IMPROVING OCCUPATIONAL PERFORMANCE IN OUTPATIENT MENTAL HEALTH OT

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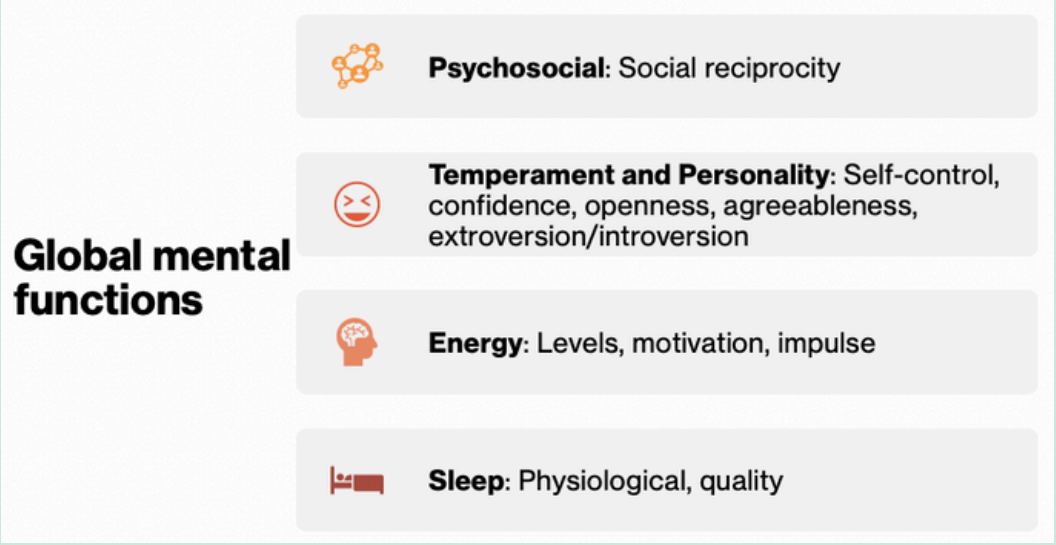
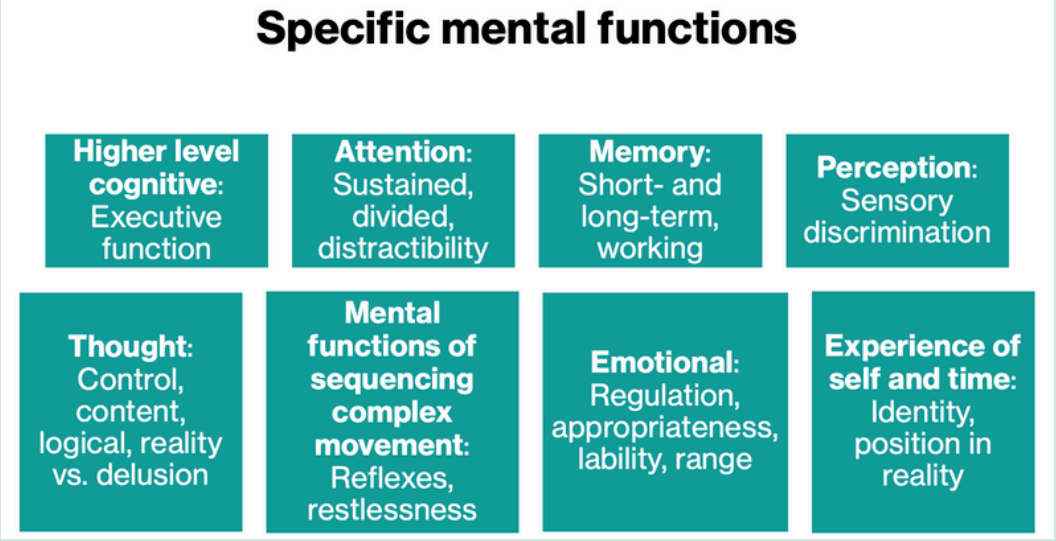
WHAT QUALIFIES OT PRACTITIONERS TO WORK IN MENTAL HEALTH?

