# **Course Objectives:**

Understand the rationale for using cognitive, 'task-oriented' approaches (theoretical underpinnings)

Learn evidence for CO-OP

Learn seven key features of CO-OP

Experience use of dynamic performance analysis

Experience use of global and domain specific strategies

Experience use of guided discovery

Experience an evidence framework for practice

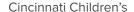
#### Accreditation:

Cincinnati Children's has applied for approval from the Ohio Occupational Therapy and Physical Therapy Association for 15 contact hours.

Phone: 513-803-5229 www.cincinnatichildrens.org



Cognitive
Orientation to Daily
Occupational
Performance
(CO-OP)





# The CO-OP Approach:

Cognitive Orientation to daily Occupational Performance (CO-OP; the CO-OP Approach) is a performance-based treatment approach for children and adults who experience difficulties performing the skills they want to, need to or are expected to perform. CO-OP is a specifically tailored, active client-centered approach that 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 Approach, are situated within a structured intervention format, and with parent/significant other involvement as appropriate.

# Presented by Certified CO-OP Instructors:

Erin Iverson PT, DPT, PCS and Patti Sharp, OTD, MS, OTR/L



#### Agenda

## Friday October 25th, 2019

8:00 - 9:00 Introductions, Objectives, and Overview

9:00 - 10:00 DCD

10:00 - 10:30 Approach Framework

10:30 - 10:45 BREAK

10:45 - 11:15 Neuroplasticity & Motor learning

11:15 - 11:30 Evidence

11:30 - 12:00 Prerequisites

12:00 - 12:30 Client-Centered Goal-Setting

12:30 - 1:15 LUNCH

1:15 - 1:30 Key Features

1:30 - 2:00 Setting Performance Baseline

2:00 - 3:00 Dynamic Performance Analysis

3:00 - 3:15 BREAK

3:15 - 3:45 Global & Domain Specific Strategies

3:45 - 4:15 Guided Discovery

4:15 - 4:45 Practicing CO-OP

4:45 - 5:00 Discussion, Wrap-up & Homework

## Saturday October 26th, 2019

8:00 - 8:45 Discussion & Processing

8:45 - 10:30 Homework Activity & Presentations

10:30 - 10:45 BREAK

10:45 - 11:15 Enabling Principles

11:15 - 11:30 Significant Others

11:30 - 11:45 Intervention Format

11:45 - 12:15 Group Activity

12:15 - 1:00 LUNCH

1:00 - 1:30 Modifications

1:30 - 2:00 CO-OP Evidence

2:00 - 2:15 Objective Check

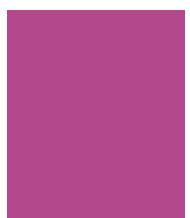
2:15 - 3:00 Case Discussions

3:00 - 3:15 BREAK

3:15 - 3:45 Practicing CO-OP

3:45 - 4:15 Application for Practice

4:15 - 4:30 Questions & Wrap-up





## Registration & Tuition:

Online registration for this course is required

Register online at:

https://cchmc.cloud-cme.co m/default.aspx?P=5&EID=29906

\$450 General Registration (before September 27th, 2019)

\$550 Late Registration (after September 28th, 2019)

\*Group Discount for groups of 3 or more: 10% discount per group member

#### Location:

Sabin Hall by Cincinnati Children's Hospital 7539 Haskell Street Liberty Township, Ohio 45069

For more information, please contact Education Specialist Noelle Setters at 513-803-5229 or noelle.setters@cchmc.org