

Occupational Engagement and Wellbeing

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Presentation plan

- Define key concepts
- Introduce the original research and theoretical framework
- Outline current research
- Outline ideas for a new App

Definitions

Forensic mental health

"Forensic psychiatry deals with the assessment, treatment, containment and community management of mentally disordered offenders."

(Couldrick 2003, p12)

Occupational therapy

"Occupational therapists view people as occupational beings. People are intrinsically active and creative, needing to engage in a balanced range of activities in their daily lives in order to maintain health and wellbeing. People shape, and are shaped by, their experiences and interactions with their environments. They create identity and meaning through what they do and have the capacity to transform themselves through premeditated and autonomous action."

(College of Occupational Therapists 2009)

Background (Morris 2012)

Question:

How does the occupational engagement of patients in a regional secure unit evolve over one year?

- Forensic mental health setting
- 5 case studies
- Social constructionist methodology
- Heuristic analysis

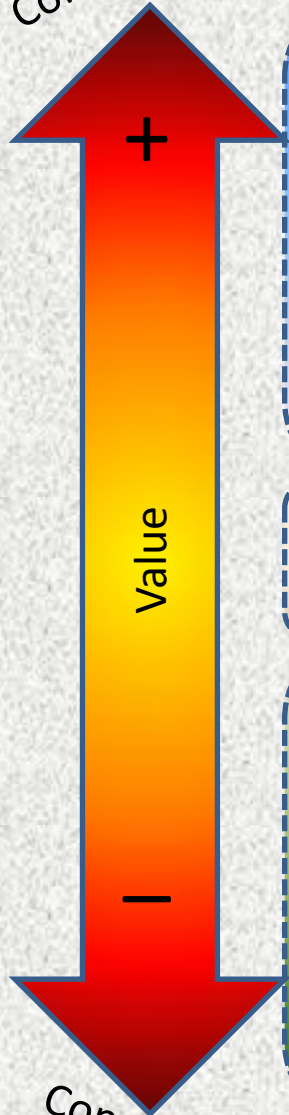
Result:

