

Dear CO-OP Instructors,

*“A community of practice (CoP) is a **supportive social environment for development and learning** of specific doing based on **shared curiosity and concern**. Participants are committed to **identify gaps, share knowledge and experiences to work together at knowledge under construction** in order to solve occupational performance issues. A CoP provides a safe environment to give and take without judgement, allowing participants a freedom of discovery” (Froude, Houten van den, Jansens 2021).*

December 11th, 2020 #ICANCOOP associates met in a first meeting to further building on CO-OP oriented CoP's. If you like to watch the recording, please have a look at the Dropbox instructors folder: https://www.dropbox.com/s/is3rd3xnpfe5xv2/zoom_0.mp4?dl=0

Where the KTC initially developed the network of instructors, KTC's focus is now on delivering quality CO-OP workshops. The new ICAN Community of Practice Committee (CoPC) will support from now on further networking and learning with and from each other.

At this December meeting we discussed what is needed for further development of the instructors network. The suggestion is to work with the concept of Communities of Practices (CoP) since this aligns well with an attitude needed for practising CO-OP. In an open conversation we talked about the following:

1. **CoP of CO-OP instructors** and how we can support each other.

Outcomes:

- a. Annual 1 day meeting on the quality of teaching and input from research and other info. This will be blended events both in the room and through virtual attendance;
- b. 3 or 4 times per year shorter – 2 hour- online meetings to support us in “trouble shooting”, consolidation day teaching, discussions on newest research insights, and all other topics that is needed/wanted. There was also a suggestion to now and then have a different format update like e.g. a newsletter.
- c. Cooperation where needed or liked at a
 - i. regional level with instructors speaking the same language, like the German, Italian and Swedish CoP;
 - ii. international alliances, like a new cooperation between Stephanie (Germany) Simone (Slovenia) and Claire (Croatia) and the one between Ann (Ireland) and Rianne (Belgium/ the NI).

NB: Planning of the shorter meetings. Please share your ideas on what day of the week and other suggestions at: <https://app.sli.do/event/1SpvhWQUmXtkRf5gVnsKGv>

2. **CoP's of CO-OP trained therapists.**

In the different countries new CO-OP trained therapist's expressed the need for further development of their CO-OP skills and on discussing how to implement CO-OP in their day to day practice and their struggle related to strong bottom up OT groups.

A new slide at the end of day 2 has been added to promote this cooperation in a CoP format, when and where wanted.

Power point slide CoP for workshop



Newly CO-OP trained therapist can then build on:

- Sharing and learning from existing knowledge.
- Identifying knowledge and practice gaps, priorities and common challenges .
- Generating and sharing new knowledge and new ways of working; better tools and processes; and innovative solutions to common challenges.

At the December meeting we further shared ideas around already existing CoP's of CO-OP trained therapists:

- Australian example (Elspeth & Charmaine)
- Swedish example (Lena)
- UK example)(Hortensia & Anne)
- Canadian example (Helene)

For the lively examples please have a look at the recorded Zoom meeting.

It is the experience that different groups choose their own communication formats like closed Facebook group, what's app group, email circles.....

3. Suggestions for further networking and the promotion of CO-OP and new insights.

Ideas on new #ICANCOOP tools where proposed, like:

- Podcasts /short clips to discuss new insights based on research
- Continuation of the blogs (see ICAN website)
- Research updates in a nice format (any ideas there....?)

4. The need for a 'get together' on the new workshop desk

Helene expressed that that is always possible. Instructors might like to connect with a group of the same language and contact Helene and Rose to discuss the new workshop deck. Instructors that already ran this version might like to join for discussion.

We thank all that were able to attend for sharing their insights, questions, ideas and stories and we are looking forward to a next meeting to be planned in Spring. We will ask you beforehand to propose items to be discussed. And a **Save the date:**

1 September 2022 Paris Instructors meeting. Life for those who are able to attend and virtual for all other instructors.

A very happy holiday season, up to a bright 2022!

Elspeth, Hortensia, Anne and Jolien, ICAN CoPC

If you like more inspiration on CoP's, here some suggestions:

- <https://www.gov.uk/service-manual/communities/setting-up-a-new-community-of-practice>
- <http://frailtyicare.org.uk/making-it-happen/community-of-practice/>
- <https://wenger-trayner.com/>