

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, November 13th 2018, 8:00PM – Tue, November 13th 2018, 9:15PM (Europe/London).

See #OTalk Influencers/Analytics.



Abi @Abi21643842

6 days ago

@OTalk_ What are the benefits and challenges of working as an OT in a general mental health setting? #OTalk



OTalk @OTalk_

6 days ago

RT @Abi21643842: @OTalk_ Who's online and ready to begin? #otalk



deb_OT @dmay_ot

6 days ago

#otalk I'm here! I'm currently on placement in psychiatric liaison and this is something we've discussed a lot over the weeks!



Carol Percy @DrCarolPercy

6 days ago

RT @Abi21643842: @OTalk_ Who's online and ready to begin? #otalk



OTalk @OTalk_

6 days ago

Usual reminders for tonight's chat to be respectful and keep confidentiality in mind! And always use the #OTalk tag so that we can keep track of everyone's contribution to the discussion!



Margaret Spencer @margaretOT360

6 days ago

All ready for tonight's #otalk



OTalk @OTalk_

6 days ago

Question 1! Anyone have any insight from their own work/placements/research? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

Hello peeps! #otalk



Chloe Woodley @ChloeWoodleyOT

6 days ago

First OTalk in a long time! Looking forward to talking about generic roles in mental health - I've worked in CAMHS for over a year #OTalk



Rebecca Allison @Rebecca72400332

6 days ago

Hi. I work in a fairly generic role so I'm interested in tonight's topic #otalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@Abi21643842 @OTalk_ In US, I know this is an area we are trying to reclaim our place. So that is a challenge. #otalk



Margaret Spencer @margaretOT360

6 days ago

Evening Bill #otalk



Maria U @Mur5e11

6 days ago
















Hi #OTalk I've hung around a few times but time to salute y'all :)



Student Platform OT @SPOTeurope

6 days ago

RT @OTalk_: Question 1! Anyone have any insight from their own work/placements/research? #OTalk
<https://t.co/bh15waPsBZ>

-
- 
Catriona Connell @POPPED_Project 6 days ago
 RT @OTalk_: #OTalk 13th November 2018 – Maintaining an occupational focus with generic mental health roles
<https://t.co/7B2pjlsknr>
-
- 
Lucy Howell @howell_lucy 6 days ago
 Hi all #otalk
-
- 
Maria U @Mur5e11 6 days ago
 I am on placement in community mental health... I love it! #OTalk
-
- 
ellenmillar @ellenmillar6 6 days ago
 #OTalk hello
-
- 
OTalk @OTalk_ 6 days ago
 RT @BillWongOT: @Abi21643842 @OTalk_ In US, I know this is an area we are trying to reclaim our place. So that is a challenge. #otalk
-
- 
Bill Wong, OTD, OTR/L @BillWongOT 6 days ago
 @margaretOT360 Excited in the coming days- have an interview coming up. #otalk
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- 
Margaret Spencer @margaretOT360 6 days ago
 Ooo very exciting in what area? #otalk
-
- 
Bill Wong, OTD, OTR/L @BillWongOT 6 days ago
 @margaretOT360 Trying to get my foot in the door in academia. Taking it slow with the transition if I do make it. #otalk
-
- 
deb_OT @dmay_ot 6 days ago
 Huge benefits to patients in terms of enabling absorption in activities, confidence, connections etc. Can be particularly challenging if colleagues don't understand what OT does. #otalk
-
- 
Abi @Abi21643842 6 days ago
 @OTalk_ research is a great tool, I found this article interesting <https://t.co/k02aj8b94F> #OTalk
-
- 
Bill Wong, OTD, OTR/L @BillWongOT 6 days ago
 RT @dmay_ot: Huge benefits to patients in terms of enabling absorption in activities, confidence, connections etc. Can be particularly cha...
-
- 
Chloe Woodley @ChloeWoodleyOT 6 days ago
 1) I think the benefits are learning new interventions and therapies. Where I work, I've had the opportunity to train as a DBT therapist. The biggest challenge is definitely working hard to remain OT focused #OTalk
-
- 
Bill Wong, OTD, OTR/L @BillWongOT 6 days ago
 @Abi21643842 @OTalk_ I would say- not too much because there aren't too many job in the market. #otalk
-
- 
OTalk @OTalk_ 6 days ago
 Sounds fascinating! Did you find you were able to be occupation-focused in that setting? #OTalk
-
- 
Lauren @Lauren_OT 6 days ago
 Benefits - increased skills and knowledge in practices e.g. MHA, MSE, safety planning, meds, ability use unique skills as well to improve outcomes for patients and move away from the medical model, career progression usually a bit better if want to stay in clinical roles #OTalk
-
- OTalk** @OTalk_ 6 days ago



RT @dmay_ot: Huge benefits to patients in terms of enabling absorption in activities, confidence, connections etc. Can be particularly cha...



Lucy Howell @howell_lucy

6 days ago

@Abi21643842 @OTalk_ #otalk Challenges - medical model and heavy psychological focus when I joined, role can be a jack of all trades, space to provide therapy. benefits able to offer clients a different opportunity to manage mental health, and co working with psychology producing positive results



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@margaretOT360 Good news is I can teach in any type of OT program in the US if I get a job like this. #otalk



Maria U @Mur5e11

6 days ago

My placement doesn't officially use them but i use moho framework. Good for explaining to team...#OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Lauren_OT: Benefits - increased skills and knowledge in practices e.g. MHA, MSE, safety planning, meds, ability use unique skills as we...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @ChloeWoodleyOT: 1) I think the benefits are learning new interventions and therapies. Where I work, I've had the opportunity to train a...



Rachel Rule @RRule_OT

6 days ago

@Abi21643842 @OTalk_ Hello #OTalk 🙌



OTalk @OTalk_

6 days ago

RT @howell_lucy: @Abi21643842 @OTalk_ #otalk Challenges - medical model and heavy psychological focus when I joined, role can be a jack of...



OTalk @OTalk_

6 days ago

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Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @howell_lucy: @Abi21643842 @OTalk_ #otalk Challenges - medical model and heavy psychological focus when I joined, role can be a jack of...



