

Cognitive Orientation to daily Occupational Performance Approach (CO-OP)

Module 1 – Two day Face to Face Workshop

Thursday 14th – Friday 15th March, 2024

Angliss Conference Centre, 555 La Trobe St, MELBOURNE

9:00am – 5:00pm

Module 2 – Consolidation – ONLINE – Monday 22nd July 2024

9:00am – 3:00pm (Aust EST)

Brisbane/ Sydney/Canberra/Melbourne/Hobart – 9:00am – 3:00pm (Aust EST)
Darwin/ Adelaide – 8:30am – 2:30pm (AustCST) - Perth – 7:00am – 1:00pm (AustWST)

The goal of the Cognitive Orientation to daily Occupational Performance approach (CO-OP) is to enable children and adults with performance difficulties, be they physical, cognitive, or other, to succeed in performing the everyday tasks and activities that are important to them. The CO-OP approach is client-centred and supports individuals to apply cognitive strategies to develop the skills they need to achieve at the tasks they want to, need to or are expected to do.

CO-OP was developed to provide therapists with an evidence-based approach to enabling performance success in an effective and efficient way. It engages the individual at the meta-cognitive level to solve performance problems. Focused on enabling success, the CO-OP Approach employs collaborative goal setting, dynamic performance analysis, cognitive strategy use, guided discovery, and enabling principles. These elements, all considered essential to the CO-OP Approach are situated within a structured intervention format, and with parent/significant other involvement as appropriate.

The CO-OP Approach can be used with adults and children (over 4 years of age) who struggle with everyday tasks such as dressing, grooming, handwriting or cycling. It has been shown to be successful for clients with a variety of developmental or neurological conditions (eg developmental coordination disorder, ADHD, stroke and acquired brain injury) who experience difficulties with learning or re-learning motor based skills.

This workshop is suitable for allied health professionals

Workshop Aims/objectives - on completion of the two days participants will

- have a working knowledge of the key theoretical and evidentiary foundations aspects of the CO-OP intervention approach
- develop an understanding of the key features of the CO-OP Approach including
 - occupation-based, client-centered goal setting
 - dynamic performance analysis (DPA)
 - cognitive strategy use
 - guided discovery
 - enabling principles
- be able to apply CO-OP in an evidence-based manner at a competent level

Workshop Delivery

This workshop is provided in two modules (attendance at both modules is required to gain a Certificate of Attendance)

Module 1 – Two days Face to Face (Melbourne) – this module will provide participants with the fundamental understanding of CO-OP and the practice competencies to apply the approach in their client cohort.

Module 2 – One day (9:00am – 3:00pm) – Online via Zoom – this module will be scheduled 3-4 months following the face-to-face workshop. This consolidation session allows clinicians to practice CO-OP in their clinical settings, prior to engaging in case discussions/presentations regarding their ability to apply CO-OP with fidelity (in the way CO-OP was intended).

Optional ICAN Certification – there is an option for participants to provide a 20 minute case presentation during the module 2 online session. This presentation is required for eligibility to proceed with the [CO-OP Certification via ICAN](#).

About the Presenters



Dr Michelle Jackman (PhD), BOT (Hons)

Dr Michelle Jackman is an occupational therapist who has over 15 years experience in paediatrics. Michelle is passionate about providing client and family-centred services that focus on meaningful changes in real life activities. Michelle completed her PhD in 2018, and currently combines her clinical position at John Hunter Children's Hospital in Newcastle, with a postdoctoral research fellow position with the Cerebral Palsy Research Institute, University of Sydney. Michelle's research has included a randomised controlled trial and qualitative interviews investigating the efficacy of the CO-OP approach for children and young people with cerebral palsy or brain injury. Michelle is excited about the opportunity to share new knowledge regarding current best practice principles that make real changes for the clients we work with.



Professor Iona Novak PhD, MSc (Hons), BSc (OT)

Professor Iona Novak is the Cerebral Palsy Alliance Chair of Allied Health, at The University of Sydney, Australia. As an international keynote speaker and a Fulbright Scholar, Iona is a trusted authority in evidence-based practice. The core of her research is a commitment to discovering, testing, and translating innovative treatments prioritised by people with cerebral palsy. Iona has made significant contributions internationally, in early diagnosis and discovering new therapies. Recognising the urgent need for solutions, Iona took the initiative to establish the "XCellerate", an Australian and American Cerebral Palsy Stem Cell Research Network committed to finding repairs for brain injury.

Registrations for this workshop are now [open](#) on our website www.zimei.com.au Further workshop enquires can be directed to Zi Mei Events on info@zimei.com.au or (07) 3847 8375.