

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, December 18th 2018, 8:00PM – Tue, December 18th 2018, 9:15PM (Europe/London).

See #OTalk Influencers/Analytics.



OTalk @OTalk_

2 days ago

Evening all! It's that time again. Tonight's #OTalk topic is about self Disclosure with @soleinj_ <https://t.co/JDy55elyL9>



Sarah Wood @sarahwoodOT

2 days ago

RT @alisonfwarren: Looking forward to #otalk with @soleinj_ thought provoking topic @PIELRes



OTalk @OTalk_

2 days ago

So who is out there this evening? #OTalk this @OT_rach on the support account tonight. <https://t.co/YhuyV0Qpce>



OTalk @OTalk_

2 days ago

Before we kick off, a little bit of house keeping before we start. Please remember your professional codes of conduct still apply online #OTalk <https://t.co/MNINHpkAdJ>



Solei OT 🌻 @soleinj_

2 days ago

RT @OTalk_ : Evening all! It's that time again. Tonight's #OTalk topic is about self Disclosure with @soleinj_ <https://t.co/JDy55elyL9>



OTalk @OTalk_

2 days ago

Please consider confidentiality when posting & be respectful of your peers. Any tweets with the #OTalk tag will be added to the transcript. <https://t.co/hOJBjjL0W>



OTalk @OTalk_

2 days ago

Dont forget to include the #OTalk hashtag in all your tweets so everyone can see what you have to say & chat with you. <https://t.co/ZipTI9oaMf>



OTalk @OTalk_

2 days ago

If there are any newbies or lurkers out there give me a shout if you get stuck or lost along the way! #OTalk <https://t.co/imtp6YeYNb>



Solei OT 🌻 @soleinj_

2 days ago

RT @OTalk_ : Dont forget to include the #OTalk hashtag in all your tweets so everyone can see what you have to say & chat with you. <https://t.co/ZipTI9oaMf>



Dr Katrina Bannigan @KatrinaBannigan

2 days ago

RT @OTalk_ : Almost time #Otalk <https://t.co/xL6RLvOo78>



OT PlymouthUni @OTPlymouthUni

2 days ago

Joining in from Plymouth ready for #OTalk



Solei OT 🌻 @soleinj_

2 days ago

Question 1. What do you consider to be "therapist self-disclosure with a patient/client"? @OTalk_ #OTalk



Rachael @RachaelD_OT

2 days ago

Evening all 🌻 Looking forward to tonight's #OTalk

 **Dr Katrina Bannigan** @KatrinaBannigan
Me @KatrinaBannigan #otalk

2 days ago

 **Sarah Wood** @sarahwoodOT
Joining the #OTalk tonight for an interesting topic

2 days ago

 **Emmi D** @Emmi88OT
@OTalk_ I am around #OTalk

2 days ago

 **OTalk** @OTalk_
With the #OTalk housekeeping out of the way it's over to @soleinj_ with the 1st question.

2 days ago

 **melanie faulkner** @melf74
Hi. Lurker here!!!! #otalk

2 days ago

 **Cara Lawrence** @caralawrence
@KatrinaBannigan I am dipping in feeling ready for bed! #otalk

2 days ago

 **Jenny Wright** @jwrightot
Hoping to keep up with tonight's discussion on a very interesting topic! #OTalk #selfdisclosure

2 days ago

 **Dr Alison Warren** @alisonfwarren
Sharing any information about, your family or friends. Possibly health related #otalk

2 days ago

 **OTalk** @OTalk_
@HoneysuckleOt Yes and put #Otalk in all your tweets so others see then.

2 days ago

 **Dr Katrina Bannigan** @KatrinaBannigan
RT @alisonfwarren: Looking forward to #otalk with @soleinj_ thought provoking topic @PIELRes

2 days ago

 **Holleigh Bryan** ❤️ @HolleighLouise
I'm here! #OTalk

2 days ago

 **Dr Katrina Bannigan** @KatrinaBannigan
RT @soleinj_: I am hosting @OTalk_ tonight at 8pm to discuss the topic of therapist self-disclosure & being personal with clients in our pr...

2 days ago

 **OTalk** @OTalk_
Question 1 #OTalk

2 days ago

 **Julie-Anne Lowe** @julieannelowe1
@OTalk_ @soleinj_ Evening #OTalk

2 days ago

 **Jenny Wright** @jwrightot
@soleinj_ @OTalk_ I consider Therapist self-disclosure to be discussing anything about yourself/your life with patients #OTalk

2 days ago

 **Solei OT** 🌟 @soleinj_
RT @jwrightot: @soleinj_ @OTalk_ I consider Therapist self-disclosure to be discussing anything about yourself/your life with patients #OTa...

2 days ago

 **Cara Lawrence** @caralawrence
@soleinj_ @OTalk_ Really interesting as different roles I would almost see they are different #otalk

2 days ago

 **Emmi D** @Emmi88OT 2 days ago
@soleinj_ @OTalk_ @OTalk_ Question 1: everything personal I suppose #OTalk

 **Bethany Chitty** @BethanyChitty 2 days ago
@soleinj_ @OTalk_ Anything that you share about your private/personal life with service users, from talking about family to your own health experiences etc. #OTalk

 **Emmi D** @Emmi88OT 2 days ago
RT @OTalk_ : Question 1 #OTalk <https://t.co/shNq3rdq1F>

 **Rebecca Crouch, Occupational Therapist** @RebeccaCrouch 2 days ago
It's been a while but I'm here! Band 5 rotational OT currently working in acute mental health. #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
@BethanyChitty @OTalk_ What are your thoughts on this definition: "revealing information about yourself outside of the therapeutic encounter such as personal insights, coping strategies, emotional struggles, own health issues, life circumstances, values or beliefs, past experiences?" #OTalk

 **deb_OT** @dmay_ot 2 days ago
@soleinj_ @OTalk_ I'd say it's about sharing (selective) elements of your life with your clients, as an example of a behaviour or as a bare minimum to demonstrate that you're human too! #OTalk

 **Jenny Wright** @jwrighttot 2 days ago
@caralawrence @soleinj_ @OTalk_ In what way do you see self disclosure as being different in different roles? Really interested by this idea! #OTalk

 **Sarah Wood** @sarahwoodOT 2 days ago
@soleinj_ @OTalk_ Using yourself and your own experience as an individual as a resource #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
Hello folks! #otalk

 **Emmi D** @Emmi88OT 2 days ago
RT @soleinj_ : @BethanyChitty @OTalk_ What are your thoughts on this definition: "revealing information about yourself outside of the therap...

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @soleinj_ : @BethanyChitty @OTalk_ What are your thoughts on this definition: "revealing information about yourself outside of the therap...

 **Angelyn Easton** @AngelynJEaston 2 days ago
@caralawrence @soleinj_ @OTalk_ Should person opinions be included in that? #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
@NickyP_OT @OTalk_ so revealing things outside of your professional role? what sort of topics would you disclose Nicky? #OTalk

 **Emmi D** @Emmi88OT 2 days ago
RT @dmay_ot: @soleinj_ @OTalk_ I'd say it's about sharing (selective) elements of your life with your clients, as an example of a behaviour...

 **Jade Hearson** @JadeH_OT 2 days ago
@OTalk_ Hi everyone! Lurking tonight! 😊 #OTalk

 **Dr Katrina Bannigan** @KatrinaBannigan
@soleinj_ @BethanyChitty @OTalk_ I think the revealing is helpful @OTPlymouthUni #otalk

2 days ago

 **Solei OT** 🌸 @soleinj_
RT @dmay_ot: @soleinj_ @OTalk_ I'd say it's about sharing (selective) elements of your life with your clients, as an example of a behaviour...

2 days ago

 **Bill Wong, OTD, OTR/L** @BillWongOT
@soleinj_ @BethanyChitty @OTalk_ I would agree this definition. You summed it up perfectly. #otalk

2 days ago

 **Jenny Wright** @jwrightot
@soleinj_ @BethanyChitty @OTalk_ I wonder why it specifies outside of the therapeutic encounter? 🤔 can you not self-disclose within your therapeutic encounter with a patient? #OTalk #morequestionsthananswersfromme

2 days ago

 **deb_OT** @dmay_ot
@soleinj_ @BethanyChitty @OTalk_ Are there risks that sharing your values may be seen as judgmental if this differ significantly from your client's? #otalk

2 days ago

 **Bethany Chitty** @BethanyChitty
@soleinj_ @OTalk_ I think that covers a great amount of it, but I also think that this might not necessarily by 'outside' of the therapeutic encounter - it can be part of it #OTalk

2 days ago

 **Solei OT** 🌸 @soleinj_
@dmay_ot @OTalk_ great thought! I find sometimes there is a real opportunity to build a connection with a client by revealing a bit of your personality #OTalk

2 days ago

 **Julie-Anne Lowe** @julieannelowe1
@soleinj_ @OTalk_ And there is me straight on the naught step form the get go 😊 #OTalk .. sorry , it's been a while

2 days ago

 **Lynsey Stocks** @HoneysuckleOt
@soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values and information to help with building the therapeutic relationship. It can be a good wY of role modelling, skills building and building empathy #OTalk

2 days ago

 **Solei OT** 🌸 @soleinj_
RT @jwrightot: @soleinj_ @BethanyChitty @OTalk_ I wonder why it specifies outside of the therapeutic encounter? 🤔 can you not self-disclose...

2 days ago

 **Jenny Wright** @jwrightot
@dmay_ot @soleinj_ @OTalk_ I think the last part of this is spot on! Letting patients know you're human too is often so key, in my opinion! #OTalk

2 days ago

 **Julie-Anne Lowe** @julieannelowe1
#OTalk

2 days ago

 **Emmi D** @Emmi88OT
@jwrightot @soleinj_ @BethanyChitty @OTalk_ When there is #selfdisclosure it is because you think it would enhance the therapeutic relationship #OTalk

2 days ago

 **Holleigh Bryan** ❤️🌿 @HolleighLouise
RT @soleinj_: @dmay_ot @OTalk_ great thought! I find sometimes there is a real opportunity to build a connection with a client by revealing...

2 days ago

 **Solei OT** 🌸 @soleinj_

2 days ago



@jwrighttot @BethanyChitty @OTalk_ i think this is referring to information outside of the professional relationship but valid point!! #OTalk



Rachael @RachaelD_OT 2 days ago
@soleinj_ @OTalk_ I guess we inadvertently self-disclose by wearing items of jewellery such as wedding bands. It's not just necessarily about what we purposefully disclose... #OTalk



Emmi D @Emmi88OT 2 days ago
RT @soleinj_: @dmay_ot @OTalk_ great thought! I find sometimes there is a real opportunity to build a connection with a client by revealing...



Solei OT 🌸 @soleinj_ 2 days ago
RT @jwrighttot: @dmay_ot @soleinj_ @OTalk_ I think the last part of this is spot on! Letting patients know you're human too is often so key,...



Emmi D @Emmi88OT 2 days ago
RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...



Holleigh Bryan ❤️ @HolleighLouise 2 days ago
RT @jwrighttot: @dmay_ot @soleinj_ @OTalk_ I think the last part of this is spot on! Letting patients know you're human too is often so key,...



Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
@soleinj_ @dmay_ot @OTalk_ I think for me- sometimes I might as well reveal to my clients that I am on Tedx talks (if they are interested in watching those). #otalk



Bethany Chitty @BethanyChitty 2 days ago
@RachaelD_OT @soleinj_ @OTalk_ Very good point #OTalk



Solei OT 🌸 @soleinj_ 2 days ago
RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...



Holleigh Bryan ❤️ @HolleighLouise 2 days ago
RT @Emmi88OT: @jwrighttot @soleinj_ @BethanyChitty @OTalk_ When there is #selfdisclosure it is because you think it would enhance the therap...



Jenny Wright @jwrighttot 2 days ago
@Emmi88OT @soleinj_ @BethanyChitty @OTalk_ I'd agree, and I'd say therefore surely its within your therapeutic encounter as it's more than likely within a treatment session/assessment? #OTalk



Dr Katrina Bannigan @KatrinaBannigan 2 days ago
RT @soleinj_: @dmay_ot @OTalk_ great thought! I find sometimes there is a real opportunity to build a connection with a client by revealing...



Sophie Deakin @SophieDOT 2 days ago
It can be about sharing aspects of your life that are relevant to your clients' experiences. Could be interpreted as part of therapeutic use of self #OTalk



Dr Katrina Bannigan @KatrinaBannigan 2 days ago
RT @BillWongOT: @soleinj_ @BethanyChitty @OTalk_ I would agree this definition. You summed it up perfectly. #otalk



OT PlymouthUni @OTPlymouthUni 2 days ago
like the mention of boundaries here #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
@dmay_ot @soleinj_ @BethanyChitty @OTalk_ I think it depends on the situation. We have to use our judgment and reading of social cues to find out. #otalk

 **Holleigh Bryan** ❤️ @HolleighLouise 2 days ago
@Emmi88OT @jwrightot @soleinj_ @BethanyChitty @OTalk_ This is a really good point. Like anything we need to clinically reason our self disclosure #otalk

 **Alexis** @8alexisjoelle 2 days ago
It's an interesting question as in order to build trust, we must be relatable in some fashion #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...

 **Solei OT** 🌻 @soleinj_ 2 days ago
RT @BillWongOT: @soleinj_ @BethanyChitty @OTalk_ I would agree this definition. You summed it up perfectly. #otalk

 **Cara Lawrence** @caralawrence 2 days ago
@jwrightot @dmay_ot @soleinj_ @OTalk_ Definitely important for them to know you are human #otalk I have found fatigue management is something I do a lot. This can be a fine line of saying I would find this tiring and not patronising fatigue as being the same as tired as it's not!