Margaret Spencer @margaretOT360

6 days ago

I think MOHO or MOCA are the most frequently used models of practice #otalk



Emma Harman @OTemharman

6 days ago

@OTalk_ Yes, at times but this varied a lot. I was focusing mainly on being client centered to ensure rapport is evident and motivation is increased. #OTalk



Nabachwa LL @NabachwaOT

6 days ago

@Abi21643842 @OTalk_ Hello, evening all. I'm lurking for now. Mainly looking to learn from others about how to maintain occupational focus in generic (and emerging) Mental Health roles. Will also contribute where I can. #OTalk



Margaret Spencer @margaretOT360

6 days ago

Hi RACHEL #otalk



Chloe Woodley @ChloeWoodleyOT

6 days ago

I also think another benefit is OT focused inventions for the client group. I'm the first OT to work in my team for a long time, therefore it gives the team more scope for treatment options #OTalk

**Lauren @Lauren_OT**

6 days ago

Challenges -doesn't help the already clear lack of understanding of role of OT amongst others, only one or minority in team, difficult to maintain professional identity and access profession specific training, difficult to use unique skills due to pressures of generic work #OTalk

**Rebecca Allison @Rebecca72400332**

6 days ago

@OTalk_ Sometimes it can be easy to drift away from a focus on occupation or values, especially when colleagues might address situations from a slightly different angle. But we all have a lot to learn from each other. #otalk

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

RT @NabachwaOT: @Abi21643842 @OTalk_ Hello, evening all. I'm lurking for now. Mainly looking to learn from others about how to maintain occ...

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

RT @ChloeWoodleyOT: I also think another benefit is OT focused inventions for the client group. I'm the first OT to work in my team for a l...

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

RT @Lauren_OT: Challenges -doesn't help the already clear lack of understanding of role of OT amongst others, only one or minority in team,...

**Emma Harman @OTemharman**

6 days ago

RT @OTalk_: Sounds fascinating! Did you find you were able to be occupation-focused in that setting? #OTalk <https://t.co/nsFXApXf9t>

**Suzanne Rastrick @SuzanneRastrick**

6 days ago

Hi #OTalk just lurking, to pick up thoughts & ideas from the chat tonight.

**Lucy gordon @Lucygordon83**

6 days ago

@Abi21643842 @OTalk_ I work in an older adult mental health community team. Positives - I work with a fantastic MDT and this role enables me to focus on mental health but also physical health (due to frailty) I am gaining knowledge around medication & social care too which is fab! ❤️ #OTalk

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

@Lauren_OT For sure- this is a challenge that many US MH OT's are facing too. #otalk

**Deborah Harrison @DebbiiHarrison**

6 days ago

Good evening #OTalk, sorry to be a little late tonight. I'm interested to see how the discussion goes, it's a topic close to my heart ❤️

**Margaret Spencer @margaretOT360**

6 days ago

I think it helps to focus on client goals #otalk

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

RT @Lucygordon83: @Abi21643842 @OTalk_ I work in an older adult mental health community team. Positives - I work with a fantastic MDT and t...

**Lucy gordon @Lucygordon83**

6 days ago

@Abi21643842 @OTalk_ Hey 🌈 #OTalk

**Bill Wong, OTD, OTR/L @BillWongOT**

6 days ago

RT @Rebecca72400332: @OTalk_ Sometimes it can be easy to drift away from a focus on occupation or values, especially when colleagues might...

Lucy Howell @howell_lucy

6 days ago



@Mur5e11 #otalk good of keeping the ot focus in formulations of the client's in an MDT



Abi @Abi21643842

6 days ago

@OTalk_ The debate of specific or generic roles is always an interesting one. I do worry that being in generic roles can dilute OT input <https://t.co/KChKCsm3FR> #OTalk



OTalk @OTalk_

6 days ago

RT @Lucygordon83: @Abi21643842 @OTalk_ I work in an older adult mental health community team. Positives - I work with a fantastic MDT and t...



OTalk @OTalk_

6 days ago

RT @Rebecca72400332: @OTalk_ Sometimes it can be easy to drift away from a focus on occupation or values, especially when colleagues might...



Rachel Rule @RRule_OT

6 days ago

@OTalk_ As a student applying for my first role this #otalk is well timed! I would love to work in MH but there are few OT roles in my area. I shadowed a team who had generic roles, but 3 OT's in a small team, so even within generic work they were able to maintain focused on occupation.



Emma Harman @OTemharman

6 days ago

This sounds great :) and yes I agree, very hard to remain OT focused. #OTalk



Lucy gordon @Lucygordon83

6 days ago

My OT team in mental health needs have devised their own holistic OT assessment based around MOHO. There is also a referral criteria and list of interventions we provide to help the MDT understand our role 🍀🌟 #OTalk



Kelly M @OTontheTracks

6 days ago

RT @OTalk_: Grab yourself a free ticket and be sure to stop by and see some of the #OTalk crew on Stand J66 at this months @TheOTShow! #OTa...



Kelly M @OTontheTracks

6 days ago

RT @OTalk_: You will also spot our @OT_rach, @Helen_OTUK & @Kirstie_OT on @MangarInt top 10 influential OTs on Twitter! #OTalk <https://t.co/...>



Margaret Spencer @margaretOT360

6 days ago

#otalk need to keep asking is it #OccupationalTherapy even if it's not in a job title



Abi @Abi21643842

6 days ago

I know what you mean, come across it daily. I think educating people about what we do is key to the development of OT as a profession #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Lucygordon83: My OT team in mental health needs have devised their own holistic OT assessment based around MOHO. There is also a referr...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Abi21643842: I know what you mean, come across it daily. I think educating people about what we do is key to the development of OT as a...



Margaret Spencer @margaretOT360

6 days ago

I think the OT process gives a great structure to our role #otalk



deb_OT @dmay_ot

6 days ago

#otalk I think you need to have a very strong sense of your OT identity and be prepared to refer on to more suitable agencies if what a client needs isn't OT.

**Lucy Howell** @howell_lucy

6 days ago

#otalk yes, also with working age, many physical issues not taken in to account- OT in MH has a real benefit to look at the whole person as you look at the barriers from the client's perspective.

