# Reflections and Connections

From Occupational Therapist to Expert and Beyond

Helen Buri

Clinical Director Novo Therapy & Care Ltd

Director Employment Experts Ltd

### Early Experience of Mental Health Treatment











## Early Impressions of Occupational Therapy





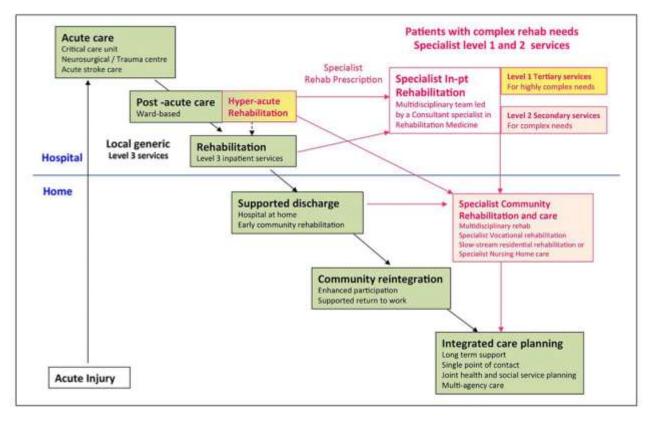








### Ideal Rehabilitation Pathway

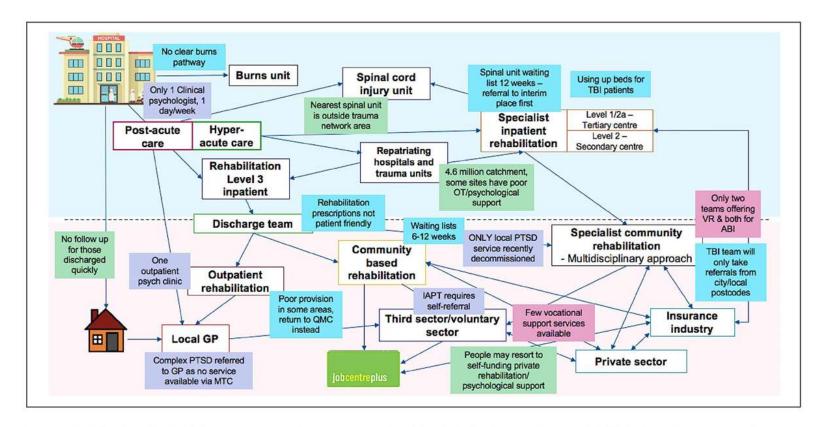


**Figure 1.** The 'ideal' rehabilitation pathway following major traumatic injury taken from the BSRM core standards. <sup>14</sup> Patients flow through the system from acute care to community care, sometimes requiring more specialist care at a level 1 or 2 inpatient unit.





### Actual Rehabilitation Pathway



**Figure 2.** The 'reality' of the trauma pathway; example of rehabilitation pathway, highlighting the current issues. ABI: acquired brain injury; GP: general practitioner; IAPT: improving access to psychological therapies; MTC: major trauma centre; TBI: traumatic brain injury; PTSD: post-traumatic stress disorder; VR: vocational rehabilitation.

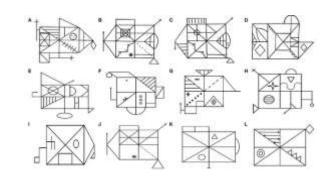




### Becoming an Expert











### Going to Court







### Building an Employment Expert Team



















## De-escalating distress and accommodating for cognitive impairment

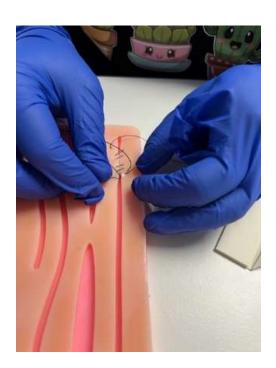
- Grounding.
- Breathing (exhale for longer than the inhale).
- Repeating a question back (and listening).
- Breaking down questions into chunks, limiting choices.
- Allow for delay in answering be comfortable with silence.
- Self-disclosure as a tool for empathy.





### **Functional Capacity Evaluations**











### Team Building with Motivational Maps

#### **Relationship Motivators**

#### **Achievement Motivators**

#### **Growth Motivators**



The Defender seeks security, predictability, stability



The Director Seeks power, influence, control of people / resources



The Creator Seeks innovation, identification with new, expressing creative potential



