

**Bossier Parish Community College  
Master Syllabus**

**Course Prefix and Number:** OCTA 204

**Credit Hours:** 3

**Course Title:** Mental Challenges to Occupation

**Course Prerequisite:** Enrollment in the OCTA program courses is limited to those students who have been selected and admitted to the professional phase of the program. Program courses are sequenced by semester and must be taken as a group each semester per program requirements and policies.

**Textbooks/ Learning Resources:**

**Required Textbooks:**

Cole, Marilyn B. Group Dynamics in Occupational Therapy; 5<sup>th</sup> Edition

Cara, E. and MacRae, A. Psychosocial Occupational Therapy; 3<sup>rd</sup> Edition

**Course Description:**

This course will introduce the history and theories, contexts, and interactions with individuals with psychosocial issues that alter an individual's performance in areas of occupation (ADL, IADL, education, play, work, leisure, sleep and social participation). It will explore treatment approaches and techniques for the client with psychosocial dysfunction to be performed by the OTA. Topics include role of the OTA, practice models, behavioral and life span issues, major DSM-V diagnoses, contexts of intervention, symptoms, therapeutic use of self, safety, culture, professional behaviors, communication skills (oral and written), group techniques and planning strategies for group intervention and group activities. The evaluation process and appropriate assessments will be introduced. Students will apply didactic knowledge to the clinical setting in a variety of Level I-A fieldwork settings.

**Relationship to Curriculum Design:**

This course is designed to provide a foundation of knowledge about the scope, theory, and approaches to practice occupational therapy for persons with psychosocial dysfunctional issues and the affect these challenges have on occupation. In addition, it is designed to provide the foundational knowledge and writing, critical thinking and psychomotor skills necessary for the OTA student to be able to design, develop, implement and lead various groups. Level I-A fieldwork is integrated throughout the course to enhance the comprehension and application of course content in a clinical setting, including but not limited to professionalism, affective skills, communication skills, observation skills, and clinical reasoning.

**Learning Outcomes:**

At the end of this course the student will be able to:

- A. Demonstrate knowledge and understanding of DSM-5 diagnoses based on current evidence and psychosocial theory.
- B. Apply models of occupational performance and psychosocial frames of reference to the treatment of psychiatric conditions.
- C. Appreciate the historical development of occupational therapy in mental health in order to understand the role of the OT and OTA in various mental health settings;
- D. Identify appropriate occupation based treatment approaches and strategies
- E. Explain how socioeconomic, cultural, familial, lifestyle, cognitive, and sensorimotor factors influence and affect activities of daily living and occupational choices
- F. *Demonstrate appropriate and effective oral and written communication skills when interacting with and responding to symptoms and behaviors of patients, clients, family and caregivers.*
- G. Identify the cultural, social, psychological, physical and temporal factors that influence occupational therapy treatment in a variety of mental health settings
- H. Demonstrate emerging group leadership skills as evidenced by designing and implementing a group protocol based on client factors, current research, frames of reference, and clinical reasoning skills
- I. Articulate an understanding of personal, professional, ethical considerations that contribute to therapeutic use of self and cultural competency
- J. Adapt interventions and therapeutic approach to meet the needs of individual clients

### **Course Objectives:**

In order to achieve learning outcomes, students will:

1. Demonstrate knowledge and understanding of the concepts of human behavior **(B.1.3.) (A,E)**
2. Demonstrate knowledge and appreciation of the role of sociocultural, socioeconomic, and diversity factors and lifestyle choices in contemporary society **(B.1.4.) (E,G)**
3. Articulate knowledge of ethical/practical considerations and global social issues that affect the health and wellness needs of those who are experiencing or are at risk for social injustice, occupational deprivation, and disparity in the receipt of services. **(B.1.5. & B.1.6) (I)**
4. Articulate an understanding of the importance of the history and philosophical base of the profession of occupational therapy. **(B.2.1.) (C)**
5. Describe the meaning and dynamics of occupation and activity, including the interaction of areas of occupation, performance skills, performance patterns, activity demands, context(s) and environments, and client factors. **(B.2.2.) (D)**
6. Describe basic features of the psychosocial theories that underlie the practice of occupational therapy. **(B.3.1.) (B)**
7. Describe basic features and interventions of models of practice and frames of reference that are used in psychosocial occupational therapy. **(B.2.11 & B.3.2.) (B)**
8. Gather and share data for the purpose of screening and evaluation using assessments, skilled observations and interviews with the client. **(B.4.1.) (F,H)**
9. Assist with the development of occupation-based intervention plans and strategies (including goals and methods to achieve them) on the basis of the stated needs of the

client as well as data gathered during the evaluation process in collaboration with the client and others. Intervention plans and strategies must be culturally relevant, reflective of current occupational therapy practice, and based on available evidence. Interventions in this course will address the following components:

- The occupational profile, including participation in activities that are meaningful and necessary for the client to carry out roles in home, work, and community environments.
  - Client factors, including values, beliefs, spirituality, cognitive and mental functions
  - Context (e.g., cultural, personal, temporal, virtual) and environment (e.g., physical, social).
  - Performance skills, including motor and praxis skills, sensory–perceptual skills, emotional regulation skills, cognitive skills, and communication and social skills. **(B.5.1.) (H)**
10. Promote the use of appropriate home and community programming to support performance in the client’s natural environment and participation in all contexts relevant to the client. **(B. 5.17.) (J)**
  11. Demonstrate an understanding of health literacy and the ability to educate and train the client, caregiver, and family and significant others to facilitate skills in areas of occupation as well as prevention, health maintenance, health promotion, and safety. **(B. 5.18) (E, F)**
  12. Select and provide direct occupational therapy interventions and procedures to enhance safety, health and wellness, and performance in ADLs, IADLs, education, work, play, rest, sleep, leisure, and social participation. **(B.5.2.) (D, H, J)**
  13. Implement group interventions based on principles of group development and group dynamics across the lifespan. **(B.5.4) (H, J)**
  14. Demonstrate therapeutic use of self, including one’s personality, insights, perceptions, and judgments, as part of the therapeutic process in both individual and group interaction. **(B.5.7.) (F)**
  15. Implement intervention strategies to remediate and/or compensate for cognitive and emotional regulation deficits that affect occupational performance. **(B.5.8.) (H, J)**
  16. Grade and adapt the environment, tools, materials, occupations, and interventions to reflect the changing needs of the client and the sociocultural context. **(B.5.23) (J)**

### Topical Outline

- I. Group Leadership Skills
  - A. Concepts
  - B. Techniques
  - C. Activities
  - D. Design
- II. Cultural Competency
- III. Individual Client Skills
  - A. Therapeutic Use of Self
  - B. Cultural Considerations
  - C. Interview Skills
  - D. Needs assessment
- IV. History of OT in Mental Health
  - A. Role of OT

- B. Standards of Practice
- C. Public Health Approach
- V. Contexts of Mental Health through the Lifespan
  - A. Early lifespan
  - B. Mid-Lifespan
  - C. Late Lifespan
- VI. Therapeutic Rapport – Intentional Relationship
- VII. Theory, MOP and FOR
  - A. Psychodynamic
  - B. Behavioral Cognitive
  - C. CBT
  - D. Toglia
  - E. Integrative Group
  - F. Cognitive Disabilities
  - G. Motor Control
  - H. Occupation-Based Models: MOHO
- VIII. Psychiatric Disorders
  - A. Psychosis
  - B. Schizophrenia
  - C. Mood Disorders
  - D. Anxiety Disorders
  - E. Personality Disorders
  - F. Substance Abuse
  - G. Eating Disorders
  - H. brain injury
- IX. Assessment in Mental Health Practice
  - A. DSM V
  - B. Occupational Therapy Assessment & Documentation
- X. Intervention
  - A. Instructional Design
  - B. Treatment Planning & Documentation
  - C. Safety and Practical Group Management

**Course Grading:** The student’s grade for this course will be based on:

Assignments (including Fieldwork)	20%
Exams	40%
Practice Group	10%
Case Study Requirements	25%
Comprehensive Final Case Based Learning Lab Practical	5%

Instructional methods include presentation, small group activities, inter-professional collaboration, video presentation, video observation and analysis, role play, skills demonstration and Level I-A fieldwork in a variety of settings.

