

Reflections and Connections

From Occupational Therapist to Expert and Beyond

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Early Experience of Mental Health Treatment



Early Impressions of Occupational Therapy



Ideal Rehabilitation Pathway

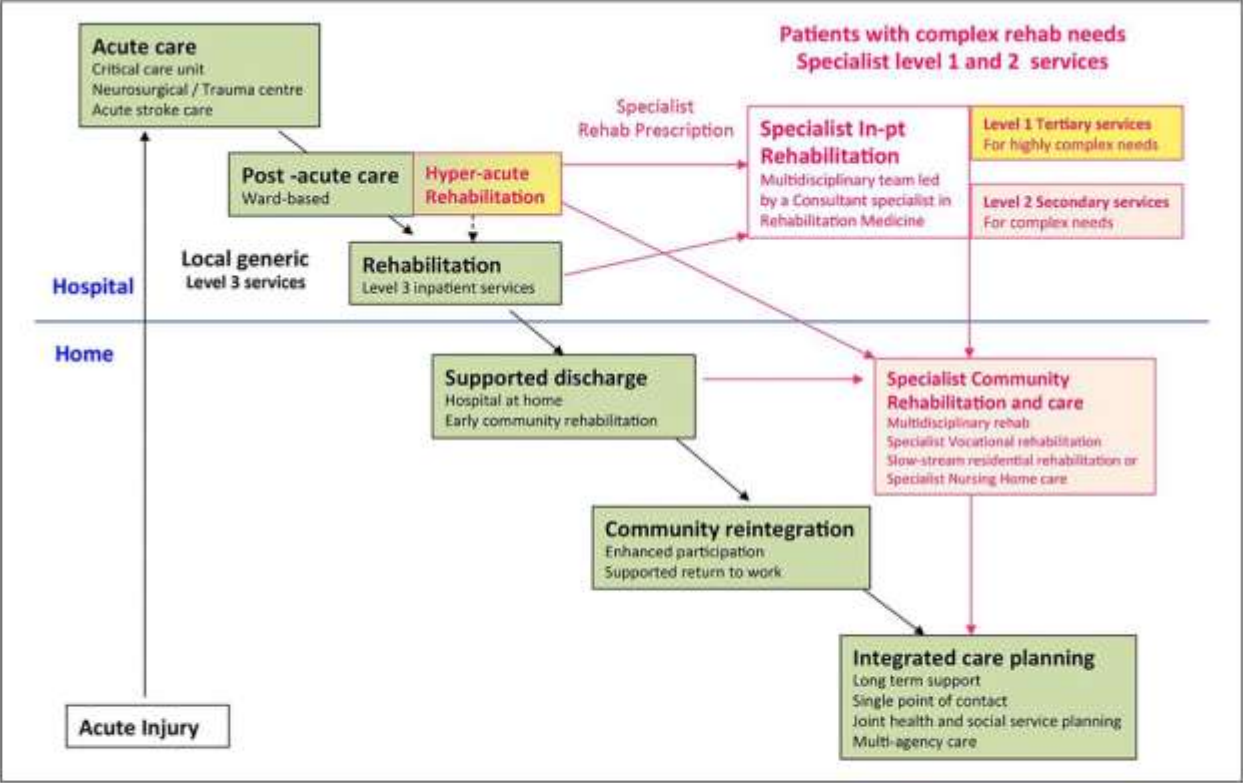


Figure 1. The 'ideal' rehabilitation pathway following major traumatic injury taken from the BSRM core standards.¹⁴ Patients flow through the system from acute care to community care, sometimes requiring more specialist care at a level 1 or 2 inpatient unit.