**Rachel Rule** @RRRule_OT

6 days ago

@OTalk_ Although shadowing another practitioner who openly didn't want to be an OT provided a very different perspective - I suppose a lot depends on service remit, but I wonder how much depends on how motivated/interested you are in keeping an OT spin on your work? #otalk

**Chloe Woodley** @ChloeWoodleyOT

6 days ago

@RRRule_OT @OTalk_ Don't let a generic job title put you off applying for a job! I had these worries before applying to work in CAMHs, but during interview was able to ask about how the team would support me to remain OT focused. We have peer support groups which is really helpful #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

@Abi21643842 A TEDx talk on this kind of topic is badly needed. Maybe an OT can be bold enough to take a license. 🙄 #otalk

**Catriona Connell** @POPPED_Project

6 days ago

Consistent theme for many years - that there isn't space for occupational therapy. But as the only occupational therapists - if we are not delivering it, service users miss out #otalk

**Margaret Spencer** @margaretOT360

6 days ago

Demonstrating difference and change in clients with #occupationaltherapy is crucial #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

#otalk

**Alexa** @AlexaOT1

6 days ago

@OTalk_ I currently have a placement in a CMHT and find the benefits are being able to be occupation-centred with patients but a challenge is engagement and motivation for intervention #OTalk

**Emma Harman** @OTemharman

6 days ago

@dmay_ot I agree! Role promotion is a must in any setting, especially mental health! #HowDoWeSitInMDTsWithProfessionalsThatDontUnderstandOurJobRole ?! #OTalk

**deb_OT** @dmay_ot

6 days ago

#OTalk - At the moment I'm spending a lot of time on fb commenting on people's posts proclaiming #socialprescribing as this fabulous new thing. It's not new. It's OT!!! That's why we have prescribed running, walking groups, craft activities, social meals...

**Lauren** @Lauren_OT

6 days ago

I think a generic role or a split role which has key generic components is difficult for preceptee's to establish themselves in #OTalk

**Margaret Spencer** @margaretOT360

6 days ago

This really is our USP #otalk and we need to shout about it!

**OTalk** @OTalk_

6 days ago

RT @POPPED_Project: Consistent theme for many years - that there isn't space for occupational therapy. But as the only occupational therapi...

OTalk @OTalk_

6 days ago

RT @ChloeWoodleyOT: @RRRule_OT @OTalk_ Don't let a generic job title put you off applying for a job! I had these



worries before applying to...



Margaret Spencer @margaretOT360
Lots to unpack there... #otalk

6 days ago



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Lauren_OT: I think a generic role or a split role which has key generic components is difficult for preceptee's to establish themselves...



Chloe Woodley @ChloeWoodleyOT

6 days ago

@Abi21643842 @OTalk_ I also find this. In my team, we tend to have 2 clinicians working with each patient to enable the therapy and risk management to work side by side. It doesn't always go to plan, but is very helpful #OTalk



OTalk @OTalk_

6 days ago

RT @margaretOT360: This really is our USP #otalk and we need to shout about it! <https://t.co/fblmjs85df>



Lucy Howell @howell_lucy

6 days ago

#OTalk agreed, just got off the phone tonight after chasing referrals from other professions that should have been done by other professions, rather than focus on the Occupational needs of the client



Abi @Abi21643842

6 days ago

@OTalk_ 2. What mental health specific skills are necessary in this type of role? #OTalk



Catriona Connell @POPPED_Project

6 days ago

@dmay_ot Is it occupational therapy though? or directions to engage in a meaningful activity? #otalk



Rachel Rule @RRRule_OT

6 days ago

@ChloeWoodleyOT @OTalk_ This is great! I have been a bit concerned about not promoting the profession, but feel that as long as I can remain person centred & enable people/ work creatively I would be happy. Do you feel that is possible in your role? These are the reasons I wanted to train in OT. #otalk



Lucy Howell @howell_lucy

6 days ago

RT @margaretOT360: This really is our USP #otalk and we need to shout about it! <https://t.co/fblmjs85df>



Lucy gordon @Lucygordon83

6 days ago

@howell_lucy I love working with social workers in our team and explaining how an environment may be impacting on our patients! ❤️ #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @ChloeWoodleyOT: @Abi21643842 @OTalk_ I also find this. In my team, we tend to have 2 clinicians working with each patient to enable the...



Margaret Spencer @margaretOT360

6 days ago

I am the same on Twitter #otalk we need to get established in #GP surgeries



OTalk @OTalk_

6 days ago

RT @dmay_ot: #OTalk - At the moment I'm spending a lot of time on fb commenting on people's posts proclaiming #socialprescribing as this fa...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@RRRule_OT @ChloeWoodleyOT @OTalk_ I think we can promote the profession... but we just got to have a strategy, whether it is at our work, or just to the public in general. #otalk

Sophie is my name. @ciderwithsophie

6 days ago



@howell_lucy Why you working "tonight" ?!! 🙌 #OTALK



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@Abi21643842 @OTalk_ Motivational interviewing is probably one. #otalk



Margaret Spencer @margaretOT360

6 days ago

I would say it's back to our core skills of activity and task analysis #otalk



deb_OT @dmay_ot

6 days ago

@POPPED_Project Good question. Definitely seen therapeutic benefits from people who have done, become and belonged to a community, watching their confidence increase, their motivation rise, and engagement in living emerge. Fabulous to see! #otalk



Deborah Harrison @DebbiiHarrison

6 days ago

@margaretOT360 I was thinking that too Margaret. Although occupational therapists can have a broad role in MH; I'm wondering how you can be registered as an OT with the HCPC if your job role has few or no occupational elements. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @AlexaOT1: @OTalk_ I currently have a placement in a CMHT and find the benefits are being able to be occupation-centred with patients bu...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @POPPED_Project: Consistent theme for many years - that there isn't space for occupational therapy. But as the only occupational therapi...



Lauren @Lauren_OT

6 days ago

Same guys! I sent a request to my local GP's to go and talk about how OT could support this but they said they aren't in a position to employ any more staff... #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @DebbiiHarrison: @margaretOT360 I was thinking that too Margaret. Although occupational therapists can have a broad role in MH; I'm wond...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @dmay_ot: @POPPED_Project Good question. Definitely seen therapeutic benefits from people who have done, become and belonged to a commu...



