A PSYCHODYNAMIC APPROACH TO OCCUPATIONAL THERAPY
A two-day course

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Katrina Bannigan is a Reader in Occupational Therapy at York St John University. She launched and is the Director of, the Research Centre for Occupation & Mental Health (www.yorksj.ac.uk/RCOMH). Her research and teaching focuses on mental health and evidence based practice. She is currently involved in research about assertive outreach (The EAGER project), work and mental health (The WORK and Employment studies) and increasing undergraduate involvement in research (The SCoRe 2010 project). In the past she has taught research methods at the University of Teesside, been a research & development occupational therapist at Hull & East Yorkshire Hospitals NHS Trust, worked as research assistant at the University of York and started her career as an occupational therapist in mental health settings in NHS Trusts in Central Scotland and Warwickshire.

Aims

1. To introduce psychodynamic theory relevant to the practice of psychosocial occupational therapy
2. To build on participants’ prior knowledge and experience of the psychodynamic frame of reference
3. To provide two frameworks for thinking about the therapeutic use and value of activity from a psychodynamic perspective
4. To demonstrate two styles of facilitating psychotherapeutic activity groups
5. To give participants the opportunity to experience two types of psychotherapeutic activity group: movement and creative writing
6. To highlight the special features of activity groups as forms of psychotherapy.

Learning outcomes

At the end of the course, participants will be able to:

1. Distinguish the psychodynamic approach from other frames of reference used in psychosocial occupational therapy
2. Identify and read appropriate texts on psychodynamic theory to support their work
3. Reflect on the potential benefits and risks of taking part in a psychotherapeutic activity group
4. Analyse an activity for its therapeutic potential within a psychodynamic frame of reference
5. Consider how they might apply psychodynamic theory and psychotherapeutic techniques in their own work
6. Recognise the limits of their knowledge of psychodynamic theory and practice and identify further learning needs.
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University of Huddersfield
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PROGRAMME

Day 1:

0930  Introductions and review of prior experience
       Aims, learning outcomes and programme
       Ground rules for psychotherapeutic practice
1000  Physical and verbal warm-ups – practical
1100  Break
1130  Sensory integrative theory – lecture
       Questions and discussion
1230  Lunch
1315  Psychodynamic reflective guidelines – tutorial
1345  Movement – practical
1500  Break
1530  Reflective writing – individual activity
       Large group discussion
1630  Finish

Day 2:

0930  Review of yesterday’s learning – small group activity
       Feedback
1000  Warm-ups – practical
1030  Psychodynamic activity analysis format – tutorial
1100  Break
1130  Creative writing – practical
1230  Lunch
1315  Activity analysis – small group activity
       Large group discussion
1400  Psychodynamic theory – lecture
       Questions and discussion
1500  Break
1530  Facilitating psychotherapeutic activities – tutorial
       Questions and discussion
       Course evaluation
1630  Finish