Actual Rehabilitation Pathway

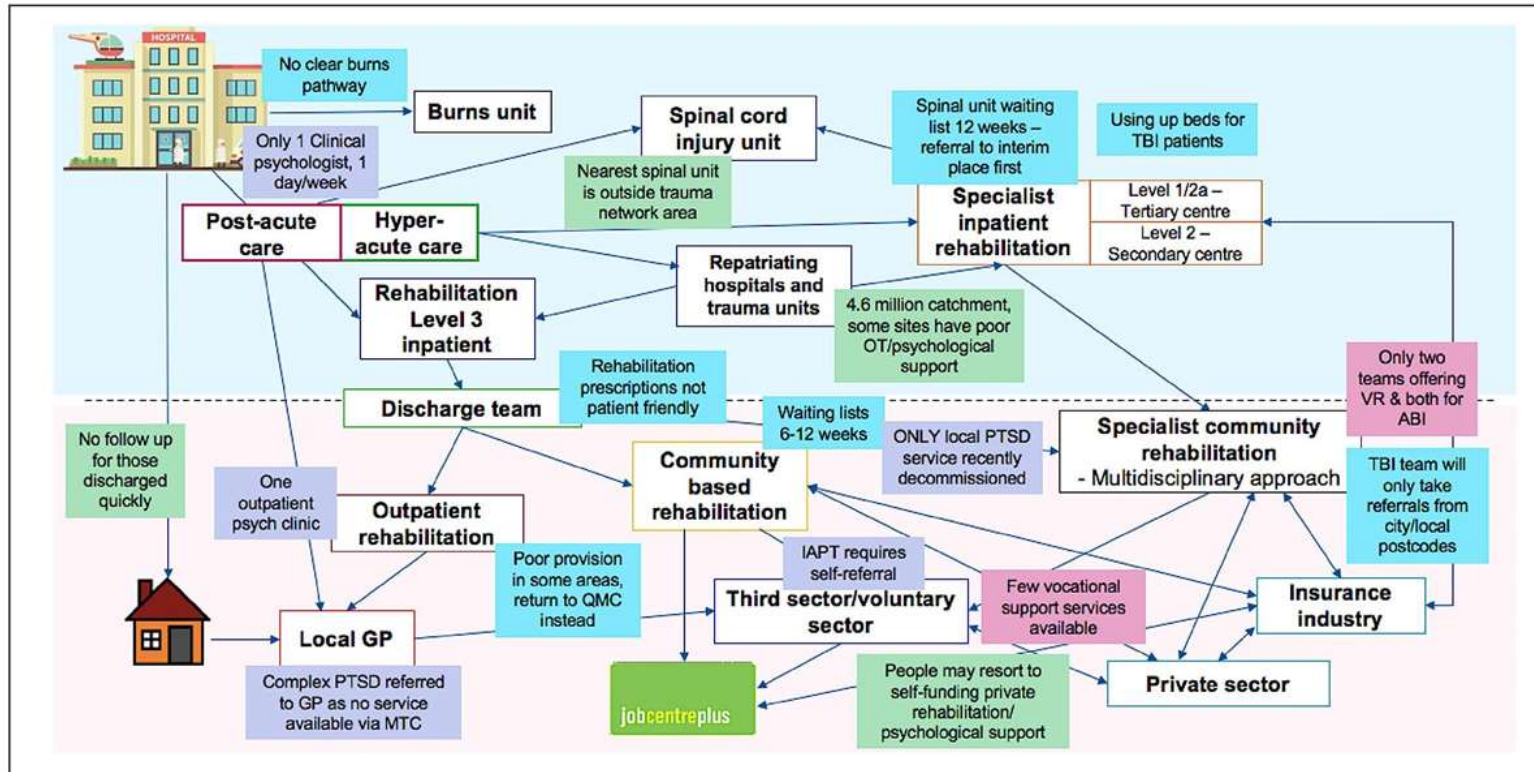
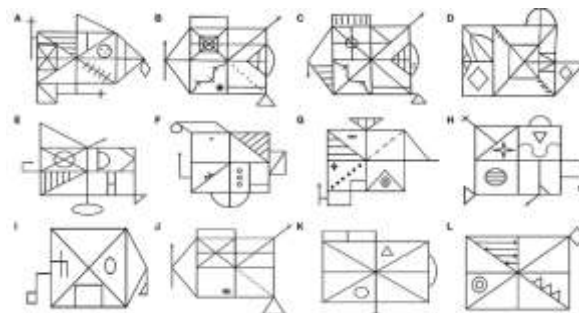


Figure 2. The ‘reality’ of the trauma pathway; example of rehabilitation pathway, highlighting the current issues.
 ABI: acquired brain injury; GP: general practitioner; IAPT: improving access to psychological therapies; MTC: major trauma centre;
 TBI: traumatic brain injury; PTSD: post-traumatic stress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