 **Jenny Wright** @jwrightot 2 days ago
@caralawrence @soleinj_ @OTalk_ Ah I see! Definitely different pressures/time scales make the amount of/use of self-disclosure very different #OTalk

 **Solei OT** 🌻 @soleinj_ 2 days ago
RT @RachaelD_OT: @soleinj_ @OTalk_ I guess we inadvertently self-disclose by wearing items of jewellery such as wedding bands. It's not jus...

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
@HoneysuckleOt @soleinj_ @OTalk_ Although for me... I do hear that sometimes disclosing a diagnosis you have in a clinical setting might be deemed unprofessional. #otalk

 **Dr Katrina Bannigan** @KatrinaBannigan 2 days ago
@RachaelD_OT @soleinj_ @OTalk_ I never wear my wedding band for #otalk @PIELRes @OTPlymouthUni

 **Solei OT** 🌻 @soleinj_ 2 days ago
@RachaelD_OT @OTalk_ great point Rachael! will come back to this later!! #OTalk

 **OT PlymouthUni** @OTPlymouthUni 2 days ago
RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...

 **Emmi D** @Emmi88OT 2 days ago
RT @jwrightot: @Emmi88OT @soleinj_ @BethanyChitty @OTalk_ I'd agree, and I'd say therefore surely its within your therapeutic encounter as...

 **Emmi D** @Emmi88OT 2 days ago
RT @HolleighLouise: @Emmi88OT @jwrightot @soleinj_ @BethanyChitty @OTalk_ This is a really good point. Like anything we need to clinically...

**Solei OT** 🌸 @soleinj_

2 days ago

okay question number 2! What leads you to share personal experiences with patients/clients? Do you disclose to patients/clients often? #OTalk @OTalk

**Solei OT** 🌸 @soleinj_

2 days ago

RT @Emmi88OT: @jwrightot @soleinj_ @BethanyChitty @OTalk_ When there is #selfdisclosure it is because you think it would enhance the therap...

**OT PlymouthUni** @OTPlymouthUni

2 days ago

RT @jwrightot: @dmay_ot @soleinj_ @OTalk_ I think the last part of this is spot on! Letting patients know you're human too is often so key,...

**Solei OT** 🌸 @soleinj_

2 days ago

RT @HolleighLouise: @Emmi88OT @jwrightot @soleinj_ @BethanyChitty @OTalk_ This is a really good point. Like anything we need to clinically...

**Bethany Chitty** @BethanyChitty

2 days ago

@BillWongOT @dmay_ot @soleinj_ @OTalk_ Reading social cues is definitely important when disclosing information about yourself to ensure that it is appropriate/warranted. We also need to judge how much we are comfortable sharing and people knowing. Professional boundaries are still needed #OTalk

**Solei OT** 🌸 @soleinj_

2 days ago

RT @caralawrence: @jwrightot @dmay_ot @soleinj_ @OTalk_ Definitely important for them to know you are human #otalk I have found fatigue man...

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

2 days ago

@soleinj_ @otalk If it is travel experiences, for sure... especially when I hear what the patients used to do. But in terms of autism, I have to watch the context and what is happening during the treatment. #otalk

**Emmi D** @Emmi88OT

2 days ago

RT @BethanyChitty: @BillWongOT @dmay_ot @soleinj_ @OTalk_ Reading social cues is definitely important when disclosing information about you...

**Dr Katrina Bannigan** @KatrinaBannigan

2 days ago

@jwrightot @Emmi88OT @soleinj_ @BethanyChitty @OTalk_ I have also had to think about self disclosure especially around mental health issues in @OTPlymouthUni @PIELRes #otalk

**Emma Barclay** @emlouisebaker

2 days ago

Lurking! #OTalk

**Dr Alison Warren** @alisonfwarren

2 days ago

@soleinj_ @otalk I find it helps build rapport and can demonstrate empathy #otalk

**Carolyn is an OT** @CeeCeeOT

2 days ago

RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...

**Emmi D** @Emmi88OT

2 days ago

@BethanyChitty @BillWongOT @dmay_ot @soleinj_ @OTalk_ Completely agree. We need to be mindful when sharing and keep professional boundaries #OTalk

**Alexis** @8alexisjoelle

2 days ago

When it validates their feelings and experiences as well as need to build trust when there may be broken thoughts around that in the context #OTalk

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

2 days ago

@NickyP_OT @dmay_ot @soleinj_ @BethanyChitty @OTalk_ Sometimes that is hard where you are not the regular therapist and you have to treat the patient that day. #otalk

**Solei OT** 🌸 @soleinj_

2 days ago

RT @alisonfwarren: @soleinj_ @otalk I find it helps build rapport and can demonstrate empathy #otalk

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

2 days ago

RT @Emmi88OT: @BethanyChitty @BillWongOT @dmay_ot @soleinj_ @OTalk_ Completely agree. We need to be mindful when sharing and keep professio...

**Alexis** @8alexisjoelle

2 days ago

knowing our limits is important #OTalk

**Carolyn is an OT** @CeeCeeOT

2 days ago

RT @BethanyChitty: @BillWongOT @dmay_ot @soleinj_ @OTalk_ Reading social cues is definitely important when disclosing information about you...

**Dr Katrina Bannigan** @KatrinaBannigan

2 days ago

@jwrightot @Emmi88OT @soleinj_ @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes Word education missed! @OTPlymouthUni @PIELRes #otalk

**Bethany Chitty** @BethanyChitty

2 days ago

@soleinj_ @otalk I work currently in a dementia assessment and treatment unit. At present I would say I self-disclose quite frequently to start of reminiscences etc and build a rapport. I do so now very differently to my previous role which was forensics. #otalk

**Katie Morgan** @kjmorgan14

2 days ago

@soleinj_ @OTalk_ #OTalk

**deb_OT** @dmay_ot

2 days ago

When working with children the same age as my kids I did refer to mine; it gave a common space to discuss the pros and cons of Little Mix vs ID and they were confident I'd know what flossing was should they want it as a goal. #otalk

**Dr Katrina Bannigan** @KatrinaBannigan

2 days ago

RT @8alexisjoelle: knowing our limits is important #OTalk <https://t.co/NGf7pCtA7R>

**Solei OT** 🌸 @soleinj_

2 days ago

@KatrinaBannigan @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes do you think we have different levels of willingness to self-disclose based on the area of practice we work in? Could argue there is greater risk in some settings? #OTalk

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

2 days ago

RT @BethanyChitty: @soleinj_ @otalk I work currently in a dementia assessment and treatment unit. At present I would say I self-disclose qu...

**Dr Alison Warren** @alisonfwarren

2 days ago

RT @BethanyChitty: @BillWongOT @dmay_ot @soleinj_ @OTalk_ Reading social cues is definitely important when disclosing information about you...

**OTalk** @OTalk_

2 days ago

Question 2 #OTALK

Emmi D @Emmi88OT

2 days ago



RT @soleinj_: @KatrinaBannigan @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes do you think we have different levels of...



Jenny Wright @jwrightot 2 days ago
@soleinj_ @otalk I think I disclose to patients a fair amount, but when I do it's usually if something I personally have experienced could add insight to a patient experience...eg personal experience of family/friends with a SCI and what they have achieved to show there's life after injury #OTalk



Solei OT 🌸 @soleinj_ 2 days ago
RT @jwrightot: @soleinj_ @otalk I think I disclose to patients a fair amount, but when I do it's usually if something I personally have exp...



Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
RT @dmay_ot: When working with children the same age as my kids I did refer to mine; it gave a common space to discuss the pros and cons of...



Sarah Wood @sarahwoodOT 2 days ago
@soleinj_ @otalk I have been careful with disclosing details when working with adult client group who I could possibly see in my personal life #OTalk



Holleigh Bryan ❤️ @HolleighLouise 2 days ago
RT @jwrightot: @soleinj_ @otalk I think I disclose to patients a fair amount, but when I do it's usually if something I personally have exp...



Bethany Chitty @BethanyChitty 2 days ago
@soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes I think so. When I worked in a medium secure unit I definitely didn't share as much about myself, unless it was quite trivial. Whereas now in dementia care, I find I self-disclose frequently to build rapport and empathy. #OTalk



OT PlymouthUni @OTPlymouthUni 2 days ago
RT @BethanyChitty: @soleinj_ @otalk I work currently in a dementia assessment and treatment unit. At present I would say I self-disclose qu...



Alexis @8alexisjoelle 2 days ago
interesting... when I find they have the same diagnosis and I share I have the same (in context of sharing something that helped me), it's very therapeutic for the client to feel hope #OTalk



Emmi D @Emmi88OT 2 days ago
@soleinj_ @KatrinaBannigan @jwrightot @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes Yes definitely. I suppose you don't disclose with everyone. #OTalk



Solei OT 🌸 @soleinj_ 2 days ago
@jwrightot @otalk thanks for sharing Jenny! Do you think self-disclosure is influenced by personality type? e.g extroverts more likely to disclose than introverts? just a thought... #OTalk



Emma Barclay @emlouisebaker 2 days ago
@soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes Yep I agree the risk varies by client group and also by what you disclose. Eg home address versus favourite food! #OTalk



Jenny Wright @jwrightot 2 days ago
@soleinj_ @KatrinaBannigan @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes I definitely think this is true! I also think it depends on your management/team leaders and their views. Some feel disclosing info about yourself shouldn't be done and therefore makes it an out of bounds topic/you more wary of sharing #OTalk

Solei OT 🌸 @soleinj_ 2 days ago



RT @BethanyChitty: @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes I think so. When I worked in a medium se...



Dr Katrina Bannigan @KatrinaBannigan
I have self disclosed in teaching to role model but I am never sure if I should @OTPlymouthUni @PIELRes #otalk



Dr Katrina Bannigan @KatrinaBannigan
RT @emlouisebaker: @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes Yep I agree the risk vari...



Julie-Anne Lowe @julieannelowe1
@soleinj_ @otalk Demonstrate empathy and understanding, to build and consolidate a therapeutic relationship, to build trust .. all key elements in therapeutic use of self and building a sound therapeutic relationship. #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@Emmi88OT @soleinj_ @KatrinaBannigan @jwrightot @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes I might be open on social media about having autism. But I keep it close to the vest with patients at the workplace. #otalk



Bethany Chitty @BethanyChitty
@emlouisebaker @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes Yes, level of self-disclosure definitely varies! It's appropriate to share some trivial things with many people but going into more detail, where you live and where you go often etc. is much less appropriate and would be risky. #OTalk



Solei OT 🌸 @soleinj_
@BethanyChitty @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes have you also considered the information you may disclose subconsciously? e.g. tattoos, wearing a wedding ring?? are we disclosing more than we think we are?? #OTalk



Alexis @8alexisjoelle
This #otalk



Christie Robinson @christiephysio
#OTalk Christie - physio here! Working with kids and Families I have occasionally talked about my own kids. I have found it can help build rapport and demonstrate some kind of shared experience.



Solei OT 🌸 @soleinj_
RT @julieannelowe1: @soleinj_ @otalk Demonstrate empathy and understanding, to build and consolidate a therapeutic relationship, to build t...



Alexis @8alexisjoelle
100% #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
@Emmi88OT @soleinj_ @KatrinaBannigan @jwrightot @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes But luckily... I can always get out of this kind of trouble now... since I can always say... "They found my TEDx talk. I can't do anything about pulling it down." #otalk



Emma Barclay @emlouisebaker
@KatrinaBannigan @OTPlymouthUni @PIELRes Think its a good thing, shows you're human and in touch with the real world! #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @jwrightot: @soleinj_ @KatrinaBannigan @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes I definitely think this is true! I also...

Nicky Phillips @NickyP_OT

 @soleinj_ @otalk For me its to rapport or at times demonstrate empathy/understanding. I've not got many experiences that compare directly with what many client's have experienced though, so need to be aware of not coming across patronising or glib. #OTalk

2 days ago

Bill Wong, OTD, OTR/L @BillWongOT

 RT @julieannelowe1: @soleinj_ @otalk Demonstrate empathy and understanding, to build and consolidate a therapeutic relationship, to build t...

2 days ago

Bill Wong, OTD, OTR/L @BillWongOT

 RT @BethanyChitty: @emlouisebaker @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes Yes, level of self-disclo...

2 days ago

Steph @sstephla

 @BillWongOT @soleinj_ @otalk I completely agree, I work with autistic patients and so we have very structured boundaries with what we should/shouldn't share! #OTalk

2 days ago

Solei OT 🌸 @soleinj_

 RT @NickyP_OT: @soleinj_ @otalk For me its to rapport or at times demonstrate empathy/understanding. I've not got many experiences that com...

2 days ago

Emmi D @Emmi88OT

 @jwrightot @soleinj_ @KatrinaBannigan @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes I agree. Some settings value people with lived experience and are happy for you to share #OTalk

2 days ago

Lynsey Stocks @HoneysuckleOt

 @soleinj_ @otalk Giving examples of daily living skills learning from everyday mistakes , to build rapport discussing interests #gettingtoknowyou from safe wards, I disclose when appropriate and to help clients not feel stigmatised but able to say it redirect if I dont wish to share #OTalk

2 days ago

Emmi D @Emmi88OT

 RT @jwrightot: @soleinj_ @KatrinaBannigan @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes I definitely think this is true! I also...

