

**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](http://www.cincinnatichildrens.org)



## Cognitive Orientation to Daily Occupational Performance (CO-OP)

Cincinnati Children's



### 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.com/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](mailto:noelle.setters@cchmc.org)