

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

EXPRESSIONS OF INTEREST SOUGHT

Melbourne or Brisbane

Module 1 – Face to Face Workshop – 2 days

Module 2 – Consolidation – 1 day – Online

Semester 2, 2025

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 or Brisbane) – 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 – Online via Zoom – approx. 6 months following 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](#).

Certified CO-OP Approach Trainer – TBC

Certified CO-OP Instructors are individuals who have undergone specialised training, and are deemed by ICAN (formerly known as “The CO-OP Academy”) as qualified to instruct on the CO-OP Approach. CO-OP Approach Instructors must also have demonstrated expertise in teaching.

Expressions of Interest are now being sought for this workshop. Register your interest by contacting Zi Mei Events on info@zimei.com.au. Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au or (07) 3847 8375.