



Mental Health

Concepts & Techniques

for the Occupational Therapy Assistant

Mary Beth Early

FOURTH EDITION

 Wolters Kluwer | Lippincott
Williams & Wilkins

thePoint 

Contents

Preface	v
Acknowledgments	vii
List of Figures	xiii
List of Tables	xv
List of Boxes	xvii

SECTION I HISTORY AND THEORY

1 History and Basic Concepts	2
Mental Health and Mental Illness	3
Relation of Occupation to Mental Health	4
Historical Understanding	4
The Role of the Occupational Therapy Assistant	10
2 Medical and Psychological Models of Mental Health and Illness	20
Theory of Object Relations	21
Developmental Theory	26
Behavioral Theories	30
Cognitive-Behavioral Therapy	33
Client-Centered Therapy	38
Neuroscience Theories	41
Psychiatric Rehabilitation	44
3 Some Practice Models for Occupational Therapy in Mental Health	52
Development of Adaptive Skills	54
Role Acquisition and Social Skills Training	59
Psychoeducation	71
Sensory Integration	76
Cognitive Disabilities	82
The Model of Human Occupation	93
4 The Occupational Therapy Practice Framework	106
Structure of the <i>Occupational Therapy Practice Framework</i>	108
Thinking About Mental Health Practice	108

Concepts Relevant to Mental Health Practice	112
Mental Health Theories and Occupational Therapy Practice Models	118

5 Human Occupation and Mental Health Throughout the Life Span	123
Motivation Toward Occupation	124
Changes in Occupation over the Life Span	125
Mental Health Factors Throughout the Life Span	129

SECTION II CONTEXT

6 Understanding Psychiatric Diagnosis: The DSM-IV-TR	146
Psychiatric Diagnosis: An Evolving Science	147
The Diagnostic Categories of the DSM-IV-TR	151
Applications of DSM-IV-TR Diagnoses to Occupational Therapy	174
Comorbidity	176
DSM-V: Plans and Potential	176
7 Contexts of Intervention, Service, and Care	182
The Scope of Patients, Clients, and Consumers	183
The Scope of Settings	185
Inpatient Settings	186
Outpatient Settings	192
Consumer-Operated Programs	195
Other Community Programs	199
Home Health Care	201
Community Residences	202
Settings for Children and Adolescents	203
Environmental Concepts	204
Additional Theories and Practice Models	208

8 Psychotropic Medications and Other Biological Treatments 216

- Psychotropic Medications 217
- Other Biological Treatments 230
- Herbal and Alternative Therapies 231

9 Who Is the Consumer? 234

- Populations by Age Group 235
- Family Members 240
- Family Caregivers 242
- Cultural Difference 243
- Social Problems—Ending the Cycle of Violence 250
- Medical Problems and Physical Disabilities 252
- Understanding and Supporting Recovery 257

SECTION III INTERACTING WITH PATIENTS AND CONSUMERS

10 Therapeutic Use of Self 264

- The Therapeutic Relationship 265
- Stages in the Therapeutic Relationship 266
- Roles in the Therapeutic Relationship 266
- Therapeutic Qualities 268
- Developing Therapeutic Qualities 270
- Techniques for Relating to Patients 272
- Issues That Arise in Therapeutic Relationships 274
- Ethics 277
- Ending the Therapeutic Relationship 280

11 Responding to Symptoms and Behaviors 284

- A Framework of Concepts About Symptoms 285
- Response Variables 288
- Response Strategies 289
- Self-Monitoring for Self-Mastery of Symptoms 318

12 Safety Techniques 324

- Universal Precautions 325
- Controlling the Environment 327
- Medical Emergencies and First Aid 330
- Psychiatric Emergencies 331
- Teaching Consumers About Safety 335
- Modifying Environments to Enhance Safety 335

13 Group Concepts and Techniques 339

- Definition and Purpose of Group Treatment 340
- Group Dynamics: Review of Basic Concepts 341
- Development of Group Skills 346
- How Therapy Groups Are Different from Other Groups 348
- Role of the Leader in an Activity Group 349
- Program Development 357
- Starting a New Group 365
- Adaptations of Groups for Very Regressed Individuals 365
- Other Models for Groups 369
- Program Evaluation 369

SECTION IV OCCUPATIONAL THERAPY PROCESS

14 Overview of the Intervention Process 376

- Occupational Therapy Practice Framework: Process 377
- Eight Stages in the Intervention Process 378
- A Holistic Perspective—A Dynamic Process 387
- Theory and the Occupational Therapy Process 388
- Clinical Reasoning 389
- Evidence-Based Practice 392