**Course requirements:** In order to receive a grade of “C” the student must earn 70% of the total possible points for the courses and achieve all of the course requirements listed below.

- Successful completion of fieldwork requirements- See Fieldwork addendum for specific objectives and assignments
- Satisfactory completion of all course assignments (minimum score of 75%)

**Student Expectations:**

- a. Course faculty will determine if class absence is excused. Unexcused absences will result in a zero (0) for the exam, assignment, or class participation due on the date of absence.
- b. **One** tardy will be excused per semester. All other tardies will constitute a decrease of one percentage point each in final grade.
- c. Make-up work or exams for excused absences will be given at the discretion and convenience of the instructor.
- d. No late assignments will be accepted. If an assignment is not submitted by due date and time, a grade of zero will be given.
- e. All written work will be typed and produced according to the *APA Publication Manual, 6th edition* unless otherwise indicated in assignment directions.
- f. **Active** participation during class time, community outings, fieldwork experiences, and other professional experiences is mandatory. Passive note taking and silent observation is not considered active participation.
- g. Professional development is an integral part of becoming an Occupational Therapy Assistant. Students are expected to accept constructive criticism from faculty and peers and modify behavior accordingly.
- h. **ALL** appointment requests with faculty must be made in writing via email.

**Course Grading Scale:**

A- 90% or more of total possible points and meet all minimum course requirements

B- 80% or more of total possible points and meet all minimum course requirements

C- 70% or more of total possible points and meet all minimum course requirements

D- 60% or more of total possible points and meet all minimum course requirements

F- less than 60% of total possible points or failure to meet one or more of the minimum course requirements

Students must have a “C” or better and a semester GPA average of 2.5 or better to receive credit toward the OTA program requirements and to move to the next level of coursework.

\*\* Lab competencies are scored differently than written exams. All mistakes result in a point deduction for grading purposes. However, failure to demonstrate fundamental competency, safety or professionalism in the execution of the skill as evaluated by the course instructor(s) will result in an immediate failing score. The student will then be required to re-test on the skill preceding fall/spring clinical practice experiences with the specific scheduling and format for such being at the discretion of the primary course instructor but the responsibility of the student. The student will be given up to two additional testing attempts to demonstrate competency. If unable to safely, competently and professionally execute the skill on subsequent attempts, the student will be given a failing grade for the course and will not continue in the clinical program. The remediation scores will not replace the first attempt test score.

*The syllabus is comprehensive and covers a lot of detail. Read it carefully and ask questions about anything you do not understand. The syllabus is subject to change, but all changes will be announced as far in advance as possible.*

**Attendance Policy:** The college attendance policy, which is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>, allows that “more restrictive attendance requirements may apply to some specialized classes such as laboratory, activity, and clinical courses because of the nature of those courses.” The attendance policy of the OTA program is described in the OTA Clinical Handbook.

**Course Fees:** This course is accompanied with an additional non-refundable fee for supplemental materials, laboratory supplies, certification exams and/or clinical fees.

### **Nondiscrimination Statement**

Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

### COORDINATOR FOR SECTION 504 AND ADA

Angie Cao, Student and Disability Services Specialist

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Equity/Compliance Coordinator

Teri Bashara, Director of Human Resources

Human Resources Office, A-105

6220 East Texas Street

Bossier City, LA 71111

Phone: 318-678-6056

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**Reviewed by K. Brandon 4/19**