Chloe Woodley @ChloeWoodleyOT

6 days ago

@RRule_OT @OTalk_ Absolutely! I think as long as you're passionate about the profession, you'll be able to promote it and remain OT focused. Even just within our team meetings, I'll have a different viewpoint on things compared to MH nurses! #OTalk



Lucy Howell @howell_lucy

6 days ago

@Lucygordon83 #otalk sometimes reframing a referral from the client's perception of barriers allows others to understand why the occupation is so important for them - today a social worker previously told client unable to help find supportive accommodation- has now changed clinically reasoning



Maria U @Mur5e11

6 days ago

Maybe handling expectations and progress not being always upwards...#OTalk



OTalk @OTalk_

6 days ago

The need to promote ourselves and our profession, and how we should go about it, has come up as one of the major challenges in response to our first question! Is this something we're good at? #OTalk

**Margaret Spencer** @margaretOT360

6 days ago

It would be #occupationaltherapy if one was employed to deliver it #otalk

**Margaret Spencer** @margaretOT360

6 days ago

RT @DebbiiHarrison: @margaretOT360 I was thinking that too Margaret. Although occupational therapists can have a broad role in MH; I'm wond...

**Catriona Connell** @POPPED_Project

6 days ago

@dmay_ot From my understanding of social prescribing, it is the people who CANT make use of it that need occupational therapy. personalised, adapted, graded and occupation used to address a particular identified need? devils advocate #otalk

**Lucy Howell** @howell_lucy

6 days ago

@ciderwithsophie #otalk hi Sophie - lol - because I work in community mental health - need I say more- and I care (although it's not always seen)

**OTalk** @OTalk_

6 days ago

Question 2! A few specific skills have already come up in tonight's chat (e.g. DBT) - what other mental health skillsets are people using in their generic roles? #OTalk

**Margaret Spencer** @margaretOT360

6 days ago

I am trying to create placements in GP surgeries but they are very reluctant #otalk

**Margaret Spencer** @margaretOT360

6 days ago

RT @ChloeWoodleyOT: @RRule_OT @OTalk_ Absolutely! I think as long as you're passionate about the profession, you'll be able to promote it a...

**OTalk** @OTalk_

6 days ago

RT @margaretOT360: I would say it's back to our core skills of activity and task analysis #otalk <https://t.co/n7gY12Obtl>**OTalk** @OTalk_

6 days ago

RT @BillWongOT: @Abi21643842 @OTalk_ Motivational interviewing is probably one. #otalk

**Abi** @Abi21643842

6 days ago

@OTalk_ I think that maybe we are modest people and find that side difficult. But RCOT has some great posters and other resources to promote OT, it's now on my to do list to print some! 😊 #OTalk

**Catriona Connell** @POPPED_Project

6 days ago

@margaretOT360 Not necessarily. there are occupational therapists not doing occupational therapy. It would be occ therapy if it was informed by assessment and formulation, and the occupation is adapted, graded and used to produce a desired lasting change.#otalk devils advocate

**Margaret Spencer** @margaretOT360

6 days ago

Look, very few people know what 100's job are. Just articulate what you have done to everyone and anyone who will listen. #otalk we will get there

**Abi** @Abi21643842

6 days ago

@OTalk_ What mental health specific skills are necessary in this type of role? #OTalk

**Rebecca Allison** @Rebecca72400332

6 days ago

@OTalk_ I did some training on motivational interviewing which was useful. Also have previously completed some counselling training, CBT and introduction to ACT #otalk

Chloe Woodley @ChloeWoodleyOT

6 days ago



2) Risk assessment and safety management is fundamental in my role, and these are skills I have learnt through working in the role #OTalk



OTalk @OTalk_

6 days ago

"Which outcome measures are useful in these roles?" could be a question in itself - hopefully tonight's chat will give you some ideas #OTalk



Lucy gordon @Lucygordon83

6 days ago

@ChloeWoodleyOT I often explain to the MDT I work in OT terminology such as: graded activity and activity analysis. I also like to talk through my assessments with my colleagues so they can understand the breadth of what we assess and so they can understand the #ValueofOT ❤️ #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Rebecca72400332: @OTalk_ I did some training on motivational interviewing which was useful. Also have previously completed some counsel...



OliviaMartins @OliviaM77015864

6 days ago

CBT - mainly for anxiety. #OTalk



Catriona Connell @POPPED_Project

6 days ago

@dmay_ot I love people making me think too - it makes for good critical appraisal skills... always learning. always in good natured curiosity #otalk



Margaret Spencer @margaretOT360

6 days ago

100% those who go ballroom dancing probably don't need and #OT as much as someone isolated, and cannot get out #otalk



Catriona Connell @POPPED_Project

6 days ago

I wasn't going to @OTalk_ tonight - but i seem to be here! #otalk



Margaret Spencer @margaretOT360

6 days ago

#otalk solution focussed strength based assessments



carol duff @carolfish32

6 days ago

RT @dmay_ot: #OTalk - At the moment I'm spending a lot of time on fb commenting on people's posts proclaiming #socialprescribing as this fa...



OTalk @OTalk_

6 days ago

RT @ChloeWoodleyOT: 2) Risk assessment and safety management is fundamental in my role, and these are skills I have learnt through working...



OTalk @OTalk_

6 days ago

RT @Rebecca72400332: @OTalk_ I did some training on motivational interviewing which was useful. Also have previously completed some counsel...



Chloe Woodley @ChloeWoodleyOT

6 days ago

@Lucygordon83 That's such a brilliant way to educate the team about our role! I really should use the OT terminology more often when talking about patients #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@Lauren_OT I think we need some OT's to make it into @TEDMED! I will sure try to advocate for some of our best minds to get invited to this... because I think it is a frontier that we should be part of. #otalk

Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @ChloeWoodleyOT: @Lucygordon83 That's such a brilliant way to educate the team about our role! I really should



use the OT terminology mo...



Gemma P @gemOT18

6 days ago

#OTalk trying to catch up as I'm late to the party, haven't joined in for ages. Just reading to get up to speed! @OTalk_



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @OliviaM77015864: CBT - mainly for anxiety. #OTalk <https://t.co/8yAeurKyIZ>



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @ChloeWoodleyOT: 2) Risk assessment and safety management is fundamental in my role, and these are skills I have learnt through working...



