

## **Teaching Therapeutic Use of Self: An International Perspective**

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Introduction: The introduction of use of self as one of the major categories of intervention within the occupational therapy practice framework was much needed and timely. Punwar & Peloquin (2000) defined therapeutic use of self as a "practitioner's planned use of his or her personality, insights, perceptions and judgments as part of the therapeutic process" (p. 285).

Despite a growing body of findings illustrating practitioners' high value for the role of use of self in occupational therapy, many educational programs have only just begun to consider developing required courses that focus solely on this topic. In a recent study, only half of practitioners reported feeling adequately prepared to manage challenging interpersonal situations in practice upon graduating from OT school (Taylor, et al., in press). Given these realities, this workshop aims to address the imminent need for continued education and support for those teaching in this area of practice throughout the world.

Objectives: The objectives of this paper presentation are as follows:

- Understand diverse approaches to teaching therapeutic use of self throughout the world
- Learn how to teach use of self according to a new conceptual practice model: The Intentional Relationship Model.
- Using the Model, learn to identify challenging client characteristics and interpersonal dilemmas that inevitably arise in practice.
- Using the Model, learn how to teach students how to use six aspects of their personalities (the six interpersonal modes) to address interpersonal dilemmas.
- Learn how to best respond to interpersonal challenges and difficulties that some students have with this content.

Description/Report: The Intentional Relationship Model was developed internationally by practitioners. It is based on extensive cross-cultural research in occupational therapy practice.

Results/Discussion: The presenter will summarize the existing occupational therapy literature, present cases, and present strategies for managing dilemmas. A clinical reasoning process will be introduced.

Conclusion: Therapeutic use of self in occupational therapy is a vital skill that can be taught and learned according to a conceptual practice model through lecture, practice simulations, and live-role-play experiences.

Contribution to the Practice/Evidence Base of Occupational Therapy: The Intentional Relationship Model was developed based on quantitative and qualitative research studies conducted by a team of 12 international occupational therapy practitioners.