The Friend Seeks belonging, friendship, fulfilling relationships



The Builder Seeks money, material satisfactions. above average living



The Spirit Seeks freedom, independence, making own decisions



The Star Seeks recognition, respect, social esteem



The Expert Seeks knowledge, mastery, specialisation



The Searcher Seeks meaning, making a difference, providing worthwhile things





## Team Data Table for Novo Therapy & Care (11 Dec 2022)

Top Motivator
Second Motivator
Third Motivator
Lowest Motivator

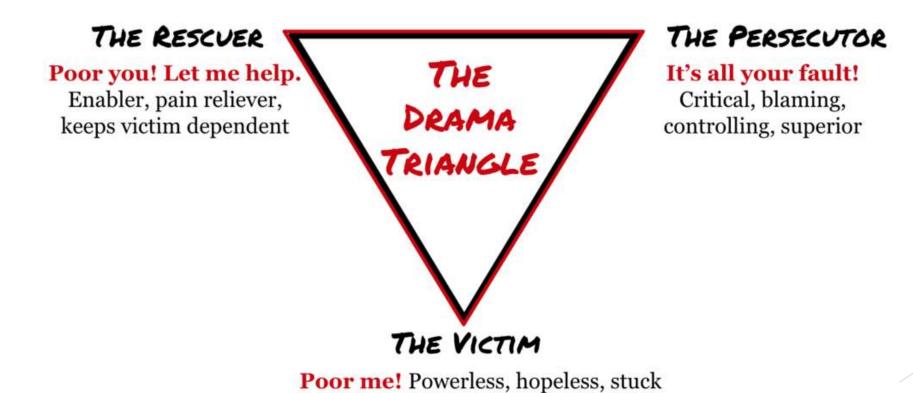
Team Motivation Score: 72%

Name	Searcher	Expert	Defender	Spirit	Creator	Builder	Friend	Star	Director
	23	25	13	19	25	21	17	17	20
	32	26	19	21	20	26	21	8	7
	25	25	22	21	21	19	16	18	13
	34	24	24	16	16	15	23	17	11
	28	27	22	19	21	19	19	11	14
	26	<b>26</b>	26	22	23	18	15	13	11
	29	23	30	18	26	20	15	8	11
	32	28	26	29	12	16	22	8	7
Total	229	204	182	165	164	154	148	100	94





### Games within Teams







### Connecting with Clients in Person

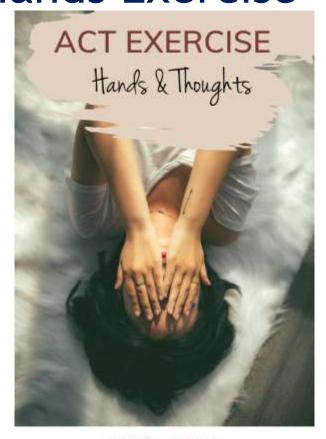








## Acceptance and Commitment Therapy - Thoughts as Hands Exercise

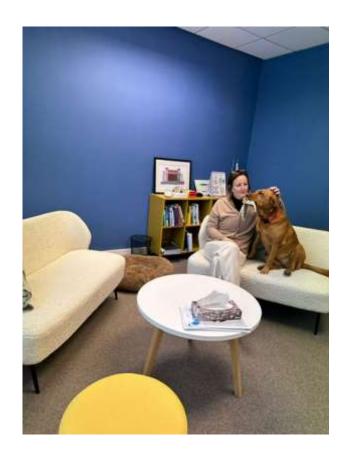


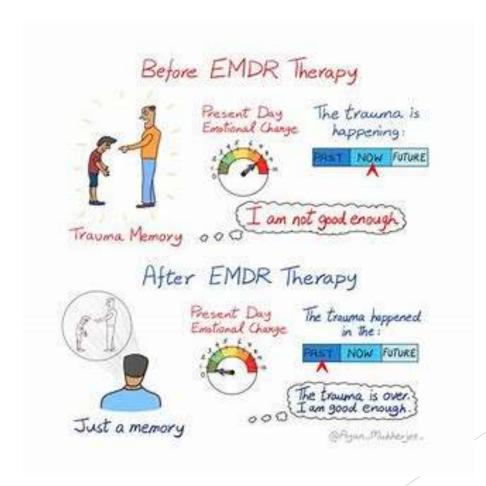
WWW.SONIA-JAEGER.COM





### Becoming a Psychotherapist

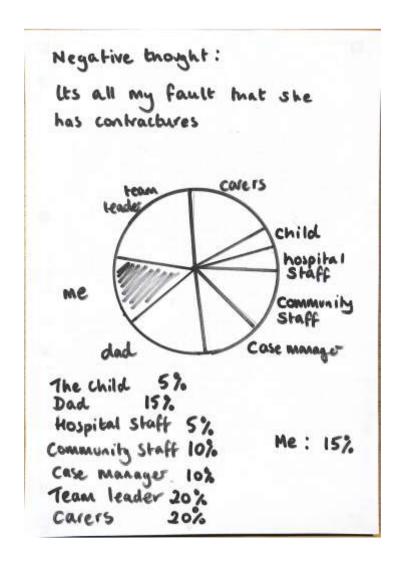








### Supporting families







### Questions