2 days ago

Dr Alison Warren @alisonfwarren

 @BethanyChitty @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes I also share more when working with people with dementia and their carers..I still need to think boundaries at times to protect myself a bit #otalk

2 days ago

Cara Lawrence @caralawrence

 @soleinj_ @otalk Building rapport. I also think lots of patients are interest and care that you have a nice holiday etc. #otalk

2 days ago

Jenny Wright @jwrightot

 @soleinj_ @otalk I think it definitely could be! Would be an interesting bit of research! #OTalk

2 days ago

Alexis @8alexisjoelle

Hmmm #otalk

2 days ago

Dr Katrina Bannigan @KatrinaBannigan

 @soleinj_ @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes Not sure. Something are also more stigmatised and harder to disclose #otalk @OTPlymouthUni @PIELRes

2 days ago

Bill Wong, OTD, OTR/L @BillWongOT

 @sstephla @soleinj_ @otalk Me working in that setting is tricky. Want to give them hope, but also don't want to cross the line of professionalism. #otalk

2 days ago

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

2 days ago

RT @caralawrence: @soleinj_ @otalk Building rapport. I also think lots of patients are interest and care that you have a nice holiday etc....

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

2 days ago

RT @HoneysuckleOt: @soleinj_ @otalk Giving examples of daily living skills learning from everyday mistakes , to build rapport discussing in...

**Nicky Phillips** @NickyP_OT

2 days ago

@BillWongOT @dmay_ot @soleinj_ @BethanyChitty @OTalk_ Ah yes! I was thinking of my last placement in a very small mental health rehab hospital! This would be less of an issue there. #OTalk

**Emmi D** @Emmi88OT

2 days ago

@KatrinaBannigan @OTPlymouthUni @PIELRes I will value someone sharing and disclosing. I don't think there is a right answer on this #OTalk

**Jenny Wright** @jwrightot

2 days ago

@soleinj_ @BethanyChitty @KatrinaBannigan @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes That's a really interesting thought! Those non-verbal cues as to who we may be and the perceptions that our patients may then have of us #OTalk

**Solei OT** 🌸 @soleinj_

2 days ago

@NickyP_OT @otalk interesting point raised here... some self-disclosures could work well with one person but not another... not everyone would want to listen about our 'problems'! #OTalk

**Rachael** @RachaelD_OT

2 days ago

@soleinj_ @otalk I self-disclose regularly. Self-disclosure is something that I receive positive feedback about from service users - I feel that it can be really useful when trying to build rapport #OTalk

**Alexis** @8alexisjoelle

2 days ago

#otalk

**Steph** @sstephla

2 days ago

@soleinj_ @otalk If I feel it will help build a therapeutic rapport with a client, I'll share my experiences to try and find a commonality between us to which they can relate to and feel safe disclosing information to me! #otalk

**Solei OT** 🌸 @soleinj_

2 days ago

RT @RachaelD_OT: @soleinj_ @otalk I self-disclose regularly. Self-disclosure is something that I receive positive feedback about from servi...

**Alexis** @8alexisjoelle

2 days ago

Fabulous #OTalk

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

2 days ago

RT @RachaelD_OT: @soleinj_ @otalk I self-disclose regularly. Self-disclosure is something that I receive positive feedback about from servi...

**Solei OT** 🌸 @soleinj_

2 days ago

RT @jwrightot: @soleinj_ @BethanyChitty @KatrinaBannigan @Emmi88OT @OTalk_ @OTPlymouthUni @PIELRes That's a really interesting thought! Tho...

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

2 days ago

RT @soleinj_ @NickyP_OT @otalk interesting point raised here... some self-disclosures could work well with one person but not another... n...

Cara Lawrence @caralawrence 2 days ago
 @soleinj_ @jwrightot @otalk Haa haa I am definitely an extrovert and show strangers on the bus pictures of my nephew Hee hee #otalk

Rebecca Crouch, Occupational Therapist @RebeccaCrouch 2 days ago
 I ran a group at work today & asked a participant what they would normally do for Xmas. The group was a safe space for discussion where they really opened up & in return they asked what I was doing for Xmas. I share when it feels appropriate & to build rapport #OTalk

Solei OT 🌸 @soleinj_ 2 days ago
 RT @sstephla: @soleinj_ @otalk If I feel it will help build a therapeutic rapport with a client, I'll share my experiences to try and find...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 @soleinj_ @NickyP_OT @otalk Well- my golfing problems actually help let my patients know that their therapist is human. #otalk <https://t.co/8UZN5ujOZv>

Leonie Boland @lee_o_nee 2 days ago
 RT @soleinj_: okay question number 2! What leads you to share personal experiences with patients/clients? Do you disclose to patients/clients...

Bethany Chitty @BethanyChitty 2 days ago
 @soleinj_ @NickyP_OT @otalk We have to use our judgement and try and read the situation to see if it is appropriate. For some it may not be helpful and they may see it as us making it about ourselves. It depends how you approach it and if you feel it is going to be beneficial #OTalk

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @sstephla: @soleinj_ @otalk If I feel it will help build a therapeutic rapport with a client, I'll share my experiences to try and find...

Leonie Boland @lee_o_nee 2 days ago
 RT @alisonfwarren: @soleinj_ @otalk I find it helps build rapport and can demonstrate empathy #otalk

Steph @sstephla 2 days ago
 @BillWongOT @soleinj_ @otalk Yes exactly! I'm in a forensic setting so we have to be very careful! But we need to come across as human and need to build rapport to gain their trust! #otalk

Solei OT 🌸 @soleinj_ 2 days ago
 RT @KatrinaBannigan: @soleinj_ @jwrightot @Emmi88OT @BethanyChitty @OTTalk_ @OTPlymouthUni @PIELRes Not sure. Something are also more stigma...

Alexis @8alexisjoelle 2 days ago
 #OTalk

Emmi D @Emmi88OT 2 days ago
 @KatrinaBannigan @soleinj_ @jwrightot @BethanyChitty @OTTalk_ @OTPlymouthUni @PIELRes I agree with you. It is sad that there is still stigma #OTalk

Solei OT 🌸 @soleinj_ 2 days ago
 RT @sstephla: @BillWongOT @soleinj_ @otalk Yes exactly! I'm in a forensic setting so we have to be very careful! But we need to come across...

Tanja Križaj PhD @TanjaOT 2 days ago
 RT @RachaelD_OT: @soleinj_ @otalk I self-disclose regularly. Self-disclosure is something that I receive positive



feedback about from servi...



Solei OT 🌸 @soleinj_

2 days ago

RT @caralawrence: @soleinj_ @jwrightot @otalk Haa haa I am definitely an extrovert and show strangers on the bus pictures of my nephew Hee...



Solei OT 🌸 @soleinj_

2 days ago

RT @soleinj_: @jwrightot @otalk thanks for sharing Jenny! Do you think self-disclosure is influenced by personality type? e.g extroverts mo...



Dr Katrina Bannigan @KatrinaBannigan

2 days ago

RT @8alexisjoelle: Hmm #otalk <https://t.co/lwFOo1CQC4>



Holleigh Bryan ❤️ @HolleighLouise

2 days ago

@HoneysuckleOt @soleinj_ @otalk Oo interesting thought about how self disclosure reduces stigmatisation. I suppose it would make pts more comfortable to discuss these stigmatised topics #otalk



Emmi D @Emmi88OT

2 days ago

@soleinj_ @NickyP_OT @otalk I also think that some people may see you as less competent because of your lived experience #OTalk



Emmi D @Emmi88OT

2 days ago

RT @RachaelD_OT: @soleinj_ @otalk I self-disclose regularly. Self-disclosure is something that I receive positive feedback about from servi...



Solei OT 🌸 @soleinj_

2 days ago

onto question 3! What do you consider the main benefits and potential issues to be when disclosing information to patients/clients? #OTalk @OTalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @HolleighLouise: @HoneysuckleOt @soleinj_ @otalk Oo interesting thought about how self disclosure reduces stigmatisation. I suppose it w...



Cara Lawrence @caralawrence

2 days ago

@RebeccaCrouch If you had of said o no nothing or this is not what we discuss I feel that was rude. I know one of my patients said she find our team friendly as we do disclose aposse to having an invisible wall between us #otalk



Lisa Jamieson @jamieson2015

2 days ago

@BethanyChitty @soleinj_ @otalk I would agree, how much and what is appropriate to share varies between settings and sometimes between service users in that setting. #OTalk



Solei OT 🌸 @soleinj_

2 days ago

RT @Emmi88OT: @soleinj_ @NickyP_OT @otalk I also think that some people may see you as less competent because of your lived experience #OTa...



Dr Katrina Bannigan @KatrinaBannigan

2 days ago

@HolleighLouise @HoneysuckleOt @soleinj_ @otalk My work is predominantly with students rather than patients #otalk @OTPlymouthUni @PIELRes



Julie-Anne Lowe @julieannelowe1

2 days ago

@BethanyChitty @alisonfwarren @BillWongOT @dmay_ot @soleinj_ @OTalk_ Absolutely key #OTalk

Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @Emmi88OT: @soleinj_ @NickyP_OT @otalk I also think that some people may see you as less competent



because of your lived experience #OTa...



OTalk @OTalk_
Use the #Otalk not @OTalk_

2 days ago



Alexis @8alexisjoelle
issues: when it's about us and not about the client. Benefits: rapport, trust and breaking down walls of client feeling alone
#OTalk

2 days ago



Emmi D @Emmi88OT
RT @soleinj_: onto question 3! What do you consider the main benefits and potential issues to be when disclosing information to patients/cl...

2 days ago



Bill Wong, OTD, OTR/L @BillWongOT
@soleinj_ @otalk Building rapport for future treatments. #otalk

2 days ago



Lizzie Stojalowski @LizzieStoj
@OTalk_ In the past I have disclosed personal things such as my interests and hobbies. However I have never disclosed really personal and sensitive information, for example about previous difficulties with my mental health. To be honest I feel conflicted about sharing that. #OTalk

2 days ago



Jenny Wright @jwrightot
@soleinj_ @otalk I think a potential issue of disclosing information is patients feeling like you 'know it all', or aren't appreciating their individual situation #OTalk

2 days ago



OT PlymouthUni @OTPlymouthUni
RT @OTalk_: Use the #Otalk not @OTalk_ <https://t.co/Kby5dbEvHf>

2 days ago



OTalk @OTalk_
Question 3 #OTalk

2 days ago



Cara Lawrence @caralawrence
@KatrinaBannigan @HolleighLouise @HoneysuckleOt @soleinj_ @otalk @OTPlymouthUni @PIELRes Do you disclose more with students than you with patients? #otalk

2 days ago



Helena Amos @HelenaAmos_OT
@soleinj_ @OTalk_ I found patients wanted to know more about my personal life when I was in their own home opposed to when I was in a hospital setting. I sometimes disclose that I have a baby as I have a day off each week. I find questions about my religion common and difficult to answer #OTalk

2 days ago



Alexis @8alexisjoelle
👉 #Otalk

2 days ago



Nicky Phillips @NickyP_OT
@Emmi88OT @soleinj_ @otalk Yeah, again I think this could go either way! Some patients might really value it and it might really put some people off you! #OTalk

2 days ago



Emmi D @Emmi88OT
@soleinj_ @otalk It is about being mindful of how much you disclose and the potential impact it could have on the person #OTalk

2 days ago



Lydia Ward @LydiaWardOT
RT @8alexisjoelle: issues: when it's about us and not about the client. Benefits: rapport, trust and breaking down walls of client feeling...

2 days ago

Steph @sstephla 2 days ago
 @soleinj_ @KatrinaBannigan @jwrightot @Emmi88OT @BethanyChitty @OTalk_ @OTPlymouthUni @PIELRes 100%! Working in a medium secure forensic unit I definitely have a lot more boundaries about what I am comfortable sharing #otalk

Solei OT 🌸 @soleinj_ 2 days ago
 @jwrightot @otalk totally agree! hard to strike the right balance? may cause role confusion or client uncertainty within the therapeutic relationship?? #OTalk

Solei OT 🌸 @soleinj_ 2 days ago
 RT @NickyP_OT: @Emmi88OT @soleinj_ @otalk Yeah, again I think this could go either way! Some patients might really value it and it might re...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @NickyP_OT: @Emmi88OT @soleinj_ @otalk Yeah, again I think this could go either way! Some patients might really value it and it might re...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @HelenaAmos_OT: @soleinj_ @OTalk_ I found patients wanted to know more about my personal life when I was in their own home opposed to wh...

Cara Lawrence @caralawrence 2 days ago
 @jwrightot @soleinj_ @otalk When I run groups I am always keen to say you are the experts, #otalk

OT PlymouthUni @OTPlymouthUni 2 days ago
 @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too much #otalk

Holleigh Bryan 🌿 @HolleighLouise 2 days ago
 RT @Emmi88OT: @soleinj_ @otalk It is about being mindful of how much you disclose and the potential impact it could have on the person #OTa...

Sarah Wood @sarahwoodOT 2 days ago
 @soleinj_ @otalk Some potential issues may come up when ending professional relationships if disclosure has aided a good rapport. However, I have always phrased this as positive to the person, e.g. "working with me has shown you are able to form positive relationships" #OTalk

Jenny Wright @jwrightot 2 days ago
 @soleinj_ @otalk A benefit is the rapport that can be built! That knowledge of my OT is a human too, they have a life too! Also we have experiences that may give knowledge/tips for furthering patient potential #OTalk

Tanja Križaj PhD @TanjaOT 2 days ago
 Agree. It's about evaluating a particular situation and see if self-disclosure is appropriate. In some situations it helps building a rapport. #OTalk

Solei OT 🌸 @soleinj_ 2 days ago
 @NickyP_OT @Emmi88OT @otalk definitely! as therapists, we may also fear client judgment too?? #OTalk

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 @HelenaAmos_OT @soleinj_ @OTalk_ In nursing home setting, this depends on the patient for me. #otalk

Emmi D @Emmi88OT 2 days ago
 @soleinj_ @otalk It can help with building rapport and for the person to feel that you really understand their difficulties #OTalk

Solei OT  @soleinj_ 2 days ago
 RT @jwrighttot: @soleinj_ @otalk A benefit is the rapport that can be built! That knowledge of my OT is a human too, they have a life too! A...