OTalk @OTalk_

6 days ago

RT @ChloeWoodleyOT: @Lucygordon83 That's such a brilliant way to educate the team about our role! I really should use the OT terminology mo...



Margaret Spencer @margaretOT360

6 days ago

Too modest! We need to shout from the rooftops or someone else will #otalk take our role like coaches etc



Abi @Abi21643842

6 days ago

@OTalk_ We use the recovery star with the star as the outcome, this tool is very holistic and OT. But qualitative and lacking reliability depending on day to day changes #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@OTalk_ I will be honest- the answer is not really. I know one person can only do so much... but that's why we need to pool together our strengths and abilities to improve on this status quo. #otalk



Gemma P @gemOT18

6 days ago

@ChloeWoodleyOT @Lucygordon83 I agree talking to your team is key- presentations, case studies, joint working to explain your OT focus #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @margaretOT360: 100% those who go ballroom dancing probably don't need and #OT as much as someone isolated, and cannot get out #otalk ht...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Lucygordon83: @ChloeWoodleyOT I often explain to the MDT I work in OT terminology such as: graded activity and activity analysis. I als...



Catriona Connell @POPPED_Project

6 days ago

@Rebecca72400332 @Abi21643842 @OTalk_ .@motionreseach @joanne_inman @MaryBirken might be able to share some examples of outcome measures in CMHT #otalk



Lucy Gordon @Lucygordon83

6 days ago

@ChloeWoodleyOT It makes me so proud when I am educating the team about our terminology and models.. We don't shout enough about all our occupational science, models, frames of reference etc which make us so unique and special! ❤️🌟 #OTalk



Nabachwa LL @NabachwaOT

6 days ago

@Abi21643842 @POPPED_Project @OTalk_ It should really be the other way round - an occupational focus re. therapeutic interventions could bring about hope for meaningful, purposeful and lasting recovery. I was told on my last placement that where recovery may not possible, the focus is on flow instead. #OTalk

OTalk @OTalk_

6 days ago



@gemOT18 Better late than never! #OTalk <https://t.co/ORGaugURAI>



Catriona Connell @POPPED_Project

6 days ago

@Rebecca72400332 @Abi21643842 @OTalk_ Have you looked at some of the standardised assessments based on the Model of Human Occupation? they generally all have good clinical utility and psychometric validation studies including CMHT patients #otalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@Lucygordon83 @ChloeWoodleyOT For me, I sure will enjoy the same feeling if I ever get a chance to go to a multidisciplinary conference and present on something OT. #otalk



Suzanne Simpson @SimpsonResearch

6 days ago

Completely agree #OTalk



Olivia Martins @OliviaM77015864

6 days ago

Explaining our role when we introduce ourselves to new staff; been vocal in MDT meetings; work jointly with other staff and explain our OT perspective of clients; divulging our work in trust journal; get feedback from clients of our intervention and share it in the MDT #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @POPPED_Project: @Rebecca72400332 @Abi21643842 @OTalk_ Have you looked at some of the standardised assessments based on the Model of Hum...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @NabachwaOT: @Abi21643842 @POPPED_Project @OTalk_ It should really be the other way round - an occupational focus re. therapeutic interv...



Lucy Howell @howell_lucy

6 days ago

@Abi21643842 @OTalk_ #otalk yes we can be quiet about achievements, but then I think about my own team, the moment there is success, a new client is requiring intervention and your focus goes there- it's the same for all MDT members- dating an amazing job with no space to breathe



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @howell_lucy: @Abi21643842 @OTalk_ #otalk yes we can be quiet about achievements, but then I think about my own team, the moment there i...



Abi @Abi21643842

6 days ago

@margaretOT360 @OTalk_ I also think skills in risk management, problem solving, grading and adapting and assessing mental state. Many overlaps with physical #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@howell_lucy @Abi21643842 @OTalk_ Save those stories... maybe that can be for future TEDx talk material. 😊 #otalk



Lucy Howell @howell_lucy

6 days ago

@Abi21643842 @OTalk_ Doing not dating! 😊 #otalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @Abi21643842: @margaretOT360 @OTalk_ I also think skills in risk management, problem solving, grading and adapting and assessing mental...



Gemma P @gemOT18

6 days ago

@POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ I agree MOHO based assessments can work. I'm a fan of Occupational Self Assessment and aiming to use Volitional Questionnaire too #OTalk

**Rachel Rule** @RRule_OT

6 days ago

RT @margaretOT360: 100% those who go ballroom dancing probably don't need and #OT as much as someone isolated, and cannot get out #otalk ht...

**Lucy Gordon** @Lucygordon83

6 days ago

@estaples17 @howell_lucy Our social workers are so valuable within in our team ❤️ #OTalk

**Dr Heather Baglee** @HeatherBaglee

6 days ago

@POPPED_Project @OTalk_ Same! #OTalk 😊

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

@vicki_OT2018 @OTalk_ Definitely... that's why I decide to have a TEDx event license. This is a challenge in a bold way. 🙌 #otalk

**Elisabeth Staples** @estaples17

6 days ago

RT @Lucygordon83: @estaples17 @howell_lucy Our social workers are so valuable within in our team ❤️ #OTalk

**Abi** @Abi21643842

6 days ago

@OTalk_ What resources and tools can support practitioners to remain occupation centred? #OTalk

**OTalk** @OTalk_

6 days ago

RT @Abi21643842: @margaretOT360 @OTalk_ I also think skills in risk management, problem solving, grading and adapting and assessing mental...

