.g. when engaged in guided discovery during Plan or Check)
- Photographs
- Quotes (anonymous) to illustrate application and reflection, esp. guided discovery and DPA
- Examples of goal setting, plans, generalisation and transfer (COPM, homework books, worksheets etc)
- Puppets, figures, presentations or other materials used to assist the CO-OP intervention process
- Handouts for other course participants

**Please note that you should receive signed consent from the client and/or main carer for the use of documents/files/media for the specific purpose of education and training. When possible, please de-identify any materials used.*

- 2) Approximately three weeks prior to the workshop, instructors will send an email to ask you to confirm that you will bring a video to the workshop and ask you to specify, the client diagnosis, age, and key feature displayed in the video. We will also remind you to undertake a self-reflection and identify for yourself the elements you have identified as challenging.
- 3) Please bring your presentation notes and supporting documents on an encrypted memory stick to facilitate sharing with the large group. If possible, please bring a laptop or tablet, which will facilitate sharing information with your small group.