Leonie Boland @lee_o_nee 2 days ago
 RT @soleinj_: onto question 3! What do you consider the main benefits and potential issues to be when disclosing information to patients/cl...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @LizzieStoj: @OTalk_ In the past I have disclosed personal things such as my interests and hobbies. However I have never disclosed reall...

Bethany Chitty @BethanyChitty 2 days ago
 Self-disclosure from therapist to service user can help to develop empathy and therapeutic rapport. Sometimes it can be your way 'in' to work with a service user, finding similar interests or experiences (within boundaries) #OTalk

Julie-Anne Lowe @julieannelowe1 2 days ago
 @jwrighttot @soleinj_ @otalk That is a really good point, it has to be on a individual basis and based on your assessment and the relationship you are building and most of addressed sensitively taking your lead from them #OTalk

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @Emmi88OT: @soleinj_ @otalk It is about being mindful of how much you disclose and the potential impact it could have on the person #OTa...

Alexis @8alexisjoelle 2 days ago
 Clients are the experts #otalk

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @OTPlymouthUni: @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too...

Solei OT  @soleinj_ 2 days ago
 RT @sarahwoodOT: @soleinj_ @otalk Some potential issues may come up when ending professional relationships if disclosure has aided a good ra...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @sarahwoodOT: @soleinj_ @otalk Some potential issues may come up when ending professional relationships if disclosure has aided a good ra...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @jwrighttot: @soleinj_ @otalk A benefit is the rapport that can be built! That knowledge of my OT is a human too, they have a life too! A...

Dr Alison Warren @alisonfwarren 2 days ago
 RT @OTPlymouthUni: @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too...

Emmi D @Emmi88OT 2 days ago
 @soleinj_ @otalk But you need to make sure that the discussion is not around you. Maybe it is not about what we share but how we share things #OTalk

Lynsey Stocks @HoneysuckleOt 2 days ago
 @soleinj_ @otalk Benefits are around therapeutic relationship building and motivating towards recovery. It can definetly be harmful if sharing innappropriate that an attachment forms from service user. Especially working with those who



struggle with appropriate relationships #OTalk



OTalk @OTalk_

2 days ago

We are 30min tho already #OTalk time flies <https://t.co/2pdGoh1gll>



Cara Lawrence @caralawrence

2 days ago

@8alexisjoelle They really are! #otalk



Solei OT 🌸 @soleinj_

2 days ago

@Griffin_OT @otalk totally agree with you. Can be great to build connections, partnerships and collaboration but depends on the individual client. #OTalk



Alexis @8alexisjoelle

2 days ago

Which calls for deep self reflection in understanding our role in all of this in the first place. #otalk



Bethany Chitty @BethanyChitty

2 days ago

RT @jwrightot: @soleinj_ @otalk I think a potential issue of disclosing information is patients feeling like you 'know it all', or aren't a...



Emmi D @Emmi88OT

2 days ago

RT @NickyP_OT: @Emmi88OT @soleinj_ @otalk Yeah, again I think this could go either way! Some patients might really value it and it might re...



Dr Katrina Bannigan @KatrinaBannigan

2 days ago

@caralawrence @HolleighLouise @HoneysuckleOt @soleinj_ @otalk @OTPlymouthUni @PIELRes When I am with patients now its usually for research so it would not be appropriate but I have self disclosed in education in the last 6 years but it feels hard to do #otalk @OTPlymouthUni @PIELRes



Steph @sstephla

2 days ago

@soleinj_ @otalk Positives are definitely in terms of building therapeutic rapport! Risks in terms of the setting I work in is largely surrounding the risk of patients using anything you share against you/to manipulate you #otalk



Jenny Wright @jwrightot

2 days ago

@soleinj_ @otalk I also think a risk is that the boundaries of a therapeutic relationship may be blurred; patients viewing the OT as their friend, rather than their OT. Boundaries have to be very clear on what is being shared and why #OTalk



Solei OT 🌸 @soleinj_

2 days ago

RT @HoneysuckleOt: @soleinj_ @otalk Benefits are around therapeutic relationship building and motivating towards recovery. It can definitely...



Emmi D @Emmi88OT

2 days ago

RT @soleinj_: @NickyP_OT @Emmi88OT @otalk definitely! as therapists, we may also fear client judgment too?? #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @soleinj_: @Griffin_OT @otalk totally agree with you. Can be great to build connections, partnerships and collaboration but depends on t...



Alexis @8alexisjoelle

2 days ago

Lead with client #otalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @KatrinaBannigan: @caralawrence @HolleighLouise @HoneysuckleOt @soleinj_ @otalk @OTPlymouthUni @PIELRes When I am with patients now its...

 **Emmi D @Emmi88OT** 2 days ago
RT @OTPlymouthUni: @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too...

 **Rebecca Crouch, Occupational Therapist @RebeccaCrouch** 2 days ago
@Emmi88OT @soleinj_ @NickyP_OT @otalk I am afraid this might be true. Although I have not experienced it, I have heard of OTs experiencing this from both colleagues and patients. #otalk

 **Bill Wong, OTD, OTR/L @BillWongOT** 2 days ago
RT @sstephala: @soleinj_ @otalk Positives are definitely in terms of building therapeutic rapport! Risks in terms of the setting I work in i...

 **Emmi D @Emmi88OT** 2 days ago
RT @sarahwoodOT: @soleinj_ @otalk Some potential issues may come up when ending professional relationships if disclosure has aided a good ra...

 **Nicky Phillips @NickyP_OT** 2 days ago
@soleinj_ @otalk Boundaries are obviously an issue... Although on my last placement I felt casually disclosing to a patient I had a partner in itself reiterated a boundary that myself and the team weren't entirely sure this patient had a lot of insight/understanding of. #OTalk

 **Dr Katrina Bannigan @KatrinaBannigan** 2 days ago
Nice distinction #otalk @OTPlymouthUni @PIELRes

 **Dr Katrina Bannigan @KatrinaBannigan** 2 days ago
RT @Emmi88OT: @soleinj_ @otalk But you need to make sure that the discussion is not around you. Maybe it is not about what we share but how...

 **Emmi D @Emmi88OT** 2 days ago
RT @BethanyChitty: Self-disclosure from therapist to service user can help to develop empathy and therapeutic rapport. Sometimes it can be...

 **OT PlymouthUni @OTPlymouthUni** 2 days ago
RT @HoneysuckleOt: @soleinj_ @otalk Benefits are around therapeutic relationship building and motivating towards recovery. It can definitely...

 **Emmi D @Emmi88OT** 2 days ago
RT @julieannelowe1: @jwrightot @soleinj_ @otalk That is a really good point, it has to be on an individual basis and based on your assessment...

 **Emmi D @Emmi88OT** 2 days ago
RT @8alexisjoelle: Clients are the experts #otalk <https://t.co/wrkrqMtUKu>

 **Sarah Wood @sarahwoodOT** 2 days ago
@soleinj_ @otalk Always important to continue to use assessment and observation skills to assess the therapeutic benefits of disclosure for the individual. What works one day may not work the next #OTalk

 **Solei OT 🌸 @soleinj_** 2 days ago
@fionajfraser @otalk definitely. there will always be the risk of crossing boundaries. #OTalk

 **Lynsey Stocks @HoneysuckleOt** 2 days ago
@soleinj_ @otalk Also need to consider risks of each individual and be careful not to disclose any identifying information eg where you live and your family #OTalk

Dr Katrina Bannigan @KatrinaBannigan 2 days ago
 RT @TanjaOT: Agree. It's about evaluating a particular situation and see if self-disclosure is appropriate. In some situations it helps bui...

hannah OT ❤️ @HannahtheOT 2 days ago
 In mental health it can mean a service user worries about their OT. Can be positive that it helps behind rapport and trust. #otalk

Rachael @RachaelD_OT 2 days ago
 @soleinj_ @otalk Benefits: assisting to build rapport & increasing a service user's confidence in your intervention
Potential issues: contrasting views/opening yourself to discrimination #OTalk

Alexis @8alexisjoelle 2 days ago
 Yes yes yes in the How! It's a tool rather than a periscope at to show "we get it" it's not our job to show them we get it but rather, how does the client benefit. #otalk

Emmi D @Emmi88OT 2 days ago
 RT @RebeccaCrouch: @Emmi88OT @soleinj_ @NickyP_OT @otalk I am afraid this might be true. Although I have not experienced it, I have heard o...

ed sum 🏳️‍🌈 @musedNeuroOT 2 days ago
 @soleinj_ @otalk I always pause to reflect if they ask a question, or whether to challenge their assumption of me, which leads to me 'outing' myself. Happened more often when I wore a wedding band #otalk

Emmi D @Emmi88OT 2 days ago
 RT @jwrightot: @soleinj_ @otalk I also think a risk is that the boundaries of a therapeutic relationship may be blurred; patients viewing t...

Solei OT 🌸 @soleinj_ 2 days ago
 RT @RachaelD_OT: @soleinj_ @otalk Benefits: assisting to build rapport & increasing a service user's confidence in your intervention Potent...

deb_OT @dmay_ot 2 days ago
 #otalk I think this is critical

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @musedNeuroOT: @soleinj_ @otalk I always pause to reflect if they ask a question, or whether to challenge their assumption of me, which...

Leonie Boland @lee_o_nee 2 days ago
 RT @KatrinaBannigan: @caralawrence @HolleighLouise @HoneysuckleOt @soleinj_ @otalk @OTPlymouthUni @PIELRes When I am with patients now its...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @RachaelD_OT: @soleinj_ @otalk Benefits: assisting to build rapport & increasing a service user's confidence in your intervention Potent...

Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
 RT @HannahtheOT: In mental health it can mean a service user worries about their OT. Can be positive that it helps behind rapport and trust...

OTalk @OTalk_ 2 days ago
 You need to include the #Otalk so people see your tweets

**Dr Katrina Bannigan** @KatrinaBanniganRT @dmay_ot: #otalk I think this is critical <https://t.co/FKvH9igBJE>

2 days ago

**Emmi D** @Emmi88OT

RT @8alexisjoelle: Yes yes yes in the How! It's a tool rather than a periscope at to show "we get it" it's not our job to show them we get...

2 days ago

**Alexis** @8alexisjoelle

Important to know boundaries for sure. It answers what we are comfortable sharing and how we share it #otalk

2 days ago

**Dr Alison Warren** @alisonfwarren

Important point here... when to disclose and when not to disclose?? #otalk

2 days ago

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

@RachaelD_OT @soleinj_ @otalk When I think about the issues, that is why I am careful about discussing relation with patients. #otalk

2 days ago

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

RT @HoneysuckleOt: @soleinj_ @otalk Also need to consider risks of each individual and any be careful not to disclose any identifying infor...

2 days ago

**OTalk** @OTalk_

Don't forget the hashtag #otalk in all your tweets

2 days ago

**Leonie Boland** @lee_o_nnee

RT @soleinj_: @Griffin_OT @otalk totally agree with you. Can be great to build connections, partnerships and collaboration but depends on t...

2 days ago

**Tanja Križaj PhD** @TanjaOTRT @alisonfwarren: Important point here... when to disclose and when not to disclose?? #otalk <https://t.co/tvnHfIZHG>

2 days ago

**Leonie Boland** @lee_o_nnee

RT @Emmi88OT: @soleinj_ @otalk But you need to make sure that the discussion is not around you. Maybe it is not about what we share but how...

2 days ago

**Solei OT** 🌟 @soleinj_

@HannahtheOT so potentially could actually cause mistrust and damage the working relationship? alternatively could promote honesty and genuineness on the therapists part? #OTalk

2 days ago

**Leonie Boland** @lee_o_nnee

RT @TanjaOT: Agree. It's about evaluating a particular situation and see if self-disclosure is appropriate. In some situations it helps bui...

2 days ago

**Solei OT** 🌟 @soleinj_

RT @HoneysuckleOt: @soleinj_ @otalk Also need to consider risks of each individual and any be careful not to disclose any identifying infor...

2 days ago

**Alexis** @8alexisjoelle

It's all about being comfortable knowing what you share may be out of your hands once it's out there. #otalk

2 days ago

**Steph** @sstephla

@soleinj_ @otalk We also have the risk that because my patients are long term in a secure hospital, they become angry or jealous if we share personal information because they think we are rubbing it in that we have 'freedom'.. it definitely depends on the patient #otalk

2 days ago

**Emmi D** @Emmi88OT

2 days ago

RT @alisonfwarren: Important point here... when to disclose and when not to disclose?? #otalk <https://t.co/tvnnHflZHg>**Jenny Wright** @jwrightot

2 days ago

@Emmi88OT @soleinj_ @NickyP_OT @otalk I think this is such a shame that this may be true! Lived experience builds part of who we are, both personally and professionally and will, in my opinion, always have some scale of impact on your professional life #OTalk

**Leonie Boland** @lee_o_nee

2 days ago

RT @OTPlymouthUni: @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too...

**karen geraghty** @karen_geraghty

2 days ago

#OTalk I had a pt. who said he felt relieved that I was only human too when I disclosed what a rubbish cook I am it's funny how we are seen

**Sarah Wood** @sarahwoodOT

2 days ago

@soleinj_ @otalk I've found you can really offend someone by not disclosing sometimes, e.g. older people asking if you are married. Always important to clearly explain boundaries if it over steps boundaries through #OTalk

**Dr Katrina Bannigan** @KatrinaBannigan

2 days ago

RT @alisonfwarren: Important point here... when to disclose and when not to disclose?? #otalk <https://t.co/tvnnHflZHg>**Solei OT** 🌸 @soleinj_

2 days ago

RT @OTPlymouthUni: @soleinj_ @otalk +ve Building rapport and promote well being -ve Over stepping boundaries, witnessed people sharing too...