**Rachel Rule** @RRule_OT

6 days ago

@Rebecca72400332 @OTalk_ Hi! Was this training provided through your role, or something that you sought out independently? #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

@howell_lucy @Abi21643842 @OTalk_ At least that's better than doing the whole 9 yards of organizing one! #otalk

**Catriona Connell** @POPPED_Project

6 days ago

@dmay_ot social prescribing seems a little blunt. Need to know WHY the person isn't doing it to make sure therapy makes a lasting change on that thing, rather than sticking plaster of placing in an existing activity. Or prescription runs out and back to square one #otalk #notanexperthere

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

@Abi21643842 @OTalk_ MH4OT should be utilized more... especially for those who need support. #otalk

**Abi** @Abi21643842

6 days ago

@Lucygordon83 That is so great, we are advised to use COPM but I find it difficult for clients who lack insight around their needs #OTalk

**OTalk** @OTalk_

6 days ago

15 minutes left in tonight's #OTalk, here's Question 3! We've already started getting into this conversation re: assessments but would also be great to hear about other kinds of tools and resources 🙌

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

@howell_lucy @Abi21643842 @OTalk_ I don't want to trade too much of my occupational balance for it. #otalk

**Alexa** @AlexaOT1

6 days ago

@Abi21643842 @OTalk_ I've found that the use of grading is an important skill in mental health, to increase the confidence of patients to help access purposeful occupation and overcome barriers #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @Abi21643842: @Lucygordon83 That is so great, we are advised to use COPM but I find it difficult for clients who lack insight around the...

**Dr Heather Baglee** @HeatherBaglee

6 days ago

@POPPED_Project @dmy_ot Recently thought of it in comparison to dieticians Vs general healthy eating advice - OT's and dieticians when people are complex and need expert assessment and intervention? #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @AlexaOT1: @Abi21643842 @OTalk_ I've found that the use of grading is an important skill in mental health, to increase the confidence of...

**Margaret Spencer** @margaretOT360

6 days ago

The use of activity analysis is crucial #otalk

**Alexa** @AlexaOT1

6 days ago

@Abi21643842 @OTalk_ Risk assessment is also a vital skill for OTs within mental health - I am currently getting my head around FACE risk assessment on my placement #OTalk

**OTalk** @OTalk_

6 days ago

Social media can be a very useful tool! (e.g. mental health related #OTalk chats... 🤗)

**Catriona Connell** @POPPED_Project

6 days ago

@Rebecca72400332 @Abi21643842 @OTalk_ Interested to here your thoughts with your service users. MOHO def has strongest evidence for model, supporting theory, and associated assessments. used all across my trust for evidence based services #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @Lucygordon83: @estaples17 @howell_lucy Our social workers are so valuable within in our team💙 #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @gemOT18: @POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ I agree MOHO based assessments can work. I'm a fan of Occupational Self...

**Lucy Howell** @howell_lucy

6 days ago

#otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @OliviaM77015864: Explaining our role when we introduce ourselves to new staff; been vocal in MDT meetings; work jointly with other staf...

**Lucy gordon** @Lucygordon83

6 days ago

@Rebecca72400332 @Abi21643842 @OTalk_ We are currently exploring outcome measures within in our team - GAS outcome measure. It can be hard to measure! I often set goals with my patients and if they've achieved their goal then for me that is an outcome measure 🍀🌟 #OTalk

**Catriona Connell** @POPPED_Project

6 days ago

@gemOT18 @Rebecca72400332 @Abi21643842 @OTalk_ I love VQ, but haven't used in community setting before - does it work well? #otalk

**Rachel Rule** @RRRule_OT

6 days ago

@Abi21643842 @OTalk_ Is is common for OTs working in generic roles to have supervision from other OTs? Or peer led groups with other OTs working in generic roles? #otalk

Suzanne Simpson @SimpsonResearch

6 days ago



@Abi21643842 @OTalk_ I think connecting with our communities is a huge resource I'm loving my new role and really getting to know what's out there. Then when you ask an individual about those occupations that maintain/once maintained/might help their wellbeing then you have the resources #OTalk



OTalk @OTalk_

6 days ago

RT @POPPED_Project: @Rebecca72400332 @Abi21643842 @OTalk_ Interested to here your thoughts with your service users. MOHO def has strongest...



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @AlexaOT1: @Abi21643842 @OTalk_ Risk assessment is also a vital skill for OTs within mental health - I am currently getting my head arou...



Margaret Spencer @margaretOT360

6 days ago

I think the GAS it really good and person centred #otalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @SimpsonResearch: @Abi21643842 @OTalk_ I think connecting with our communities is a huge resource I'm loving my new role and really gett...



Catriona Connell @POPPED_Project

6 days ago

@HeatherBaglee @dmay_ot This seems like a good analogy #otalk



Suzanne Simpson @SimpsonResearch

6 days ago

@HeatherBaglee @POPPED_Project @dmay_ot That's a great way of explaining it! #OTalk



Catriona Connell @POPPED_Project

6 days ago

RT @HeatherBaglee: @POPPED_Project @dmay_ot Recently thought of it in comparison to dieticians Vs general healthy eating advice - OT's and...



Lucy gordon @Lucygordon83

6 days ago

@AlexaOT1 @BillWongOT @Abi21643842 @OTalk_ a very important skill 🌟 use graded activity/exposure with a lot of my patients - building confidence and motivation #OTalk



Abi @Abi21643842

6 days ago

@OTalk_ Yes. The practical occupational therapist on fb is also good #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@SimpsonResearch @Abi21643842 @OTalk_ Yes- blend in with the community so that you can get a good needs assessment is important. #otalk



Gemma P @gemOT18

6 days ago

@POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ Haven't used it yet but colleagues in hospital found it successful. I'm thinking of using it with a particular client that can struggle with motivation- will let u know! #OTalk



Catriona Connell @POPPED_Project

6 days ago

RT @RRule_OT: @Abi21643842 @OTalk_ Is is common for OTs working in generic roles to have supervision from other OTs? Or peer led groups wit...



Margaret Spencer @margaretOT360

6 days ago

It's essential that they have supervision from an OT to maintain their HCPC #otalk and OT focus



Rachel Rule @RRule_OT

6 days ago

RT @SimpsonResearch: @Abi21643842 @OTalk_ I think connecting with our communities is a huge resource I'm loving my new role and really gett...

**Lucy Howell** @howell_lucy

6 days ago

@gemOT18 @POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ #otalk I find it difficult to set an observation for a VQ in a community setting , still working on it. OSA short form is great to focus a client who doesn't know what support they need and keeps my OT focus. OCAIRS good for an initial info gathering

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @Abi21643842: @OTalk_ We use the recovery star with the star as the outcome, this tool is very holistic and OT. But qualitative and lack...

