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THERAPEUTIC USE OF SELF AND THE POWER OF OCCUPATION: Dancing to the Beat of the Music

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Summary of the Talk
Our Journey Today...
- Personal Perspective
- Narrative is Key
- Multiple Ways of Knowing
- Conceptualizations of Client-Centered Care/
  & Therapeutic use of Self
- Implications for OT
- Application <clinic/
  community;
  class; fieldwork>
Visual Expressions

“Dancing to the Beat of the Music”
My Journey....

Evidence and Ways of Knowing..

- Systematic reviews
- Metaanalysis
- Clinical trials
- Observational Studies/Cohort Studies, Case Control, etc.
- Case Reports/Case Studies
- Anecdotal Evidence, Editorials, Opinions, Ideas
Theory of Knowledge: Ways of Knowing

http://westvictoriaweekly.com/ (Theory of Knowledge Groups)

Taking Multiple Ways of Knowing Into Client Centered Care, and Therapeutic use of Self....

The *Tao of Touch*...

www.wdfpornersl.com – Free Images

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Client–Centered Care

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Client-Centered Approaches

“Client-centered approaches in occupational therapy consider the client’s views and attributes, along with the environmental context and occupational needs” (Haertl, 2011).

Taylor’s (2008) Synthesis:

- An orientation and value for client perspective (including client values, sense of meaning, ways of coping and choice of occupation)

- A strengths-based perspective (clients encouraged to be active in goal setting, problem solving, and in the use of external supports)

- Communication involving client education, open, honest discussion, and collaboration
Intersection of Patient–Centered & Client–Centered Care

- Respect for Values; Beliefs; Experience & Contexts
- Collaboration and Shared Decision Making
- Open Communication and Information Sharing
- Support for Self Management
- Inclusion of Family

(Mroz, Fogelberg, & Leland (2015))

Consideration of Multiple Ways of Knowing, Evidence and Context, is Key to the Therapeutic alliance.

The curious paradox is that when I accept myself just as I am, then I can change

Carl Rogers

(image courtesy Wikimedia)

It is that the individual has within him or herself vast resources for self-understanding, for altering his or her self-concept, attitudes and self-directed behavior, and these resources can be tapped if only a definable climate of facilitative psychological attitudes can be provided (Rogers, 1986).

Core Principles:
- Therapist is Congruent with client
- Unconditional Positive Regard
- Use of Empathy
Mosey– “Conscious use of Self

“a conscious, planned interaction with another individual in order to exchange information, alleviate fears, and assist the individual in gaining increased use of inner resources” (Mosey, 1986 p. 199).

- Respect for Dignity and Rights of Each Individual
- Empathy and Compassion
- Humility
- Unconditional Positive Regard (from Carl Rogers)
- Honesty
- A Relaxed Manner
- Flexibility
- Self Awareness
- Humor
- Communication
- The Therapeutic Relationship

Therapeutic Use of Self

*The Use of Self as a therapeutic agent is integral to the practice of occupational therapy and is used in interactions with all clients* (AOTA, 2014, p. 52)

Therapeutic use of self, defined as the “occupational therapy practitioner’s planned use of his or her personality, insights, perceptions and judgments as part of the therapeutic process” (American Occupational Therapy Association, 2008, p. 653)

Such use of self involves the conscious use of strategies for interacting with clients which support the client-therapist relationship and occupational engagement (Taylor, 2008).”
Intentional Relationship Model (Taylor, 2008)

Foundations of a Therapist’s Interpersonal Approach

Advocating
Collaborating
Empathizing
Encouraging
Instructing
Problem Solving

Taylor’s work and client-centeredness
From (Kjellberg, Kahlin, Haglund & Taylor, 2012)

“Client-Centeredness Reconceptualized”

Courtesy Tasks Unlimited (Research on effectiveness: Haertl, 2005; 2007; 2008)
“See Me As a Person” (Koloroutis & Trout, 2012)

Koloroutis & Trout’s (2012) Synthesis of the Therapeutic Relationship

- People know they are seen as unique persons
- People are given opportunities to be partners in their care
- People perceive they are touched by love and kindness
- People feel seen and heard
- People see the magnitude of their illness is respected
- People are encouraged with a sense of hope and possibility
- People perceive they are treated with dignity
- People are supported in coping with illness (and I would assert the trajectory to health)
- People feel safe
KARLY WAHLIN

Memories of One Who Made a Difference

Healing

Time gives our thoughts a place in our hearts
Places that need healing from broken moments
To look for understanding, for kind responses
It doesn’t always happen.
We look for peace and then realize it comes from allowing other broken hearts a different way to heal
We see there is more than one way to look at the same moment in time.
We let our deepest thoughts be known by God
and love those in front of us who may not feel the same way.
Karly Wahlin
Despite the Challenges of Rett’s Syndrome
Despite the health professionals who didn’t see her potential
Despite barriers to participation

Karly Lived a Full Life
Karly Wrote Music
Karly Wrote Poetry
Karly Spoke to Others
And Karly Gave Much
To Better This World....

May We all Seek To Partner With Those We Share the Journey
Personally and Professionally
And Rather Than Put Up Barriers
May We Enable Full Participation

(Kristine Haertl)
Access to Karly’s Blog, & To Purchase Her CD: https://spiritdances.wordpress.com/

Additional Key Concepts in the Literature (Haertl, 2016)

- **Knowledge of self, authenticity** and **empathy** are integral to developing a therapeutic relationship
  - we meld that which we are taught with our personality to develop our own unique style
- **Development of Communication Skills** integral– are we teaching communication skills in our schools and clinics?
- **Shared Decision Making** that is client centered & considers client factors
- **Unconditional Positive Regard** See client’s strengths
- **Humor** identified by some theorists and researchers as important but appears to have a cultural element
Therapeutic use of Self for OT
Build Rapport

Therapeutic Use of Self Acknowledges Client Factors; Therapist Factors; The Relationship; The Context; and The Occupation **This too applies to the student

We Must Acknowledge Multiple Ways of Knowing in the Therapeutic Process

Interdependence is A Viable and Important Goal in Therapy

Therapeutic Use of Self Requires “Mindful Practice”

Therapeutic Use of Self Extends Beyond the Clinic to the community and classroom (Haertl, 2008)

Student Application Examples

➤ Perceived self-efficacy on fieldwork is related to prior experience, experience of supervision, and meaningfulness (Andonian, 2017)

➤ Similar to a client-centered approach, consideration of learning styles is not only important in the classroom and practice, but also on fieldwork (e.g., Robertson et al., 2011).

➤ AOTA <Position Paper on Level II Fieldwork> (AOTA, 2012) identifies the importance of considering individual student needs in relation to student needs, client population, setting, diversity, etc. **One size does not fit all

➤ Therapeutic use of self and unconditional positive regard apply not only to our clients, but our students as well.
Bruce

I HAVE MENTAL ILLNESS
and
I work and I pay taxes -
because of the
support and
services I
receive.

MENTAL ILLNESS
isn’t a choice -
Please don’t cut
the programs
and services I
depend on.

www.Tasksunlimited.org

Rachel

Photos Courtesy Burton Keplinger
Alfreda... “So I am Old”...
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References


References

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