THE OCCUPATIONAL THERAPY PRACTICE FRAMEWORK, FOURTH EDITION (OTPF-4) GUIDES OT PRACTICE'S SCOPE IN THE MENTAL HEALTH SPACE.

- GLOBAL MENTAL FUNCTIONS
- SPECIFIC MENTAL FUNCTIONS





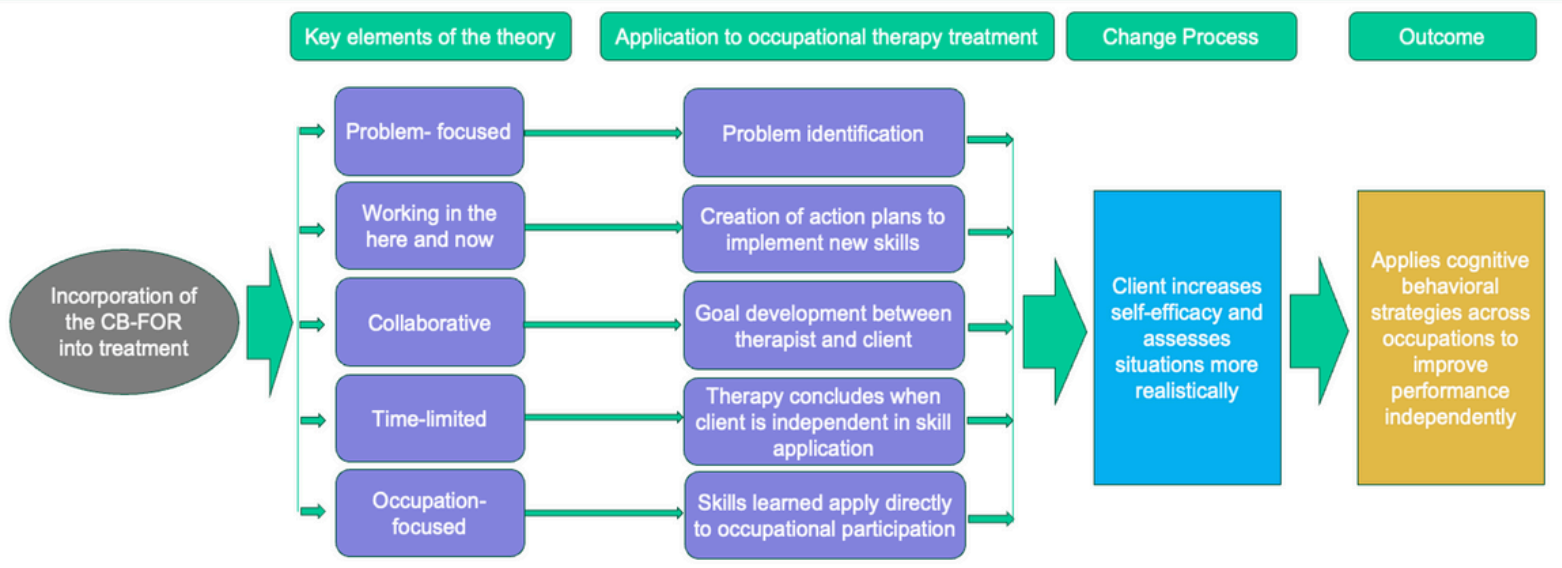
HOW DOES INCORPORATING COGNITIVE BEHAVIORAL THERAPY INTO THE OUTPATIENT SETTING WORK?

OTPs improve participation in meaningful daily activities for individuals living with mental illnesses by addressing unhelpful thoughts and behaviors using action-based strategies. OT differs from talk therapy in our unique lens - while it is important to understand our clients' problems and psychological symptomology, it is only in the context of occupational deficits. That is, what are our clients not doing because of mental illnesses, insomnia, or lifestyle deficits and what strategies, cognitive and behavioral, do we need to implement to enable goal attainmnent.