**Rachael** @RachaelD_OT

2 days ago

@BillWongOT @soleinj_ @otalk Wearing my wedding band resulted in a difficult discussion with a service user previously, and so now I no longer wear it whilst at work #OTalk

**Emmi D** @Emmi88OT

2 days ago

RT @jwrightot: @Emmi88OT @soleinj_ @NickyP_OT @otalk I think this is such a shame that this may be true! Lived experience builds part of wh...

**Leonie Boland** @lee_o_nee

2 days ago

RT @NickyP_OT: @soleinj_ @otalk Boundaries are obviously an issue... Although on my last placement I felt casually disclosing to a patient...

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

2 days ago

RT @karen_geraghty: #OTalk I had a pt. who said he felt relieved that I was only human too when I disclosed what a rubbish cook I am it's...

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

2 days ago

RT @jwrightot: @Emmi88OT @soleinj_ @NickyP_OT @otalk I think this is such a shame that this may be true! Lived experience builds part of wh...

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

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk I've found you can really offend someone by not disclosing sometimes, e.g. older people asking if you are...

**Solei OT** 🌸 @soleinj_

2 days ago

@OTPlymouthUni @otalk how do we know where to draw the line? Point to ponder... #OTalk

OT PlymouthUni @OTPlymouthUni

2 days ago



Not sharing where you live can be challenging in small communities- disclosure occurs just by being out and about sometimes #otalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

2 days ago

@HoneysuckleOt Exactly, just enough to facilitate the conversation! The group was not an opportunity to talk about me but an opportunity for the participants to use the space however they want i.e. discussion, activity, silence, being, doing etc :) #OTalk



Leonie Boland @lee_o_nee

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk Always important to continue to use assessment and observation skills to assess the therapeutic benefits...



Leonie Boland @lee_o_nee

2 days ago

RT @soleinj_: @fionafraser @otalk definitely. there will always be the risk of crossing boundaries. #OTalk



Lowri Hywel @lorsh78

2 days ago

RT @soleinj_: Question 1. What do you consider to be "therapist self-disclosure with a patient/client"? @OTalk_ #OTalk



Alexis @8alexisjoelle

2 days ago

Love this #OTalk



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@sarahwoodOT @soleinj_ @otalk I definitely asked a fair share of times about marital status. Not a fun thing to hear sometimes. #otalk



Leonie Boland @lee_o_nee

2 days ago

RT @HannahtheOT: In mental health it can mean a service user worries about their OT. Can be positive that it helps behind rapport and trust...



Solei OT 🌸 @soleinj_

2 days ago

@RachaelD_OT @BillWongOT @otalk so would you say you have experienced a negative outcome of your self-disclosure? have you had any positive outcomes? #OTalk



OTalk @OTalk_

2 days ago

It's just one t in the hashtag pronounced o talk #Otalk



Dr Katrina Bannigan @KatrinaBannigan

2 days ago

@RachaelD_OT @BillWongOT @soleinj_ @otalk I don't wear mine either #otalk @OTPlymouthUni @PIELRes



Lindsay Rook @LindsayOTPICU

2 days ago

@soleinj_ @otalk Disclosing personal info can help build rapport, validate emotions and in some cases, instill hope for the future. It's extremely important to ensure that any disclosures are carefully considered though. Is it going to be helpful to the person or could it be harmful? #OTalk



Solei OT 🌸 @soleinj_

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk Always important to continue to use assessment and observation skills to assess the therapeutic benefits...



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @RebeccaCrouch: @HoneysuckleOt Exactly, just enough to facilitate the conversation! The group was not an opportunity to talk about me bu...



Leonie Boland @lee_o_nee

2 days ago

RT @8alexisjoelle: Yes yes yes in the How! It's a tool rather than a periscope at to show "we get it" it's not our job to show them we get...

 **Emmi D** @Emmi88OT 2 days ago
@soleinj_ @OTPlymouthUni @otalk By using our clinical judgment? Getting to know people? #OTalk

 **Alexis** @8alexisjoelle 2 days ago
Experience. Learned experience #OTalk

 **Cara Lawrence** @caralawrence 2 days ago
@BillWongOT @RachaelD_OT @soleinj_ @otalk Religion is always a tough one! when asked by patients I feel I may sometimes describe myself as agnostic as I feel being an atheist is a bit severe! #otalk

 **Sarah Wood** @sarahwoodOT 2 days ago
Be mindful that people 'join the dots'. When working with people for a long time, they can find out a lot about you #OTalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @dmay_ot: #otalk I think this is critical <https://t.co/FKvH9igBJE>

 **OTalk** @OTalk_ 2 days ago
@obrienrebecca It's what I'm here for 😊 #OTalk

 **Tanja Križaj PhD** @TanjaOT 2 days ago
Definitely...it's about showing you are human - at the end of the day we're all this huge community of people, each of us having our own struggles. #otalk

 **Carolina Cordero** 🌈 @colourful_ot 2 days ago
@RachaelD_OT @soleinj_ @otalk And not just discrimination by clients, either - I would worry about disclosing something personal in a workplace if I thought it might affect how co-workers see me #OTalk

 **Emmi D** @Emmi88OT 2 days ago
RT @LindsayOTPICU: @soleinj_ @otalk Disclosing personal info can help build rapport, validate emotions and in some cases, instill hope for...

 **Bethany Chitty** @BethanyChitty 2 days ago
@Emmi88OT @soleinj_ @OTPlymouthUni @otalk I think this is the only way really. We have to use our clinical judgement to assess the situation and base this on our knowledge of those we are working with. We also should not go beyond what makes us feel comfortable #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
@sarahwoodOT @otalk great point Sarah, guess this highlights our core OT skill of being person-centred #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @sarahwoodOT: Be mindful that people 'join the dots'. When working with people for a long time, they can find out a lot about you #OTalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @alisonfwarren: Important point here... when to disclose and when not to disclose?? #otalk <https://t.co/tvnnHflZHg>

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @jwrightot: @soleinj_ @otalk I also think a risk is that the boundaries of a therapeutic relationship may be blurred; patients viewing t...

 **Leonie Boland** @lee_o_nee 2 days ago
RT @soleinj_ : @HannahtheOT so potentially could actually cause mistrust and damage the working relationship? alternatively could promote ho...

 **Dr Katrina Bannigan** @KatrinaBannigan 2 days ago
RT @colourful_ot: @RachaelD_OT @soleinj_ @otalk And not just discrimination by clients, either - I would worry about disclosing something p...

 **Dr Katrina Bannigan** @KatrinaBannigan 2 days ago
RT @TanjaOT: Definitely...it's about showing you are human - at the end of the day we're all this huge community of people, each of us havi...

 **hannah OT** ❤️ @HannahtheOT 2 days ago
@soleinj_ self disclosure of any kind has to be on a case by case basis. I don't feel like there is one rule, it's an art not a science. #otalk

 **Emmi D** @Emmi88OT 2 days ago
@PeerPietro @soleinj_ @NickyP_OT @otalk I think that people with lived experience should be more valued. I just said that from experiences. There is still stigma. #OTalk

 **Emmi D** @Emmi88OT 2 days ago
RT @BethanyChitty: @Emmi88OT @soleinj_ @OTPlymouthUni @otalk I think this is the only way really. We have to use our clinical judgement to...

 **Alexis** @8alexisjoelle 2 days ago
Balanced #OTalk

 **hannah OT** ❤️ @HannahtheOT 2 days ago
@soleinj_ I've experienced drs/hcps self disclose & at times it's been helpful and other times I've just been thinking "shut up I don't want to know about x". I had a GP who would tell me funny things and it really helped me trust her&led to finding out my physical health diagnosis. #otalk

 **Cara Lawrence** @caralawrence 2 days ago
@OTPlymouthUni Yep I often try and describe an area but I live in a small area. I however think I was working in a different area it may be different. #otalk

 **Lynsey Stocks** @HoneysuckleOt 2 days ago
@soleinj_ @RachaelD_OT @BillWongOT @otalk I personally haven't had any negative outcomes as yet but I know this is a risk and I am careful to maintain professional boundaries. I think positive outcomes are the quality of working relationships #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
@MadelineWarwick @otalk great points! do you ever feel discomfort in disclosing? #OTalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @jwrightot: @Emmi88OT @soleinj_ @NickyP_OT @otalk I think this is such a shame that this may be true! Lived experience builds part of wh...

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @TanjaOT: Definitely...it's about showing you are human - at the end of the day we're all this huge community of people, each of us havi...

 **ed sum** 🏳️‍🌈 @musedNeuroOT 2 days ago
RT @HannahtheOT: @soleinj_ self disclosure of any kind has to be on a case by case basis. I don't feel like there is one rule, it's an art...

 **Alexis** @8alexisjoelle 2 days ago
It's their story and their reality. It's essential to hear it in its raw form #Otalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
I can't keep up!! question 4. What conversations/discussions have you had with colleagues about self-disclosing to a patient/client in practice? #OTalk @OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @HannahtheOT: @soleinj_ self disclosure of any kind has to be on a case by case basis. I don't feel like there is one rule, it's an art...

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
@TanjaOT My rubbish golf game sometimes makes patient laugh. #otalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @soleinj_: @RachaelD_OT @BillWongOT @otalk so would you say you have experienced a negative outcome of your self-disclosure? have you ha...

 **Emmi D** @Emmi88OT 2 days ago
RT @HoneysuckleOt: @soleinj_ @RachaelD_OT @BillWongOT @otalk I personally haven't had any negative outcomes as yet but I know this is a ris...

 **Bethany Chitty** @BethanyChitty 2 days ago
Drawing the line on self-disclosure... We have to use our clinical judgement to assess the situation and base this on our knowledge of those we are working with. We also should not go beyond what makes us feel comfortable #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @colourful_ot: @RachaelD_OT @soleinj_ @otalk And not just discrimination by clients, either - I would worry about disclosing something p...

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @Emmi88OT: @PeerPietro @soleinj_ @NickyP_OT @otalk I think that people with lived experience should be more valued. I just said that fro...

 **Rachael** @RachaelD_OT 2 days ago
@soleinj_ @BillWongOT @otalk Yes, I would say I have experienced a negative outcome & I didn't intentionally self-disclose the initial information. It caused me to really evaluate how much I was unknowingly disclosing. Prior to that experience, I had also had very positive experiences #OTalk

 **Alexis** @8alexisjoelle 2 days ago
Will admit, I haven't. #otalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @8alexisjoelle: Experience. Learned experience #OTalk <https://t.co/qX1AgPBOjD>

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @HannahtheOT: @soleinj_ I've experienced drs/hcps self disclose & at times it's been helpful and other times I've just been thinking "sh...

 **Emmi D** @Emmi88OT 2 days ago
RT @BethanyChitty: Drawing the line on self-disclosure... We have to use our clinical judgement to assess the situation and base this on ou...

 **Solei OT** 🌸 @soleinj_ 2 days ago
@HannahtheOT would you say it's too complex to have a set of written rules for?? How do we know where to draw the line? Great thoughts Hannah! #OTalk

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

2 days ago

RT @BethanyChitty: Drawing the line on self-disclosure... We have to use our clinical judgement to assess the situation and base this on ou...

**Sarah Wood** @sarahwoodOT

2 days ago

@soleinj_ @MadelineWarwick @otalk I have taken a boundaried approach with someone who went to the same gym as me etc and is likely see outside of work. Didn't disclose much at all in that situation #OTalk

**Ellen OT** @ellram_OT

2 days ago

@soleinj_ @otalk Sometimes disclosing info can help build the relationship. Also we are all human and we all share experiences. However there should be boundaries and remember you are there for the patient #otalk

**Kerri Schubert** @kerri_schOT

2 days ago

missed the majority of #otalk tonight as I've been at work late at the patients christmas party 😂🎅 looks like an interesting chat though

**Solei OT** 🌟 @soleinj_

2 days ago

RT @HannahtheOT: @soleinj_ I've experienced drs/hcps self disclose & at times it's been helpful and other times I've just been thinking "sh...

**Ellen OT** @ellram_OT

2 days ago

@sarahwoodOT @BillWongOT Especially with social media now #otalk

**Leonie Boland** @lee_o_nee

2 days ago

RT @TanjaOT: Definitely...it's about showing you are human - at the end of the day we're all this huge community of people, each of us havi...

**OTalk** @OTalk_

2 days ago

Question 4 #otalk

**Kerri Schubert** @kerri_schOT

2 days ago

RT @BethanyChitty: @soleinj_ @OTalk_ Anything that you share about your private/personal life with service users, from talking about family...

**Bethany Chitty** @BethanyChitty

2 days ago

@soleinj_ @HannahtheOT I don't think written rules would work... it's quite a subjective subject and is different depending on the therapist, clients' and settings etc. Maybe it is more something that could be discussed in supervision if we had concerns. #OTalk

**Kerri Schubert** @kerri_schOT

2 days ago

RT @soleinj_: @BethanyChitty @OTalk_ What are your thoughts on this definition: "revealing information about yourself outside of the therap...

**Leonie Boland** @lee_o_nee

2 days ago

RT @colourful_ot: @RachaelD_OT @soleinj_ @otalk And not just discrimination by clients, either - I would worry about disclosing something p...

**Solei OT** 🌟 @soleinj_

2 days ago

@HannahtheOT so potentially could also depend on how the person is feeling on the day!!? #OTalk

**Kerri Schubert** @kerri_schOT

2 days ago

RT @dmay_ot: @soleinj_ @OTalk_ I'd say it's about sharing (selective) elements of your life with your clients, as an example of a behaviour...

