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Empowered by the CPPF and the OPHI II

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Purpose: explain how to empower the client and therapist by using the Canadian Practice Process Framework (CPPF) and the Occupational Performance History Interview (OPHI II)

To empower the client we use the CPPF and the OPHI II by adolescents and adults within the rehabilitation process. The OPHI fits very well into client centred practice because the therapist listens to the client's life story and this story becomes a part of the therapy. The OPHI fits very well into the CPPF, especially in the phase of identifying occupational performance components, environmental conditions, strengths and resources. The diagnosis is not a deciding point for using the OPHI II. We use the instrument for prolonged therapy. It is important that the client is capable of telling his story.

The OPHI II is a very useful instrument to empower the client and the therapist. The life-history-narrative gives the client the opportunity to understand and interpret the events that happened in his life, his way of behaviour in different situations, his strengths and resources. The client feels more responsible and empowered because his own life history is involved in making new plans. That makes the client much more capable to set up and achieve his own goals.

By listening to the life-history-narrative the therapist is capable of identifying strengths and resources of the client, which makes the therapist more capable to customize the intervention to the client. Therapy comes into the client's life.

We will show two case histories to illustrate and clarify our experience.

Key-words: OPHI II, empowerment, CPPF