For more information, scan the QR code:

Or visit: https://www.theoutpatientmentalhealthOT.com

THE COGNITIVE BEHAVIORAL FRAME OF REFERENCE (CB-FOR) (JONES, 2024)



Commonly Addressed Areas of Occupation

- Play
- Work
- Socializing
- Self-care
- Home Management
- Community Management
- Childcare
- Caregiving
- Leisure
- School
- Healthy Eating
- Sleep
- Exercise

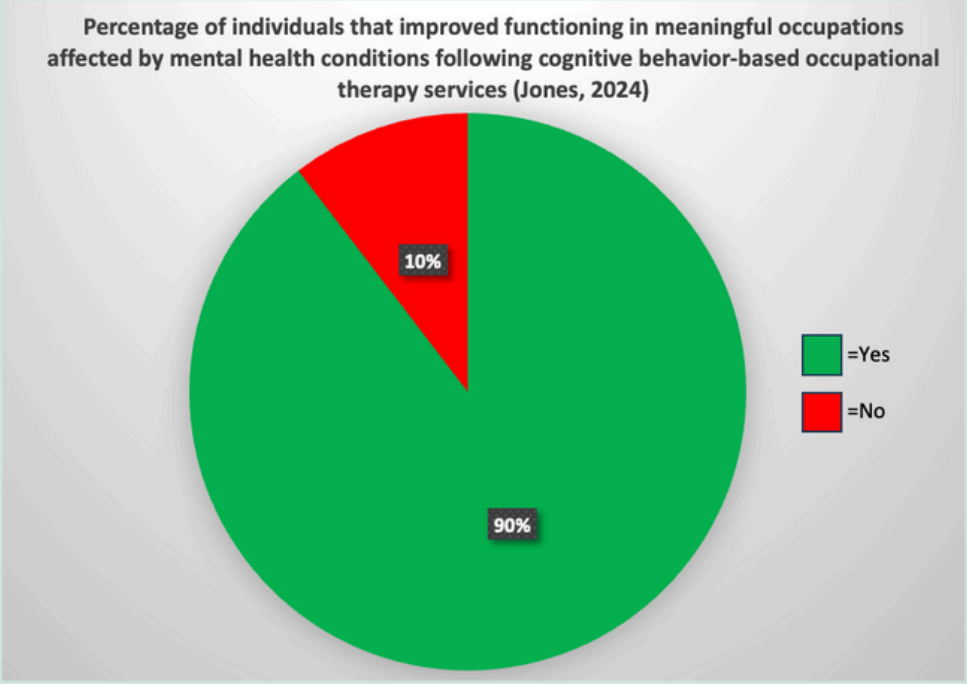
CBT Tools

- Relaxation Skills
- Daily Journaling
- Desensitization/Exposure
- Activity Scheduling
- Cognitive Worksheets
- Mindfulness Training
- Behavior Rehearsal
- Socratic Questioning
- Cognitive Restructuring
- Social Skills Training
- De-catastrophizing
- Mental Imagery
- Cognitive Rehearsal
- Action Plans

WHAT IS THE EVIDENCE THAT USING A COGNITIVE BEHAVIORAL APPROACH IN THE OUTPATIENT SETTING IS EFFECTIVE?

A retrospective study (*n=48)* conducted by Jones (2024) found that 90% of patients demonstrated clinically significant change following cognitive behavioral-based treatment, as measured by an improvement in performance and satisfaction on the COPM by at least two points, regardless of age or gender, from pre- to post-treatment.

Treatment sessions ranged from 30-60 minutes 1x/week for an average of 9 visits.



Reference: Jones, M. J. (2024). A cognitive behavioral approach to improving performance and satisfaction in meaningful occupations in the outpatient mental health occupational therapy setting. Occupational Therapy in Mental Health. https://doi.org/10.1080/0164212X.2024.2326411