Becoming an Expert



Going to Court



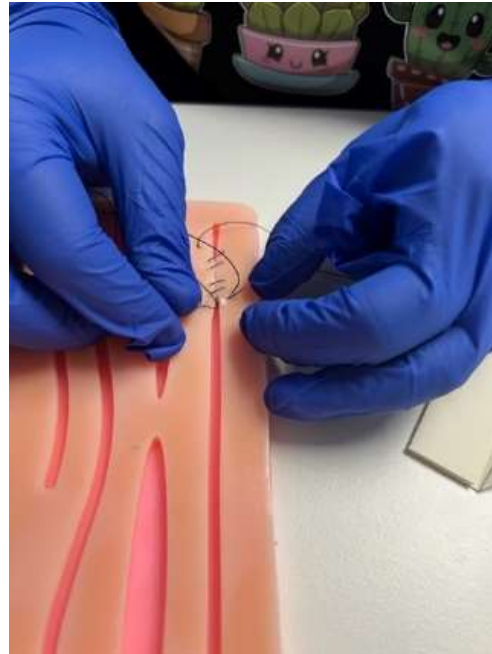
Building an Employment Expert Team



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

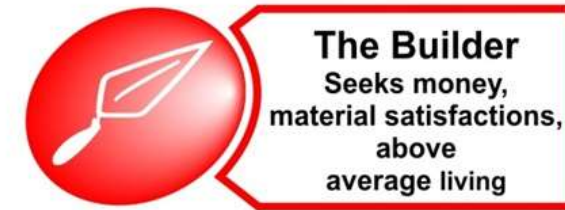


Team Building with Motivational Maps

Relationship Motivators



Achievement Motivators



Growth Motivators



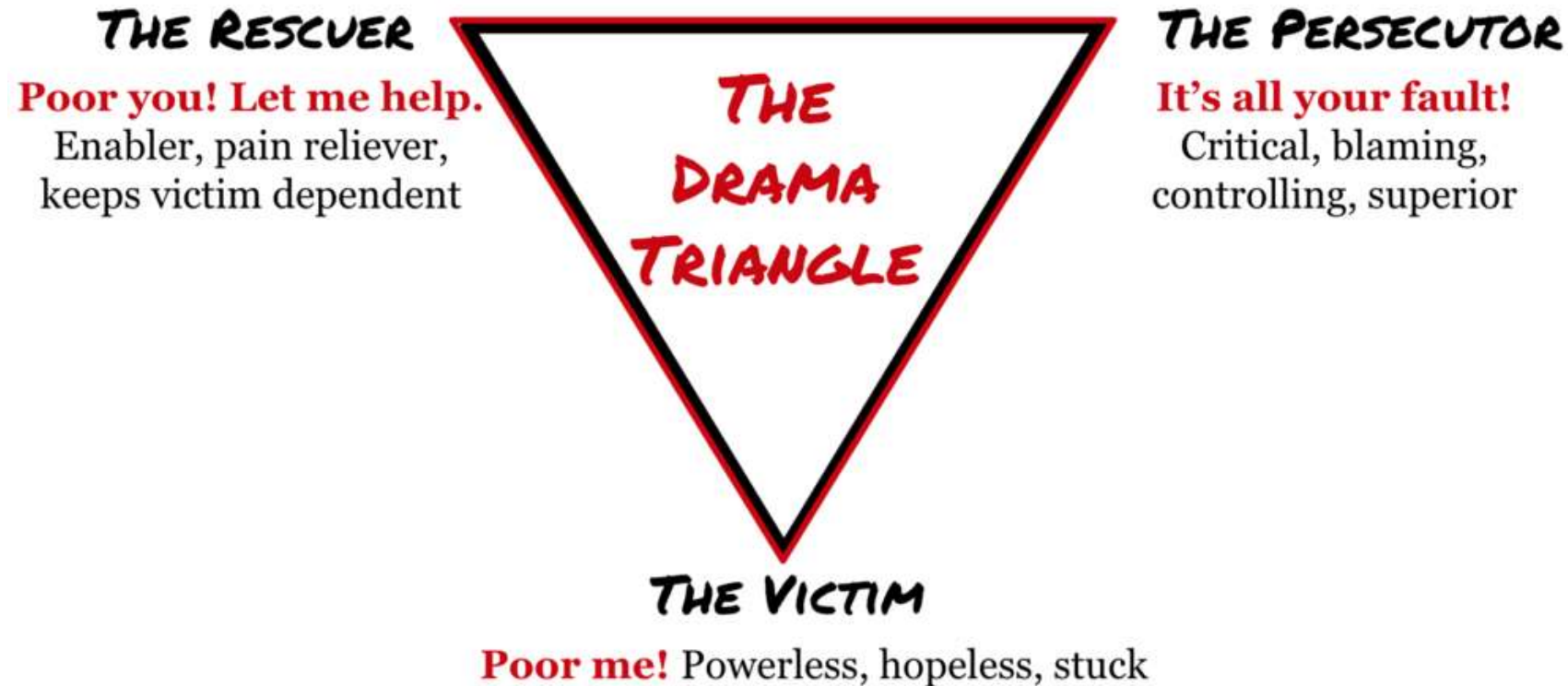
Team Data Table for Novo Therapy & Care (11 Dec 2022)

