

## Occupational Performance Coaching: Coaching parents to enable children's participation

Online (over 3 sessions)

Tuesdays 27<sup>th</sup> July, 3<sup>rd</sup> August and 17<sup>th</sup> August 2021

9:00 – 12:30pm (Aust Eastern Standard Time)

Melbourne/Sydney/Brisbane – 9:00 – 12:30pm (Aust EST)

Adelaide/Darwin – 8:30– 12:00pm (Aust CST) - Perth – 7:00 – 10:30am (Aust WST)

New Zealand – 11:00am - 2:30pm (NZST)

Parents play a critical role in supporting the learning, occupational performance and social participation of their children, particularly when children are challenged by tasks that are typically achievable by their peers. Parents also have needs and aspirations related to their own learning and performance within their parenting roles that are relevant to providing family-centred services.

Occupational Performance Coaching (OPC) is proposed as an intervention which is family- and occupation-centred, enablement-focused and research informed. OPC involves working alongside parents to achieve parents' goals for themselves, their children and/or their families. In OPC therapists utilise performance analysis, problem-solving, occupational and disability knowledge to guide parents' exploration of changes that facilitate goal achievement.

**Aims/objectives** of the workshop include:

- An understanding of the basis of occupational performance coaching (OPC) with reference to other interventions which support the use of OPC
- An understanding of the three domains, session format and therapeutic techniques used during OPC
- an understanding of how to effectively utilise parent coaching within their services.

The workshop will also include practical sessions (ie case studies, videos/vingnettes) to assist participants integrate their knowledge and skills.

This workshop is suitable for allied health professionals.

### Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material and participation in scheduled group presentations/tutorial sessions. Participants will be responsible for having access to the Internet for some or all of the workshop content.

- **Workshop Folder** participants will be mailed a hard copy of the workshop manual which will include presentation notes, covering the online presentation content as well as the case studies used in the interactive components of the presentation sessions.
- **OPC Manual** – participants will be provided with a copy of *Occupational Performance Coaching Manual (2020)* Eds Graham, Kennedy-Behr and Ziviani published by Routledge. An e-Resource linked to the book provides downloadable materials including a self-assessment of OPC skills (OPC Fidelity Measure) and templates for clinical work.

- **On line presentation** – using Zoom videoconferencing, participants will have the opportunity to link into three consecutive weekly presentation sessions (with 30 min break mid-session). Sessions will include interactive components (ie group discussions, case studies and Q&A sessions) to assist with integrating participants newly acquired knowledge and skills. Participants will need to have access to internet facilities and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line group tutorials. Participants will be emailed the link (including password) to the workshop presentation sessions. Due to Privacy and copyright these sessions are NOT able to be recorded.

## About the Presenters



**Associate Professor Melissa Nott** - Melissa is a regionally based occupational therapist working with rural communities, health service users, families, health professionals and service providers. She has a strong background in collaborative and partnership-based research that focuses on translating evidence into healthcare practice, supporting health professionals to build sustainable research networks, co-design and co-production with community stakeholders, and evidencing impacts of healthcare initiatives. Melissa has undertaken extensive research and occupational therapy practice development focusing on context-specific, person-centred approaches to clinical assessment and intervention. She is a certified trainer for the Occupational Performance Coaching network and uses OPC in practice with adults who have neurological conditions. She is currently conducting research on therapist fidelity using Occupational Performance Coaching.



**Charmaine Bernie** Charmaine is an Occupational Therapist, lecturer and researcher with 20 years' experience across community and hospital settings in Australia, and overseas. She has specialised in paediatric assessment and intervention, and is currently completing her PhD on pathways to autism diagnosis with the University of Melbourne. Charmaine has used Occupational Performance Coaching with parents and caregivers as part of her post-graduate work, and became a qualified trainer in 2019

Registrations for this workshop are now open at [www.zimei.com.au](http://www.zimei.com.au) Workshop enquires can be directed to Zi Mei Events via [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3358 3689.