**Leonie Boland** @lee_o_nee

2 days ago

RT @soleinj_: @sarahwoodOT @otalk great point Sarah, guess this highlights our core OT skill of being person-centred #OTalk

**Cara Lawrence** @caralawrence

2 days ago

@BillWongOT @sarahwoodOT @soleinj_ @otalk I do think getting asked if your married does happen far too often! But do feel it is because they are interested/routine hairdresser type conversation #otalk

**Alexis** @8alexisjoelle

2 days ago

It's an evolving process #otalk

**Solei OT** 🌸 @soleinj_

2 days ago

RT @OTalk_ : Question 4 #otalk <https://t.co/enVT54hUEN>

**Solei OT** 🌸 @soleinj_

2 days ago

RT @BethanyChitty: @soleinj_ @HannahtheOT I don't think written rules would work... it's quite a subjective subject and is different depend...

**Solei OT** 🌸 @soleinj_

2 days ago

RT @ellram_OT: @soleinj_ @otalk Sometimes disclosing info can help build the relationship. Also we are all human and we all share experienc...

**Kerri Schubert** @kerri_schOT

2 days ago

@dmay_ot @soleinj_ @OTalk_ i think you've made 2 great points there, about being selective which what you share & that sharing things shows you're human too!! #otalk

**Lindsay Rook** @LindsayOTPICU

2 days ago

@soleinj_ @otalk If I feel that it could validate someone's experience/emotion then I may share some appropriate personal info, depending on the individual. In MH we expect people to share so much about themselves and it can be easier for some to do so if there is some reciprocation. #OTalk

**Ellen OT** @ellram_OT

2 days ago

@RebeccaCrouch @BillWongOT @HoneysuckleOt Sometimes you have to open up in order to help others open up too. Otherwise they may feel vulnerable. Therefore we have to build a lot of trust #otalk

**Nicky Phillips** @NickyP_OT

2 days ago

@8alexisjoelle I'm not sure I really have either... I don't think I've self disclosed anything too personal to feel I needed informal or formal supervision following it... but I am a student, this may change going forward #OTalk

**Kerri Schubert** @kerri_schOT

2 days ago

RT @HoneysuckleOt: @soleinj_ @OTalk_ Self disclosure or therapeutic use of self is using your personality and appropriate sharing of values...

**Solei OT** 🌸 @soleinj_

2 days ago

RT @8alexisjoelle: It's an evolving process #otalk <https://t.co/XzBkXKXIFm>

**Leonie Boland** @lee_o_nee

2 days ago

RT @Emmi88OT: @PeerPietro @soleinj_ @NickyP_OT @otalk I think that people with lived experience should be more valued. I just said that fro...

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

2 days ago

RT @ellram_OT: @RebeccaCrouch @BillWongOT @HoneysuckleOt Sometimes you have to open up in order to help others open up too. Otherwise they...

Jenny Wright @jwrightot

2 days ago



@soleinj_ @otalk I had a discussion with a psychologist recently as my patient said he finds it easier to talk to me. The reasoning was because I have personal experience of things he has gone through. Psychologist felt that often people are scared to self disclose for colleague judgement #OTalk



Solei OT 🌸 @soleinj_
RT @kerri_schOT: @dmay_ot @soleinj_ @OTalk_ i think you've made 2 great points there, about being selective which what you share & that sha...



Solei OT 🌸 @soleinj_
RT @jwrightot: @soleinj_ @otalk I had a discussion with a psychologist recently as my patient said he finds it easier to talk to me. The re...



Sarah Wood @sarahwoodOT
@caralawrence @BillWongOT @soleinj_ @otalk Yes totally agree #OTalk



Emmi D @Emmi88OT
RT @BethanyChitty: @soleinj_ @HannahtheOT I don't think written rules would work... it's quite a subjective subject and is different depend...



Dr Katrina Bannigan @KatrinaBannigan
@soleinj_ @HannahtheOT Ummm! I don't feel comfortable with the idea of guidelines but I am not sure I can articulate why #otalk @OTPlymouthUni @PIELRes



Emmi D @Emmi88OT
RT @kerri_schOT: @dmay_ot @soleinj_ @OTalk_ i think you've made 2 great points there, about being selective which what you share & that sha...



ed sum 🏳️‍🌈 @musedNeuroOT
@caralawrence @BillWongOT @RachaelD_OT @soleinj_ @otalk I've talked about being 'spiritual' (which is true) and may help people to feel I won't be dismissive of their beliefs, faith, religion (also true) but that it can be a support to them and that I am interested in their perspectives #otalk



Bill Wong, OTD, OTR/L @BillWongOT
@ellram_OT @sarahwoodOT If I were treating younger patients who are tech savvy, I sure would be a probable target of social media stalking. #otalk



Emmi D @Emmi88OT
RT @LindsayOTPICU: @soleinj_ @otalk If I feel that it could validate someone's experience/emotion then I may share some appropriate persona...



Leonie Boland @lee_o_nee
RT @BethanyChitty: Drawing the line on self-disclosure... We have to use our clinical judgement to assess the situation and base this on ou...



Kerri Schubert @kerri_schOT
@HelenaAmos_OT @soleinj_ @OTalk_ I've worked in acute settings & now i'm in a long term neuro rehab setting & i'm finding myself sharing more about myself to patients in this longer term rehab setting than I did when I was on acute wards #OTalk



Bill Wong, OTD, OTR/L @BillWongOT
RT @musedNeuroOT: @caralawrence @BillWongOT @RachaelD_OT @soleinj_ @otalk I've talked about being 'spiritual' (which is true) and may help...



Emmi D @Emmi88OT
RT @ellram_OT: @RebeccaCrouch @BillWongOT @HoneysuckleOt Sometimes you have to open up in order to help others open up too. Otherwise they...

Rachael @RachaelD_OT



2 days ago

@soleinj_ @otalk It's a mixed bag - some of my colleagues refuse to disclose any information other than their name. Others say that they disclose when they feel it's appropriate to do so, but nobody has been able to define 'appropriate' yet... #OTalk

Solei OT 🌸 @soleinj_



2 days ago

RT @musedNeuroOT: @caralawrence @BillWongOT @RachaelD_OT @soleinj_ @otalk I've talked about being 'spiritual' (which is true) and may help...

Kate Tudor @OT_KateT



2 days ago

@caralawrence @OTPlymouthUni I've always worked a bit away from where I live which means I can answer questions about where I live with a general area. I think it must be harder when you live in the same community. #OTalk

Kerri Schubert @kerri_schOT



2 days ago

RT @RachaelD_OT: @soleinj_ @OTalk_ I guess we inadvertently self-disclose by wearing items of jewellery such as wedding bands. It's not jus...

OTalk @OTalk_



2 days ago

Don't forget the hashtag #otalk as people will not see your tweets if you don't include

Peter Warburton @PeerPietro



2 days ago

@Emmi88OT @soleinj_ @NickyP_OT @otalk The only way to eliminate the stigma is for all staff to be honest open with each other as well as share when relevant, appropriate and proportionately with person they are working with. #OTalk #EndTheStigma that surrounds #mentalhealth after all at least 1in4 are affected

Solei OT 🌸 @soleinj_



2 days ago

RT @KatrinaBannigan: @soleinj_ @HannahtheOT Ummm! I don't feel comfortable with the idea of guidelines but I am not sure I can articulate w...

Leonie Boland @lee_o_nee



2 days ago

RT @soleinj_ @HannahtheOT would you say it's too complex to have a set of written rules for?? How do we know where to draw the line? Great...

Cara Lawrence @caralawrence



2 days ago

@soleinj_ @HannahtheOT I think written rules is not appropriate. Some people don't want to disclose for their own reasons. If I had to follow a rule book of what I can and can't say. I think I would just be an Occupational Therapist not Cara the Occupational Therapist #otalk

Leonie Boland @lee_o_nee



2 days ago

RT @sarahwoodOT: @soleinj_ @MadelineWarwick @otalk I have taken a boundary approach with someone who went to the same gym as me etc and i...

Emmi D @Emmi88OT



2 days ago

RT @jwrightot: @soleinj_ @otalk I had a discussion with a psychologist recently as my patient said he finds it easier to talk to me. The re...

Alexis @8alexisjoelle



2 days ago

This!!!! So helpful #OTalk

Jenny Wright @jwrightot



2 days ago

@soleinj_ @otalk Which I think is a very valid point and actually something we should consider when sharing info: 'how would I feel if my colleague overheard me sharing this?' 'Can I justify why I'm sharing it?' #OTalk

Kerri Schubert @kerri_schOT

2 days ago



RT @jwrightot: @soleinj_ @OTalk_ I consider Therapist self-disclosure to be discussing anything about yourself/your life with patients #OTa...



OTalk @OTalk_ With 15 mins to go I'm very impressed-most are remembering the hashtag #OTalk <https://t.co/70rfu1FzCe> 2 days ago



Alexis @8alexisjoelle Good to have discussions though #otalk 2 days ago



Solei OT @soleinj_ RT @RachaelD_OT: @soleinj_ @otalk It's a mixed bag - some of my colleagues refuse to disclose any information other than their name. Others... 2 days ago



Bill Wong, OTD, OTR/L @BillWongOT Speaking of disclosures... I think if I were in academia, that can be quite a benefit sometimes to disclose my diagnosis for some students. #OTalk 2 days ago



Sophie Deakin @SophieDOT I have also been wary of self-disclosure as a student, but consider and self-reflect on it regularly #OTalk 2 days ago



Solei OT @soleinj_ RT @kerri_schOT: @HelenaAmos_OT @soleinj_ @OTalk_ I've worked in acute settings & now i'm in a long term neuro rehab setting & i'm finding... 2 days ago



Emmi D @Emmi88OT @jwrightot @soleinj_ @otalk I think that sometimes, we may not disclose things directly but the way we interact or say things could help service users having a good therapeutic relationship with us #OTalk 2 days ago



Lowri Hywel @lorsh78 @soleinj_ @BethanyChitty @OTalk_ Or rather #OTalk #oops 2 days ago



Kerri Schubert @kerri_schOT RT @RachaelD_OT: @soleinj_ @otalk It's a mixed bag - some of my colleagues refuse to disclose any information other than their name. Others... 2 days ago



Kerri Schubert @kerri_schOT RT @NickyP_OT: @8alexisjoelle I'm not sure I really have either... I don't think I've self disclosed anything too personal to feel I needed... 2 days ago



Solei OT @soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ have your disclosures led to any significant positive moments with clients in practice? #OTalk 2 days ago



Emmi D @Emmi88OT RT @PeerPietro: @Emmi88OT @soleinj_ @NickyP_OT @otalk The only way to eliminate the stigma is for all staff to be honest open with each oth... 2 days ago



Lowri Hywel @lorsh78 #OTalk 2 days ago



Lindsay Rook @LindsayOTPICU @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores boundaries. It provokes interesting discussion around disclosure, therapeutic use of self and reducing burnout. Some professionals have flexible boundaries and others find this more difficult. #OTalk 2 days ago

 **Emmi D** @Emmi88OT 2 days ago
@PeerPietro @soleinj_ @NickyP_OT @otalk I agree with you 100%. #OTalk

 **Steph** @sstephla 2 days ago
@soleinj_ @otalk When I started I was told to self disclose to the bare minimum because of the potential risk placed on us. But since starting I feel I can judge what I should/shouldn't share whilst still remaining human to my patients.. it's really helped! #OTalk

 **Alexis** @8alexisjoelle 2 days ago
Totally feel the same. #otalk

 **Lowri Hywel** @lorsh78 2 days ago
#OTalk

 **Cara Lawrence** @caralawrence 2 days ago
@musedNeuroOT @BillWongOT @RachaelD_OT @soleinj_ @otalk Also think it's so important to consider the patients spirituality and/or religion in their care so it is good to be approachable #otalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
@SophieDOT I think if I were a clinical instructor, it will be up to the student to choose what they disclose. But sometimes no disclosure can lead me to incorrect conclusions. #otalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @jwrightot: @soleinj_ @otalk Which I think is a very valid point and actually something we should consider when sharing info: 'how would...

 **Leonie Boland** @lee_o_nee 2 days ago
RT @kerri_schot: @dmay_ot @soleinj_ @OTalk_ i think you've made 2 great points there, about being selective which what you share & that sha...

 **Jenny Wright** @jwrightot 2 days ago
@Emmi88OT @soleinj_ @otalk I agree! I also think (I may be wrong here but I'll say it anyway...) that as OTs we are slightly more open to sharing information about ourselves if there is a perceived therapeutic benefit to it #OTalk

 **Alexis** @8alexisjoelle 2 days ago
Yes. It allowed a client of mine to trust healthcare workers again. That they were "heard" #otalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @sstephla: @soleinj_ @otalk When I started I was told to self disclose to the bare minimum because of the potential risk placed on us. B...

 **Dr Alison Warren** @alisonfwarren 2 days ago
I share the discomfort around guidelines although they are already implicit in our professional standards #otalk

 **Emmi D** @Emmi88OT 2 days ago
RT @LindsayOTPICU: @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores boundaries. It provokes...

 **Lisa Jamieson** @jamieson2015 2 days ago
@soleinj_ @HannahtheOT Oh forgot #OTalk

Bethany Chitty @BethanyChitty 2 days ago
@soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ I've found with some service users with very poor motivation and



limited engagement, opening up a bit more and finding a common interest - even if its just about pets for example, has really helped get them to start engaging and work on remotivation #OTalk

Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @sstephla: @soleinj_ @otalk When I started I was told to self disclose to the bare minimum because of the potential risk placed on us. B...