15 Evaluation and Data Collection 397

- Definition and Purpose of Evaluation 398
- Assets and Deficits 399
- Concepts Central to the Evaluation Process 399
- Areas for Data Collection 403
- Roles of the OT and the OTA 403
- The OTA's Methods of Data Collection 405
- Concepts Related to Assessment and Measurement 413
- Some Assessments Suitable for OTA Administration 414
- The Performance Context for Evaluation 428
- Documentation and Communication of Evaluation Data 428

16 Treatment and Intervention Planning 434

- Treatment Planning in Psychiatry 435
- Using Practice Models to Apply Clinical Reasoning in Planning 437
- Steps in Intervention Planning 437
- Partnership with the Client or Consumer 439
- General Goals of Psychiatric Occupational Therapy 441
- How to Write an Intervention Goal 442
- Selecting Appropriate Intervention Principles 449
- Selecting Intervention Methods 450
- Implementing and Monitoring Interventions and Modifying the Plan 452
- Outcome Assessment 452
- Continuity of Care Across Settings 452
- Quality Assurance 453
- Continuous Quality Improvement 454

17 Medical Records and Documentation 458

- Purpose and Uses of Medical Records 459
- Types of Records 460
- Documentation of Occupational Therapy Services 462
- Essential Content for Occupational Therapy Notes 468
- Specific Types of Documentation 469
- Documentation Review and Quality Assurance 481

SECTION V OCCUPATIONAL THERAPY METHODS

18 Activities of Daily Living 484

- Factors in Learning and Using Skills 485
- Daily Living Activities (Basic and Instrumental) 487
- Practice, Repetition, and Habit Development 502

19 Education and Work 506

- Education 507
- Work 512

20 Leisure and Social Participation 527

- Leisure Exploration 528
- Leisure Performance 529
- Leisure Activities 530
- Social Participation 533

21 Management of Emotional Needs: Self-Awareness Skills and Coping Strategies 537

- Needs 538
- Occupational Therapy's Domain of Concern 538
- Self-Awareness 541
- Issues Related to Engagement in Occupation 542
- Self-Management Skills 544

22 Cognitive, Sensory, and Motor Factors: Performance Skills and Activities 554

- Cognitive Factors 555
- Sensory and Motor Factors 559

23 Analyzing, Adapting, and Grading Activities 566

- Selection of Activities 567
- Analysis of Activities 567
- Adaptation of Activity 568
- Grading of Activity 572
- Activity Analysis Based on Theory:
 - Cognitive Disabilities 575
 - Dynamic Performance Analysis 579
 - Analysis: An Ongoing Process 579

SECTION VI PROFESSIONAL DEVELOPMENT

24 Supervision 584

- Functions and Definition of Supervision 585
- Goals of Supervision 585
- Responsibilities of the Supervisor 588
- Responsibilities of the Supervisee 589
- Factors Affecting Communication in Supervision 591
- The Supervisory Contract 593
- Getting the Most from Supervision 593
- Resolving Conflicts in Supervision 595
- Emerging Models of Supervision 595
- Becoming a Supervisor 596

25 Organizing Yourself 602

- Priorities 603
- Scheduling 604
- Paperwork 606
- The Electronic Revolution:
 - Myths and Reality 607

Management of Supplies and Equipment	609
Organizing Space	611
Delegating	613

APPENDIX A: **CASE EXAMPLES**

Case 1: A 21-Year-Old Woman with Depression	616
Case 2: A 72-Year-Old Woman with Alzheimer's Disease	617
Case 3: A 54-Year-Old Woman with Schizophrenia, Paranoid Type	619
Case 4: A 22-Year-Old Man with Chronic Schizophrenia and Mild Mental Retardation	620
Case 5: A 30-Year-Old Man with Bipolar I Disorder	622
Case 6: A 22-Year-Old Woman with Polysubstance Dependence and Dependent Personality Disorder	625

Case 7: A 37-Year-Old Man with Alcohol Dependence Disorder	627
Case 8: A 21-Year-Old Woman with Cocaine Dependence, Polysubstance Abuse, Bulimia, and Borderline Personality Disorder	629
Case 9: A 12-Year-Old Boy with Attention Deficit-Hyperactivity Disorder and Oppositional Defiant Disorder	631

APPENDIX B: **SAMPLE GROUP PROTOCOLS**

Homemaker's Management Group	633
Family Recreation Skills	634
Adolescent Cooking Group	635
Dementia Cooking Group	635
Managing Work-Related Stress	636
The Green Team (Horticulture Clubhouse Group)	637
Index	639