- New theoretical framework

Consequences

Consequences

Consequences



Absorption
Engagement
Interest

Participation

Non Participation

Indifference
Disengagement
Repulsion

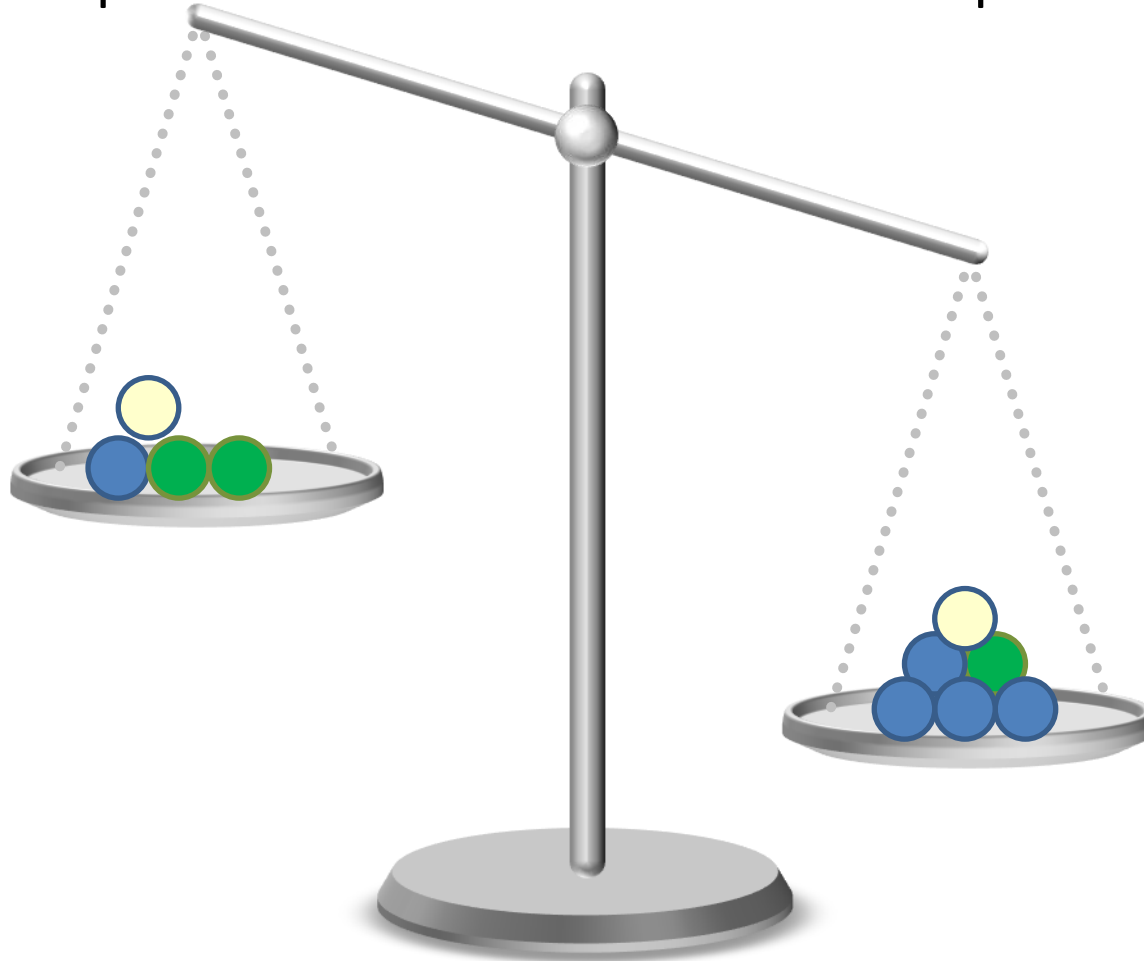
Consequences

Consequences

Consequences

Positive
consequences

Negative
consequences



Key:

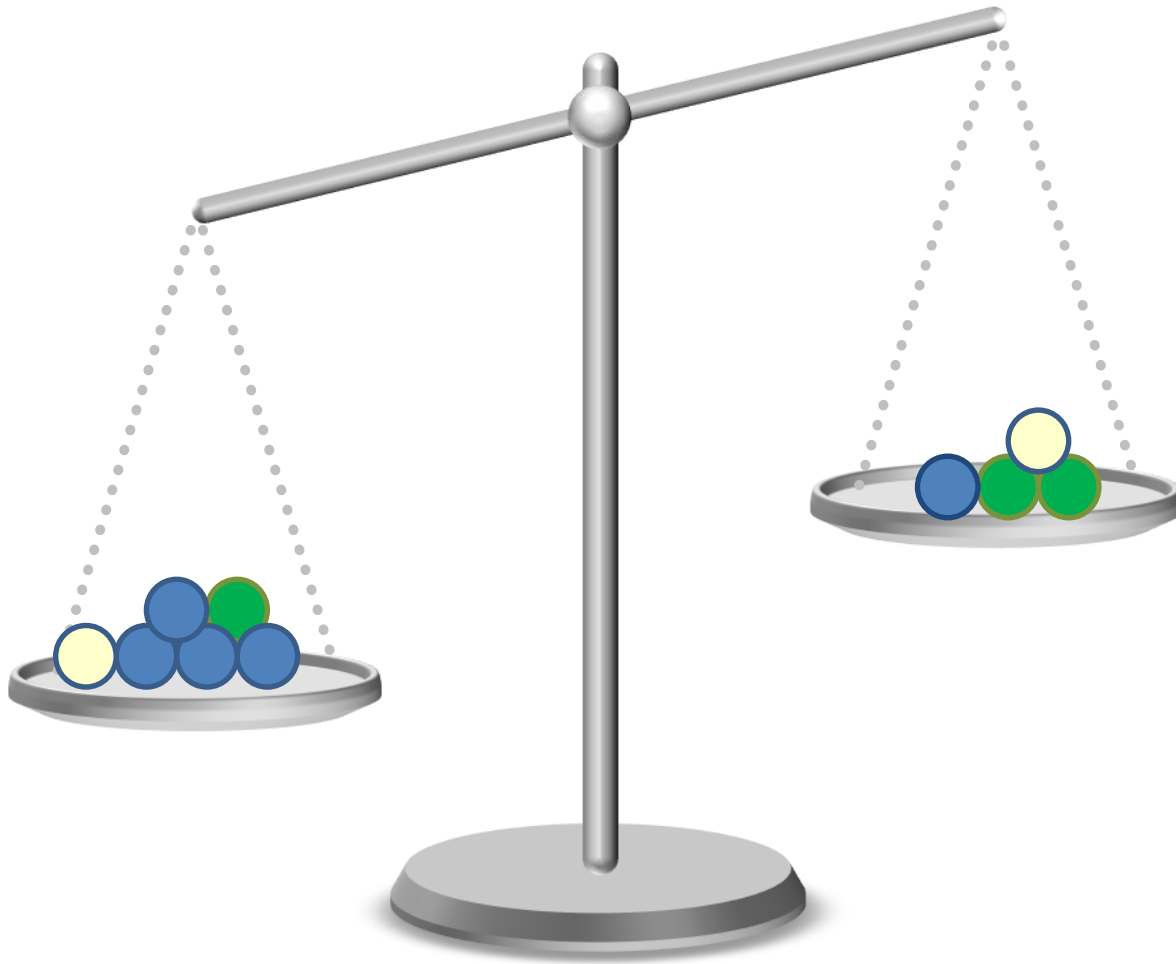
Blue sphere = positive value

Green sphere = negative value

Beige sphere = neutral value – participation or non-participation

Positive
consequences

Negative
consequences



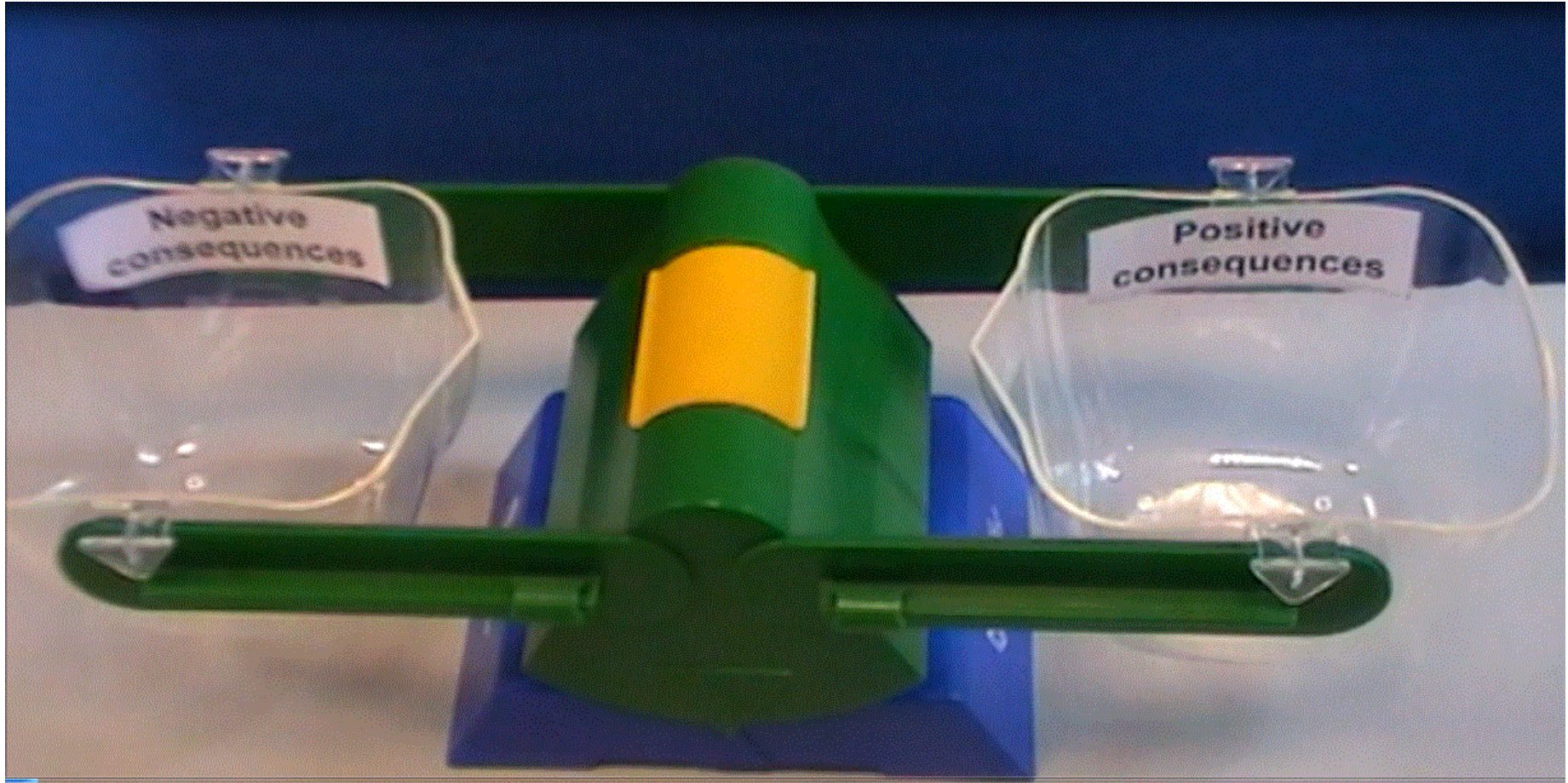
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Video clip



Current research – development of therapeutic tool

Aim

To develop and pilot a therapeutic tool based on the occupational engagement conceptual framework (Morris 2012).

Objectives

- To explore occupational therapists current understanding of occupational engagement and methods of evaluating this
- To use this information to design a therapeutic tool for occupational engagement
- To pilot the therapeutic tool in a forensic unit for six months
- To evaluate the usefulness of the tool for clinical practice
- To review both the conceptual framework and clinical tool

The App – ideas about the features...

Purpose of the App

- To help people increase understanding of their occupations and to develop an increased sense of wellbeing

Content ideas

- Introduction and Explanation of the framework
- Place to evaluate value and consequences of each occupation
- Place to set goals for change
- Place to assess progress against goals
- History of previous visits
- Hints & Tips
- Useful contacts and links
- Surveymonkey evaluation
- Disclaimer etc

The App – help needed...

- Designing the content
- Developing the visual imagery

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