Fiona Fraser @fionajfraser

2 days ago

RT @soleinj_: I can't keep up!! question 4. What conversations/discussions have you had with colleagues about self-disclosing to a patient/...

Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

RT @LindsayOTPICU: @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores boundaries. It provokes...

Bethany Chitty @BethanyChitty

2 days ago

RT @LindsayOTPICU: @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores boundaries. It provokes...

OT PlymouthUni @OTPlymouthUni

2 days ago

RT @jwrightot: @soleinj_ @otalk Which I think is a very valid point and actually something we should consider when sharing info: 'how would...

Solei OT 🌸 @soleinj_

2 days ago

@sstephla @otalk would you feel comfortable bringing up the times you have disclosed to client in supervision/with your manager Steph?? #OTalk

Lowri Hywel @lorsh78

2 days ago

@OTalk_ Hahaha touché 🐛 😊#OTalk

Kerri Schubert @kerri_schOT

2 days ago

@soleinj_ @HelenaAmos_OT @OTalk_ I think generally getting to know patients and them getting to know me has benefited therapy sessions.. specifically, i've been able to engage in conversations about topics we share in common that I wouldn't have been able to do if I didn't disclose some information #otalk

Rachel Rule @RRule_OT

2 days ago

@soleinj_ @otalk As with everything, it really depends on the person. In my support role I spend 14 hours a day with the people - there is a fine line between crossing boundaries and really blurring your role, and being so black and white that it's impossible to build rapport or trust #otalk

OT PlymouthUni @OTPlymouthUni

2 days ago

RT @LindsayOTPICU: @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores boundaries. It provokes...

Emmi D @Emmi88OT

2 days ago

RT @jwrightot: @Emmi88OT @soleinj_ @otalk I agree! I also think (I may be wrong here but I'll say it anyway...) that as OTs we are slightly...

Leonie Boland @lee_o_nee

2 days ago

RT @sarahwoodOT: @caralawrence @BillWongOT @soleinj_ @otalk Yes totally agree #OTalk

Nicky Phillips @NickyP_OT

2 days ago

@8alexisjoelle Yeah, I don't think it would be something I would shy away from. Possibly I'm forgetting an occasion! I think some of my placements (LD with complex multiple impairments & a busy acute hosp ward) have given me less chance to disclose personal information due to the setting #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
Final question of the night! 5. Do you think guidance surrounding therapist disclosure of personal information to patients/clients would be helpful for occupational therapists? What should the guidance address/include? #OTalk @OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @kerri_schOT: @soleinj_ @HelenaAmos_OT @OTalk_ I think generally getting to know patients and them getting to know me has benefited ther...

 **Leonie Boland** @lee_o_nee 2 days ago
RT @jwrightot: @soleinj_ @otalk I had a discussion with a psychologist recently as my patient said he finds it easier to talk to me. The re...

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @RRule_OT: @soleinj_ @otalk As with everything, it really depends on the person. In my support role I spend 14 hours a day with the peop...

 **Sarah Wood** @sarahwoodOT 2 days ago
I'm going to chat to my colleagues about self disclosure following this #OTalk it's a topic we never discuss even though we know everyone has their own styles of working

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @kerri_schOT: @soleinj_ @HelenaAmos_OT @OTalk_ I think generally getting to know patients and them getting to know me has benefited ther...

 **Emmi D** @Emmi88OT 2 days ago
@alisonfwarren I think it will be difficult to have clear guidelines because it will depend on so many factors #OTalk

 **ed sum** 🏳️‍🌈 @musedNeuroOT 2 days ago
@RachaelD_OT @soleinj_ @otalk Anyone have an issue (or concern) with names on their ID badge? Colleagues have had patients try to be friends on Facebook (and other social media can be more public). You can find allsorts about me!! #otalk

 **OTalk** @OTalk_ 2 days ago
Question 5 #OTalk

 **Bill Wong, OTD, OTR/L** @BillWongOT 2 days ago
RT @RRule_OT: @soleinj_ @otalk As with everything, it really depends on the person. In my support role I spend 14 hours a day with the peop...

 **Kerri Schubert** @kerri_schOT 2 days ago
@soleinj_ @HelenaAmos_OT @OTalk_ also just general chit chat & a good rapport from me sharing small aspects of my life has encouraged patients to talk to me about any issues they are having #otalk

 **Jenny Wright** @jwrightot 2 days ago
@soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ Yes! A patient who thought he could never return to a hobby he loved pre-injury, until shown a friend of mine who has a similar injury from said hobby and returned to it with adaptations and competes at a higher level than pre-injury! Gave inspiration and pt became curious #OTalk

 **Margaret Spencer** @margaretOT360 2 days ago
I run relationships and sexuality groups for people with learning disabilities, I try and talk about 'people' rather than 'I' when asked to disclose. #otalk

 **Leonie Boland** @lee_o_nee 2 days ago
RT @LindsayOTPICU: @soleinj_ @otalk I'm involved with delivering training within our trust, part of which explores



boundaries. It provokes...



Kerri Schubert @kerri_schOT

2 days ago

RT @BethanyChitty: @soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ I've found with some service users with very poor motivation and limited e...



Emmi D @Emmi88OT

2 days ago

RT @soleinj_: Final question of the night! 5. Do you think guidance surrounding therapist disclosure of personal information to patients/cl...



Bill Wong, OTD, OTR/L @BillWongOT

2 days ago

@soleinj_ @otalk Yes- and it starts with our placements! #otalk



Solei OT 🌸 @soleinj_

2 days ago

RT @musedNeuroOT: @RachaelD_OT @soleinj_ @otalk Anyone have an issue (or concern) with names on their ID badge? Colleagues have had patient...



Jenny Wright @jwrightot

2 days ago

@8alexisjoelle Love that! #OTalk



Cara Lawrence @caralawrence

2 days ago

@Emmi88OT @alisonfwarren I also think the areas are vast. I think as clinicians we should be able to make that call #otalk



Rachael @RachaelD_OT

2 days ago

@musedNeuroOT @soleinj_ @otalk We don't actually have our names visible on the front of our ID badges. We do have to provide our names when we leave paperwork with service user's though & I know a few have received friend requests on Social Media previously #OTalk



Margaret Spencer @margaretOT360

2 days ago

Increasing, trust, and being human. Normalising #otalk



Nicky Phillips @NickyP_OT

2 days ago

@BethanyChitty @soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ I totally agreed. Once worked with a lady who didn't speak to any staff or other patients for 2 weeks. Appropriate self disclosure was my only intervention in that period to build rapport, and eventually she said 'Hello'! #OTalk



Sarah Wood @sarahwoodOT

2 days ago

@soleinj_ @otalk I think when I first qualified I wanted some guidance of what to say if I was made to feel uncomfortable. But disclosure skills comes with experience and is different for every therapist and patient #OTalk I don't think guidelines would work



Kerri Schubert @kerri_schOT

2 days ago

@jwrightot @soleinj_ @HelenaAmos_OT @OTalk_ ah that's fab success story! 😊 #otalk



Solei OT 🌸 @soleinj_

2 days ago

@musedNeuroOT @RachaelD_OT @otalk do you think therapist's level of discomfort is influenced by our awareness and sensitivity of professional and ethical conduct?? #OTalk



Emmi D @Emmi88OT

2 days ago

@soleinj_ @otalk It seems difficult to have guidelines because it would depend on whether the therapist is willing to share, the setting etc. And in each setting, you might disclose with some clients and not others by using clinical judgment #OTalk

**Solei OT**  @soleinj_

2 days ago

RT @Emmi88OT: @soleinj_ @otalk It seems difficult to have guidelines because it would depend on whether the therapist is willing to share....

**Jenny Wright** @jwrighttot

2 days ago

@soleinj_ @otalk Yes definitely would be helpful! I think guidance shouldn't be prescriptive on what you can/can't disclose but highlight/guide on the need for strong clinical reasoning as to why you're sharing said information #OTalk

**melanie faulkner** @melf74

2 days ago

@sarahwoodOT Me too. Despite having very regular peer support/clinical discussion in our team it is a topic that never comes up #OTalk

**Emmi D** @Emmi88OT

2 days ago

RT @caralawrence: @Emmi88OT @alisonfwarren I also think the areas are vast. I think as clinicians we should be able to make that call #otalk

**Solei OT**  @soleinj_

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk I think when I first qualified I wanted some guidance of what to say if I was made to feel uncomfortable....

**Margaret Spencer** @margaretOT360

2 days ago

Got to use your clinical reasoning on this one I think #otalk

**Kate Tudor** @OT_KateT

2 days ago

@soleinj_ @kerri_schOT @HelenaAmos_OT @OTalk_ I disclose a mild fear of pigeons when trying to describe the concepts of CBT which helps ground the ideas in a real example, lightens the mood a lot and helps people see me as a real person too. #OTalk

**Alexis** @8alexisjoelle

2 days ago

Guidance is important to improve throughout practice. Hard set rules should be no personal identification info like where live, phone number, FB username. Question we can ask is "will me bringing up this personal info allow my clients to become more independent?" #otalk

**Emmi D** @Emmi88OT

2 days ago

@caralawrence @alisonfwarren Yes, I agree. We need to use our clinical judgment #OTalk

**Rachel Reece OT** @RRenable

2 days ago

I've missed #otalk woops! I've noticed a rise in students disclosing their medical conditions etc to pts and although there are benefits to being open, it does blur the boundary because as a student or AHP it's integral to be client-centred with emphasis on the pts experience

**Kerri Schubert** @kerri_schOT

2 days ago

@NickyP_OT @BethanyChitty @soleinj_ @HelenaAmos_OT @OTalk_ what a fab breakthrough! I think presenting yourself as an approachable human being rather than a clinical professional goes a long way!! #otalk

**deb_OT** @dmay_ot

2 days ago

@musedNeuroOT @RachaelD_OT @soleinj_ @otalk That's why I finally adopted my husband's surname when I started training. Mine is fairly uncommon. In my work name you can see that I do sport. Anything involving an opinion or my family is firmly hidden away in other idents! #otalk

**Jenny Wright** @jwrighttot

2 days ago

Defo something I'm going to do too! #OTalk

**Emmi D** @Emmi88OT

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk I think when I first qualified I wanted some guidance of what to say if I was made to feel uncomfortable....

 **Solei OT** 🌸 @soleinj_ 2 days ago
@sarahwoodOT @otalk do you think it would of been helpful for therapist self-disclosure to have been addressed within your OT education? #OTalk

 **Dr Alison Warren** @alisonfwarren 2 days ago
I like @sarahwoodOT comment about talking to colleagues..good bit of guidance to get started and ask clients what they think about therapist self disclosure #otalk

 **Emmi D** @Emmi88OT 2 days ago
@soleinj_ @musedNeuroOT @RachaelD_OT @otalk It could be #OTalk

 **Bethany Chitty** @BethanyChitty 2 days ago
@BillWongOT @soleinj_ @otalk Guidance from our colleagues in supervision could be helpful but its a personal topic - everyone will feel differently. Our code of ethics and conduct gives us some guidance to keep 'professional relationships' but I think it mostly comes from experience and judgement #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @dmay_ot: @musedNeuroOT @RachaelD_OT @soleinj_ @otalk That's why I finally adopted my husband's surname when I started training. Mine i...

 **Kerri Schubert** @kerri_schOT 2 days ago
@OT_KateT @soleinj_ @HelenaAmos_OT @OTalk_ lightening the mood works wonders! I think some tasteful humour always helps #otalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @kerri_schOT: @NickyP_OT @BethanyChitty @soleinj_ @HelenaAmos_OT @OTalk_ what a fab breakthrough! I think presenting yourself as an appr...

 **Jenny Wright** @jwrightot 2 days ago
@Emmi88OT @alisonfwarren Totally agree with this! Would be difficult to make! #OTalk

 **Sophie Deakin** @SophieDOT 2 days ago
Believe self-disclosure can help clients to feel heard and listened to, as this requires fully engaging with them #OTalk

 **Solei OT** 🌸 @soleinj_ 2 days ago
RT @RRenable: I've missed #otalk woops! I've noticed a rise in students disclosing their medical conditions etc to pts and although there a...

 **Rachael** @RachaelD_OT 2 days ago
@soleinj_ @otalk I think that the meaning of self-disclosure is different for many. Until self-disclosure is defined concisely, it would be difficult to provide guidance. Many don't realise that they're self-disclosing - you can't follow guidance if you don't realise it's relevant #OTalk

 **Lowri Hywel** @lorsh78 2 days ago
@OTPlymouthUni @soleinj_ @otalk This. Absolutely! Ultimately we need to maintain boundaries within our therapeutic relationships. The skill is in judging when & what is appropriate to share with patients & when/what is not. Those who over share may be unaware; offering guidance & support could help.#otalk

 **Rebecca Crouch, Occupational Therapist** @RebeccaCrouch 2 days ago
@soleinj_ @otalk Guidance should already be provided at uni or work, like universal info not to share e.g. telephone no., address. However, conversation starters like football teams, music and food preferences should be fine. I guess it depends how you feel about sharing and where you work #OTalk

 **Dr Katrina Bannigan** @KatrinaBannigan 2 days ago



@soleinj_ @musedNeuroOT @RachaelD_OT @otalk My discomfort is about other professionals' opinions #otalk
@OTPlymouthUni @PIELRes



Bill Wong, OTD, OTR/L @BillWongOT 2 days ago
RT @BethanyChitty: @BillWongOT @soleinj_ @otalk Guidance from our colleagues in supervision could be helpful but its a personal topic - eve...



