The Role of Occupational Therapy in Supporting Children who have Experienced Trauma

Presented by:
Marisa Capogreco, OT/s
Clare Demberger, OT/s
Andrea D. Fairman, PhD, OTR/L, CPRP
Bridget McNamara, OT/s
& Ellie Wheeler, OT/s

Webinar delivered June 21, 2016 for the
Federation for Children with Special Needs
Brief Summary

This webinar describes some of the unique aspects of interventions utilized by occupational therapists (OTs) for children who have survived trauma. Occupational Therapists “help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations)” (AOTA, 2016).

See more at:

http://www.aota.org/AboutOccupationalTherapy.aspx#sthash.qkMsW6zP.dpu
Brief Summary (continued)

This webinar will be delivered in four parts:

1. A general background on the overall impact of trauma on health and well-being. Followed by three aspects and approaches to intervention often used by OTs in helping children who have experienced trauma:
   2. Creating a secure attachment
   3. Using mindfulness to promote well-being
   4. Sensory-based strategies
About the presenters:

Dr. Andrea D. Fairman, PhD, OTR/L, CPRP
Associate Professor

OTD Students:
Marisa Capogreco, OT/s
Clare Demberger, OT/s
Bridget McNamara, OT/s
& Ellie Wheeler, OT/s

Dr. Fairman teaches and conducts research at the MGH Institute of Health Professions. In addition to over 15 years of experience as an occupational therapist, she is also a Certified Psychiatric Rehabilitation Practitioner (CPRP). She has worked with many families in providing community-based mental health services, including children who have experienced trauma.
After each section we will pause for Q & A. Are there any questions before we begin?
The Global Impact of Trauma

Video Presentation by
Ellie Wheeler, OT/s

I felt so much, that I started to feel nothing.
Questions & Answers
Attachment & Trauma
Video Presentation by Bridget McNamara, OT/s
Questions & Answers
Mindfulness
Video Presentation by Clare Demberger, OT/s
Who, What, When, Where, Why & How?
What is mindfulness?

Mindfulness is a **spiritual** or **psychological** faculty and described in the healthcare literature as an intentional engaging of a non-judgmental **awareness** of the present moment.

“Mindfulness allows you to be **fully present** in the here and the now in order to enjoy the wonders of life that have the **power** to **heal, transform, and nourish** us”

Thich Nhat Hanh
What is mindfulness?

Mindfulness-Based Stress Reduction (MBSR)

1. Instructive material
2. Experiential practice
3. Group discussion

Mindfulness-Based Cognitive Therapy (MBCT)
Why should I engage in mindfulness?

Mindfulness allows individuals to implement a “present oriented attention focus” which allows them to:

• Reduce anxiety and fear through exposure to thoughts and feelings
• Experience greater levels of calm and relaxation
• Establish greater self awareness
Why should I engage in mindfulness?

Mindfulness Increases:

• Attention, emotional and cognitive understanding, bodily awareness and coordination, and interpersonal awareness.

• Executive functioning skills or the ability to organize tasks, plan ahead, manage time, and make decisions.

Mindfulness Decreases:

• Negative impacts of stress and toxic stress.

• Levels of somatization, depression, negative affect, negative coping, rumination, and self hostility.

• Responses to social stress like intrusive thoughts and emotional arousal.
Who should engage in mindfulness?

*Simply, everyone.*

- Children
- Parents
- Teachers
- Friends
- School Administration
- Health Care Professionals

...everyone!
Where can I practice mindfulness?

• School
• Home
• MBSR & MBCT weekly programs
• Community centers
• Occupational Therapy
When should I start practicing mindfulness?

Let’s try some breathing exercises together.
How can I start my mindfulness practice with children?

Try these today!

Family Meditation

Glitter Jar

Belly Breathing Rocks
Questions & Answers
Sensory Strategies
Video Presentation by Marisa Capogreco, OT/s
Wrap-Up with Final Questions, Answers & Discussion


REFERENCES - continued


University of Massachusetts Medical School. Center for Mindfulness in Medicine, Health Care, and Society. Differences- MBCT and MBRS. Retrieved from: http://www.umassmed.edu/cfm/mbct/mbct-and-mbcsr-differences/
Thank you for your time and attention.
Thank You For Participating!

Please complete the Survey Monkey in your email