**Abi** @Abi21643842

6 days ago

@OTalk_ What extra learning/ work based training has supported your practice? #OTalk

**Iris Benson MBE** @irisbenson100

6 days ago

RT @OTalk_: 15 minutes left in tonight's #OTalk, here's Question 3! We've already started getting into this conversation re: assessments bu...

**Lucy gordon** @Lucygordon83

6 days ago

@margaretOT360 Have you used it Margaret? That's great to hear. I really liked the look of it, I need to have a more detailed read 📖 #OTalk

**Gemma P** @gemOT18

6 days ago

@margaretOT360 Haven't heard of this one?! #OTalk

**Iris Benson MBE** @irisbenson100

6 days ago

RT @Abi21643842: @margaretOT360 @OTalk_ I also think skills in risk management, problem solving, grading and adapting and assessing mental...

**Nabachwa LL** @NabachwaOT

6 days ago

@howell_lucy @Lucygordon83 - I would agree with you and go one further, saying our core Occupational Therapy skills can be combined with a Biopsychosocial approach in all kinds of ways. ✨ #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @howell_lucy: @gemOT18 @POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ #otalk I find it difficult to set an observation for a VQ i...

**OTalk** @OTalk_

6 days ago

RT @margaretOT360: It's essential that they have supervision from an OT to maintain their HCPC #otalk and OT focus <https://t.co/E1buJuGnQO>

**Bill Wong, OTD, OTR/L** @BillWongOT

6 days ago

RT @Abi21643842: @OTalk_ Yes. The practical occupational therapist on fb is also good #OTalk

**Catriona Connell** @POPPED_Project

6 days ago

@RRRule_OT @Abi21643842 @OTalk_ If employed as an occupational therapist, think this is essential. Maybe not so clear if that is not what you are employed for. #otalk

**Gemma P** @gemOT18

6 days ago

@howell_lucy @POPPED_Project @Rebecca72400332 @Abi21643842 @OTalk_ I'll add this one to the list to try as well! #OTalk

**OTalk** @OTalk_

6 days ago

Last question! #OTalk

Bill Wong, OTD, OTR/L @BillWongOT

6 days ago



RT @POPPED_Project: @RRule_OT @Abi21643842 @OTalk_ If employed as an occupational therapist, think this is essential. Maybe not so clear if...



Margaret Spencer @margaretOT360

6 days ago

Yes it's really clear measurement of change and person centred #otalk



deb_OT @dmay_ot

6 days ago

@POPPED_Project I think there are few people for whom generic social prescribing would work without the support of somebody who could provide assessment, analysis, grading - in fact all the things an OT would do!!! #otalk



Dr Heather Baglee @HeatherBaglee

6 days ago

@SimpsonResearch @POPPED_Project @dmay_ot It helped me feel less possessive over activity/occupation because I definitely did! 😊 #OTalk



Chloe Woodley @ChloeWoodleyOT

6 days ago

3) Goal setting is a vital skill to use with my patients, and breaking these goals down to smaller goals and using a graded approach to achieve these goals #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @dmay_ot: @POPPED_Project I think there are few people for whom generic social prescribing would work without the support of somebody wh...



Margaret Spencer @margaretOT360

6 days ago

It's just activity analysis measurements #otalk



Lucy gordon @Lucygordon83

6 days ago

@margaretOT360 I have supervision with a mental health nurse and an OT which helps me remain OT focused but also gives me an insight into my colleagues role (broadens my understanding of how medications may be impacting on my patients occupations) #OTalk



Gemma P @gemOT18

6 days ago

@POPPED_Project @RRule_OT @Abi21643842 @OTalk_ In a previous generic role I had 1:1 supervision from a nurse then peer supervision with other OTs which I found so valuable... as well as a different perspective from a nurse #OTalk



Lucy Howell @howell_lucy

6 days ago

I've seen both - some with specific OT supervision and some generic, I feel it may be difficult for a new graduate to keep OT identify and focus if not supported clinically by a senior experienced OT. Equally, experienced OTs can be confident in their skills to keep focus #otalk



Abi @Abi21643842

6 days ago

@OTalk_ Youtube, Podcasts and NHS Athens are a great resource. Shadowing other services and OTs in the setting is vital #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

@dmay_ot @POPPED_Project There is a 4OT group on this recently. #otalk



Catriona Connell @POPPED_Project

6 days ago

@dmay_ot So it sounds like social prescribing is something different to occupational therapy? An occupational therapist could do social prescribing, but social prescribers couldn't do occupational therapy. #otalk



Bill Wong, OTD, OTR/L @BillWongOT

6 days ago

RT @ChloeWoodleyOT: 3) Goal setting is a vital skill to use with my patients, and breaking these goals down to smaller goals and using a gr...

Catriona Connell @POPPED_Project

6 days ago



@gemOT18 @howell_lucy @Rebecca72400332 @Abi21643842 @OTalk_ Fab idea - test out, make sure you are using an assessment that assesses what you want it to, and to re-measure the outcome #otalk



Margaret Spencer @margaretOT360

6 days ago

I have really valued solution focused training, I funded it myself and applied and got awarded long life learning grant from #RCOT #otalk as additional funding source



Gemma P @gemOT18

6 days ago

@Abi21643842 @OTalk_ Health coaching was really beneficial. Complimented what I already knew.. also made me realise how much I tend to 'jump in' with solutions for clients & reminded me to keep quiet so they can find the solution themselves #OTalk



OTalk @OTalk_

6 days ago

RT @gemOT18: @Abi21643842 @OTalk_ Health coaching was really beneficial. Complimented what I already knew.. also made me realise how much I...



Margaret Spencer @margaretOT360

6 days ago

RT @ChloeWoodleyOT: 3) Goal setting is a vital skill to use with my patients, and breaking these goals down to smaller goals and using a gr...



OTalk @OTalk_

6 days ago

RT @Abi21643842: @OTalk_ Youtube, Podcasts and NHS Athens are a great resource. Shadowing other services and OTs in the setting is vital #O...



