

AN EXPLORATIVE STUDY TOWARDS BEST CLIENT-CENTRED PRACTICE OF AN OCCUPATIONAL THERAPY LIFE SKILL PROGRAM

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Introduction: South African literature on occupational therapy group practice in mental health settings are limited, but suggest similar programs for people diagnosed with mood and anxiety disorders, albeit without specific guidelines regarding the facilitation of these groups in the context of a sub-acute psychiatric clinic within this setting. This study was conducted at a private psychiatric clinic in the Free State and motivated by the fact that some clients returned to the clinic for subsequent admissions and still reported experiencing challenges with life skills - despite attending the occupational therapy life skill program during their previous admission.

Objectives: Cultivating personal reflexivity in order to gain a greater understanding of how external and internal indicators influenced the life skill program; and collaboratively exploring with clients the impact of the life skill program.

Method: An Action Research multiple-method approach was utilised to promote practitioner reflexivity and capture stakeholder experiences.

Results: Findings described the stakeholders' and practitioner experiences of the life skill groups and highlighted the indicators that had negative and positive influences on these experiences. Throughout the action research process changes were made to continually address client-centeredness and stakeholder satisfaction; thereby addressing best practice for the clients in the groups.

Conclusion: Insights were gained to promote facilitation of life skill groups within a predetermined/structured two-week program in order to continually address best client-centred practice for clients.