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	26	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

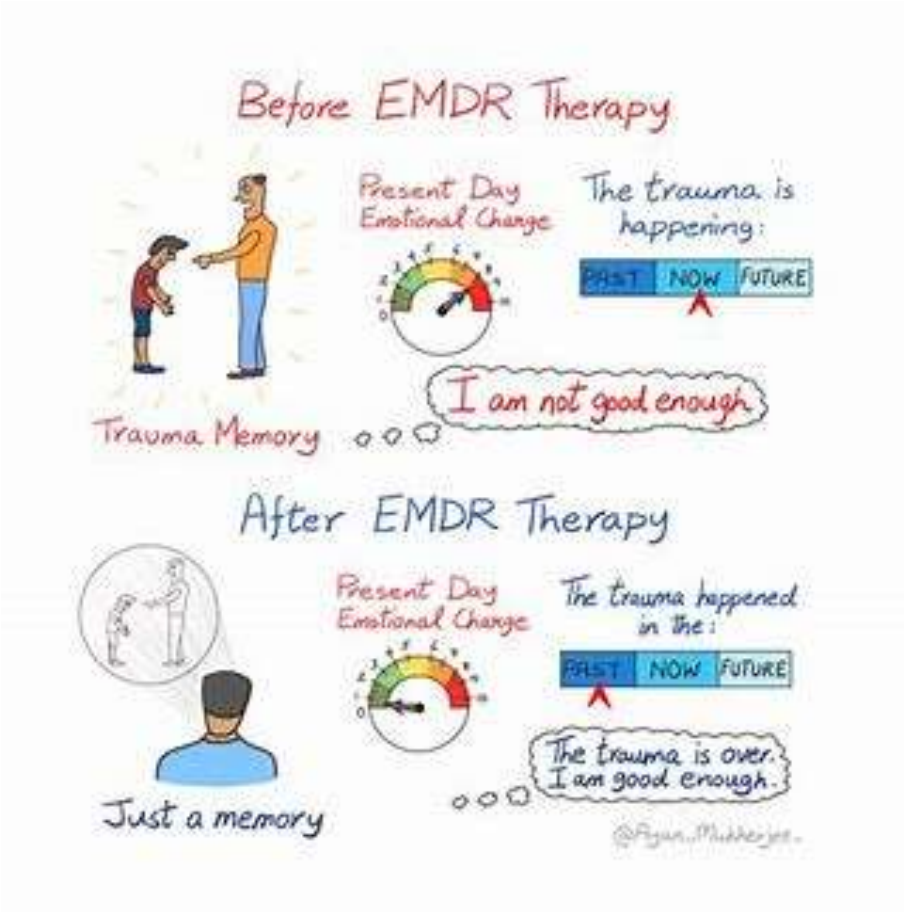


Acceptance and Commitment Therapy - Thoughts as Hands Exercise



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Becoming a Psychotherapist



Supporting families



Questions

