



HRVATSKA UDRUGA RADNIH TERAPEUTA

Specialized CPD course

Cognitive Orientation to daily Occupational Performance (CO-OP; the CO-OP Approach)

★ Predavačice - prof. dr. sc. Helene Polatajko i dr.sc. Claire Sangster Jokić

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.

★ **For who the course is for? Occupational therapists, physiotherapists, SLT and othe health professionals**



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Upon completion of the Basic workshop, participants will have a foundational understanding of:

1. The rationale for using cognitive, or 'top-down' approaches
2. The evidence for CO-OP
3. The seven key features of CO-OP (list or not?)
4. The use of dynamic performance analysis
5. The use of global and domain-specific strategies
6. The use of guided discovery to teach another to find cognitive strategies that support occupational performance
7. An evidence framework for practice

Upon completion of the consolidation portion of the workshop, participants will be:

1. Supported to be competent CO-OP therapists
2. Enabled to implement CO-OP in their practice.



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★ Helene Polatajko, PhD, OT Reg. (Ont.), OT(C), FCAOT, FCAHS, is an internationally respected researcher, educator, and practitioner with numerous national and international awards. Dr. Polatajko's clinical experience is primarily in the area of pediatrics, most especially with children with motor-based performance problems. However, her research, focused mainly on outcome measurement and intervention, spans the ages and several disability groups. Her primary research interest is the role of cognition in motor-based performance. Her work with colleagues and graduate students in this area has led to the development of the Cognitive Orientation to daily Occupational Performance approach. This, now internationally acclaimed intervention approach, enables clients with performance problems to achieve success. Dr. Polatajko is a Professor at the University of Toronto in the Department of Occupational Science and Occupational Therapy with cross appointments to the Dalla Lana School of Public Health, the University of Toronto Neuroscience Program, and the Graduate Department of Rehabilitation Science. She is also an Adjunct Scientist with St John's Rehab and Editor-in-Chief of the Canadian Journal of Occupational Therapy.



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Course workshop

venue

Vukomerec 45

Dates

April 20. - 21.04.2018

(Friday, Saturday), 3rd day will be defined during the workshop, it will be on Saturday and attendance can be via Skype)

You can enroll

www.hurt.hr

Course price

Early bird Association members with payed annual fee - 1250kn + PDV (1562,50kn - 230 Euro) until March 1st 2018

After March 1st 2018 - 1500kn + PDV (1875 kn - 270 Euro)

Other participants - 1750kn+ PDV (2187,50kn - 300 Euro) until March 1st 2018

After March 1st 2018 2000kn + PDV (2500kn - 350 Euro)