Dr Heather Baglee @HeatherBaglee

6 days ago

@POPPED_Project @dmay_ot There is a research project @UoSOccTherapy about when social prescribers need to refer on to an occupational therapist #OTalk



OTalk @OTalk_

6 days ago

RT @margaretOT360: I have really valued solution focused training, I funded it myself and applied and got awarded long life learning grant...



Margaret Spencer @margaretOT360

6 days ago

RT @howell_lucy: I've seen both - some with specific OT supervision and some generic, I feel it may be difficult for a new graduate to keep...



Catriona Connell @POPPED_Project

6 days ago

RT @HeatherBaglee: @SimpsonResearch @POPPED_Project @dmay_ot It helped me feel less possessive over activity/occupation because I definitel...



Suzanne Simpson @SimpsonResearch

6 days ago

@HeatherBaglee @POPPED_Project @dmay_ot I must admit that's how I felt - 'watered down OT' But now I've read more and heard about the work going on at Salford @SalfordSPx I've really started to think differently. I'm seeing it as an opportunity for OTs to lead the way, to make it successful! #OTalk



Chloe Woodley @ChloeWoodleyOT

6 days ago

4) DBT foundation training - part of our service is the DBT service for adolescents and young adults to age 25. The therapy reminds me of OT in many ways such as goal setting, achieving a better quality of life whilst managing risk #OTalk



Catriona Connell @POPPED_Project

6 days ago

@HeatherBaglee @dmay_ot @UoSOccTherapy Brilliant idea - where can i learn more about this? #otalk

Lucy Howell @howell_lucy

6 days ago

#Otalk better understanding of trauma and how it presents and how using sensory modulation can support a client



ground themselves emotionally and then work the cognitive approach. Understanding different psychological approaches has lead to better referrals and treatment

Lucy gordon @Lucygordon83

6 days ago



@OTalk_ Shadowing & convos with the MDT,peer support groups,band 5 rotation meetings,OTalk,mental health first aid training,personality disorder awareness training,reading up on medication & potential side effects, regular supervision, journal articles #OTalk

OTalk @OTalk_

6 days ago



9pm already! Thanks @Abi21643842 for the great topic and questions and thanks everyone for getting involved! We'll have a transcript up later in the week 😊 #OTalk

Margaret Spencer @margaretOT360

6 days ago



Fab exploration of our unique dual trained role in MH #otalk this evening

Lucy gordon @Lucygordon83

6 days ago



@ChloeWoodleyOT Ohh I am interested in this! And may explore this further thank you 💚🌟 #OTalk

Chloe Woodley @ChloeWoodleyOT

6 days ago



@Lucygordon83 @OTalk_ I agree, the trust I work in offers band 5 OT peer support groups, as well as a specific CAMHS OT forum where all the OTs within the different CAMHS services meet to formulate cases and put an OT approach to our work #OTalk

Catriona Connell @POPPED_Project

6 days ago



@SimpsonResearch @HeatherBaglee @dmay_ot @SalfordSPx Guess it would be about differentiating when/if effectiveness increases (or decreases) if social prescribing starts to morph into occupational therapy and that this is not lost as social prescribing #otalk

Rachel Rule @RRRule_OT

6 days ago



@gemOT18 @POPPED_Project @Abi21643842 @OTalk_ Thank you! It's good to hear different experiences. In the role that I am considering I would be the only person employed in the charity who had trained as an OT, so I suppose I would need to seek supervision or peer support externally #OTalk

Lucy gordon @Lucygordon83

6 days ago



@margaretOT360 I really want to do this! As my line manager has talked about solution focused therapy. Thank you.. I will explore this further 💚🌟 #OTalk

OTalk @OTalk_

6 days ago



Next week (20th November) - "Hints & Tips for Tweeting at events, training & conferences" 😊 #OTalk

Dr Heather Baglee @HeatherBaglee

6 days ago



@POPPED_Project @OTalk_ Just finished a Prof Doc - developed leadership training for OT students from a feminist perspective - still recovering... 😊 #otalk

Chloe Woodley @ChloeWoodleyOT

6 days ago



@Lucygordon83 I'm more than happy to talk to you about it! It's a therapy originally created for patients with borderline personality disorder, however can be used for patients who experience mood instability, self harm/suicidal thoughts or interpersonal difficulties #OTalk

Claire Murphy @Incredhead

6 days ago



@Lucygordon83 @Rebecca72400332 @Abi21643842 @OTalk_ Also recommend MOHO assessments and GAS to measure outcomes in mental health. We've recently published a paper on using GAS in mental health if you're interested <https://t.co/s7jxLrSfuW> #Otalk

Gemma P @gemOT18

6 days ago

@OTalk_ Yes I need this! #OTalk

**Gemma P** @gemOT18

6 days ago

@HeatherBaglee @POPPED_Project @OTalk_ I agree sounds very interesting! Keep us posted #OTalk

**Lucy Gordon** @Lucygordon83

6 days ago

Thank you for a fabulous #OTalk this evening! I have gained lots of ideas and advice tonight to take forward into my role. I cannot wait to share what we have discussed with my team 🍀🌟

**Catriona Connell** @POPPED_Project

6 days ago

@HeatherBaglee @SimpsonResearch @dmay_ot I love saying "activity is everyone's business" (bit occupational therapy is mine) #otalk

**Chloe Woodley** @ChloeWoodleyOT

6 days ago

Really enjoyed tonight's OTalk! First one for a long time, so good to talk with other OT's working in similar roles to share ideas 🍀 #OTalk

**Nabachwa LL** @NabachwaOT

6 days ago

@OliviaM77015864 @dmay_ot @OTalk_ Is #OTsSocialPrescribing the same as Behavioural Activation?? Behavioural Activation seemed like an interesting way for Psychology to be applied to people's needs in the real world, I would never have linked the two though. How did you make the link @OliviaM77015864? #OTalk

**Dr Heather Baglee** @HeatherBaglee

6 days ago

@POPPED_Project @OTalk_ Working on publication re study findings, written about feminism and OT in OT @ot_magazine - #otalk thanks for your interest!

**Catriona Connell** @POPPED_Project

6 days ago

@HeatherBaglee @OTalk_ @ot_magazine I will be watching - i love new perspectives #otalk

Showing 1 to 277 of 277 entries

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