Solei OT @soleinj_ 2 days ago
RT @lorsh78: @OTPlymouthUni @soleinj_ @otalk This. Absolutely! Ultimately we need to maintain boundaries within our therapeutic relationshi...



OTalk @OTalk_ 2 days ago
5mins left #OTalk any final thoughts? <https://t.co/0wDGon8ycB>



Cara Lawrence @caralawrence 2 days ago
@Emmi88OT @soleinj_ @otalk I do really thinks it's about you so you should be in control. I also think I have disclosed more as I have become more experienced #otalk



Emmi D @Emmi88OT 2 days ago
RT @BethanyChitty: @BillWongOT @soleinj_ @otalk Guidance from our colleagues in supervision could be helpful but its a personal topic - eve...



Sarah Wood @sarahwoodOT 2 days ago
@alisonfwarren I feel a project coming on! #OTalk



Nicky Phillips @NickyP_OT 2 days ago
@soleinj_ @otalk I think it would be useful and another way of ensuring we're working safely and ethically. Possibly some guidance on how to consider risks associated with self-disclosure... it may include similar considerations to those mentioned in @theRCOT's embracing risk guidelines. #OTalk



Emmi D @Emmi88OT 2 days ago
RT @SophieDOT: Believe self-disclosure can help clients to feel heard and listened to, as this requires fully engaging with them #OTalk



Rachel Rule @RRule_OT 2 days ago
@soleinj_ @otalk I have witnessed oversharing - becomes tricky when tensions are high - personal/childrens names used in threats & boundaries not there to cushion the blow. I feel disclosing comes later, when you recognise what level of disclosure is needed to build trust (or none at all) #OTalk



Lindsay Rook @LindsayOTPICU 2 days ago
@soleinj_ @otalk Education & guidelines would be beneficial, although I would argue that confidence in making appropriate personal disclosures generally comes from observation of this being done skilfully (role modelling), feedback from those on the receiving end and experience. #OTalk



Emmi D @Emmi88OT 2 days ago
RT @RachaelD_OT: @soleinj_ @otalk I think that the meaning of self-disclosure is different for many. Until self-disclosure is defined conci...



Dr Alison Warren @alisonfwarren 2 days ago
Time for some research! #otalk



Solei OT @soleinj_ 2 days ago
@RachaelD_OT @otalk definitely agree. It has been inconsistently defined/debated within counselling and psychotherapy literature for several decades! #OTalk



Rebecca Crouch, Occupational Therapist @RebeccaCrouch
@sarahwoodOT @soleinj_ @otalk Did your supervisor or colleagues help with this? #OTalk

2 days ago



Rachel Reece OT @RRenable
Occ-YOU-pational therapy: there may be individuals with similar backgrounds, conditions, medications etc. however it's all about what matters to your patient and making their treatment plan individual and tailored to them #OTalk
#onesizedoesnotfitall

2 days ago



Emmi D @Emmi88OT
RT @caralawrence: @Emmi88OT @soleinj_ @otalk I do really thinks it's about you so you should be in control. I also think I have disclosed m...

2 days ago



Solei OT 🌸 @soleinj_
RT @LindsayOTPICU: @soleinj_ @otalk Education & guidelines would be beneficial, although I would argue that confidence in making appropriat...

2 days ago



Solei OT 🌸 @soleinj_
RT @RRule_OT: @soleinj_ @otalk I have witnessed oversharing - becomes tricky when tensions are high - personal/childrens names used in the...

2 days ago



Sarah Wood @sarahwoodOT
@soleinj_ @otalk Possibly, as part of communication skills. Although I have learnt most through experience working as an OT, especially in mental health #OTalk

2 days ago



Alexis @8alexisjoelle
We had a convo recently about clients being allowed to video sessions or not. Talk about self disclosure on record!
Thoughts about that? #otalk

2 days ago



Solei OT 🌸 @soleinj_
RT @NickyP_OT: @soleinj_ @otalk I think it would be useful and another way of ensuring we're working safely and ethically. Possibly some gu...

2 days ago



Margaret Spencer @margaretOT360
I think it depends on what they have disclosed #otalk

2 days ago



Emmi D @Emmi88OT
@caralawrence @soleinj_ @otalk I agree. I always try to think whether sharing is gonna be helpful and beneficial to the person #OTalk

2 days ago



Solei OT 🌸 @soleinj_
RT @caralawrence: @Emmi88OT @soleinj_ @otalk I do really thinks it's about you so you should be in control. I also think I have disclosed m...

2 days ago



Bill Wong, OTD, OTR/L @BillWongOT
If you are lucky enough to be featured in public (e.g findable on YouTube), in a sense, you indirectly could be sign up for disclosure to general public and your potential patients can look you up. #otalk

2 days ago



OT PlymouthUni @OTPlymouthUni
RT @NickyP_OT: @soleinj_ @otalk I think it would be useful and another way of ensuring we're working safely and ethically. Possibly some gu...

2 days ago



Margaret Spencer @margaretOT360
I often disclose to students I have dyslexia when they are struggling, but nothing something I would state in a lecture
#otalk

2 days ago

**Solei OT** 🌸 @soleinj_

RT @KatrinaBannigan: @soleinj_ @musedNeuroOT @RachaelD_OT @otalk My discomfort is about other professionals' opinions #otalk @OTPlymouthUni...

2 days ago

**Jenny Wright** @jwrightot

RT @NickyP_OT: @soleinj_ @otalk I think it would be useful and another way of ensuring we're working safely and ethically. Possibly some gu...

2 days ago

**Inclusion.Me Ltd** @InclusionMe

Calling all OTs with housing experience looking for work in Haringey, Hillingdon, Thurrock & across London...Email info@inclusion.me.uk for details of flexible/regular work opportunities we have coming up immediately in the New Year #OTalk #OT <https://t.co/x6AA6wpXxR>

2 days ago

**OT PlymouthUni** @OTPlymouthUni

RT @BillWongOT: If you are lucky enough to be featured in public (e.g findable on YouTube), in a sense, you indirectly could be sign up for...

2 days ago

**Peter Warburton** @PeerPietro

@soleinj_ @otalk Yes some guidance would be good also training at uni using #peersupport staff to deliver, guide on what when etc, make it more acceptable & normal, we all know many OTs & students & MH staff who have lived experience & feel it makes them better at the role #OTalk #HillingdonPSWs

2 days ago

**Alexis** @8alexisjoelle

Yep! You have to be comfortable sharing with the world when you do #otalk

2 days ago

**Margaret Spencer** @margaretOT360

RT @RRenable: Occ-YOU-pational therapy: there may be individuals with similar backgrounds, conditions, medications etc. however it's all ab...

2 days ago

**deb_OT** @dmay_ot

@soleinj_ @sarahwoodOT @otalk Self-disclosure has come up a couple of times on #otalk It was certainly a key element of a supervision discussion on my paeds placement at the start of the year. It's not formally taught but is potentially better with some kind of context.

2 days ago

**Sarah Wood** @sarahwoodOT

@RebeccaCrouch @soleinj_ @otalk Yes they did 😊 #OTalk

2 days ago

**Sophie Deakin** @SophieDOT

Yes, as a student I think as I build experience I will also develop my judgement on self-disclosure #OTalk

2 days ago

**Nicky Phillips** @NickyP_OT

@8alexisjoelle What setting do you work in? I think I'd feel uncomfortable with that but not sure I can pinpoint why! How did you feel about it? #OTalk

2 days ago

**Margaret Spencer** @margaretOT360

Not comfortable with that at all, doesn't feel safe #otalk

2 days ago

**Kirsty 'Books' Stanley** 🌈👩‍👧‍👦📝 @kirstystyles

RT @RRenable: Occ-YOU-pational therapy: there may be individuals with similar backgrounds, conditions, medications etc. however it's all ab...

2 days ago

**Solei OT** 🌸 @soleinj_

RT @PeerPietro: @soleinj_ @otalk Yes some guidance would be good also training at uni using #peersupport staff to deliver, guide on what wh...

2 days ago

**Kate Tudor** @OT_KateT

2 days ago

@soleinj_ @otalk I think help with general self awareness, through supervision, would be good. We talk about physical personal space but we also need to have a good sense of our own emotional strengths and weaknesses to be able to share with others therapeutically #OTalk

**Carolyn is an OT** @CeeCeeOT

2 days ago

@RRenable I love that! "OccYOUpational therapy". To me it reminds me of the therapeutic use of self #otalk

**Rachel Rule** @RRule_OT

2 days ago

@soleinj_ @otalk It's a really mixed bag - some colleagues don't even like to talk about their lives with other colleagues in the office. The people they support don't even know their surname or age. But I find that people push boundaries and want to know more when people are very guarded #otalk

**OTalk** @OTalk_

2 days ago

And that's it the hour is up can we all thank @soleinj_ for a great chat tonight #otalk <https://t.co/zQg75aEUJy>

**Emmi D** @Emmi88OT

2 days ago

RT @OT_KateT: @soleinj_ @otalk I think help with general self awareness, through supervision, would be good. We talk about physical persona...

**Sarah Wood** @sarahwoodOT

2 days ago

@8alexisjoelle I've experienced a patient covertly filming me in sessions and uploading it to YouTube. Although it shows openness I didn't feel comfortable with that at all, felt it crossed my personal boundaries #OTalk

**OTalk** @OTalk_

2 days ago

This is @OT_rach signing off, the transcript of tonight's chat will be added to the blog in the next few days for you to read. #otalk

**Dr Katrina Bannigan** @KatrinaBannigan

2 days ago

RT @OTalk_ : And that's it the hour is up can we all thank @soleinj_ for a great chat tonight #otalk <https://t.co/zQg75aEUJy>

**Lelanie** @LelanieBrewer

2 days ago

I've missed #otalk too & couldn't agree more with you on the point below 👏

**Rachael** @RachaelD_OT

2 days ago

RT @OTalk_ : And that's it the hour is up can we all thank @soleinj_ for a great chat tonight #otalk <https://t.co/zQg75aEUJy>

**Emmi D** @Emmi88OT

2 days ago

@OTalk_ @soleinj_ Thanks a lot! That was great! #OTalk

**OTalk** @OTalk_

2 days ago

This is the last #otalk of the year, so have an amazing Christmas and new year (for those that celebrate) and we will see you on Tuesday 8th January 2019 <https://t.co/HgDByAwKyz>

**Alexis** @8alexisjoelle

2 days ago

Hospital. Critical time in the clients healthcare journey. I think it would not be safe for legal purposes. We have a policy that says no recording sessions, however clients like seeing progress and now with technology. #otalk

**Solei OT** 🌟 @soleinj_

2 days ago

@OTalk Well that flew by! Some great comments and thoughts. Thank you to all who joined in, hope the last hour has been interesting and thought-provoking! #OTalk

Nicky Phillips @NickyP_OT

2 days ago



@OT_KateT @soleinj_ @otalk Maybe some expectation to include reflection on self-disclosure in CPD evidencing could encourage more thought around the topic #OTalk



Solei OT 🌸 @soleinj_
RT @OTalk_: And that's it the hour is up can we all thank @soleinj_ for a great chat tonight #otalk
<https://t.co/zQg75aEUJy>

2 days ago



Sophie Deakin @SophieD0T

2 days ago

Agree that more guidelines would be very helpful, but also wonder whether there may be a limit to their helpfulness - so much about self disclosure is about judging the context/situation at the time #OTalk



Alexis @8alexisjoelle

2 days ago

Sounds like they broke personal boundaries #otalk



Solei OT 🌸 @soleinj_

2 days ago

RT @NickyP_OT: @OT_KateT @soleinj_ @otalk Maybe some expectation to include reflection on self-disclosure in CPD evidencing could encourage...



Lelanie @LelanieBrewer

2 days ago

Absolutely @8alexisjoelle #OTalk



Margaret Spencer @margaretOT360

2 days ago

Great topic for tonight's #Otalk so many different places to disclose students, educators, clients



Lowri Hywel @lorsh78

2 days ago

#otalk I'll get the hang of this...hahaha



Alexis @8alexisjoelle

2 days ago

What's joining the dots? #otalk



Jenny Wright @jwrightot

2 days ago

Fab #otalk tonight hosted by @soleinj_ thanks so much, it's really given me food for thought on self-disclosure! Looking forward to taking my thoughts to work for a bit of a conversation starter!



Rebecca Crouch, Occupational Therapist @RebeccaCrouch

2 days ago

@sarahwoodOT @soleinj_ @otalk Phew! I'm still getting used to this myself. My colleagues have been so helpful in helping me navigate the what to say in different scenarios. #OTalk



Rachel Rule @RRule_OT

2 days ago

@musedNeuroOT @RachaelD_OT @soleinj_ @otalk I use pseudonyms on social media too, I have had messages from family members at 3am before I did this as my name is on care records as their keyworker #otalk



Solei OT 🌸 @soleinj_

2 days ago

RT @TanjaOT: Definitely...it's about showing you are human - at the end of the day we're all this huge community of people, each of us havi...



Alexis @8alexisjoelle

2 days ago

RT @LelanieBrewer: Absolutely @8alexisjoelle #OTalk <https://t.co/9mx7ZHFChL>



Solei OT 🌸 @soleinj_

2 days ago

RT @sarahwoodOT: @soleinj_ @otalk I've found you can really offend someone by not disclosing sometimes, e.g. older people asking if you are...

Solei OT 🌸 @soleinj_

2 days ago



RT @dmay_ot: #otalk I think this is critical <https://t.co/FKVH9igBJE>



Rebecca Crouch, Occupational Therapist @RebeccaCrouch 2 days ago
@OTalk_ @soleinj_ Thanks to you both. Interesting discussion & lots of food for thought. Will talk to my colleagues about this tomorrow. #OTalk



Kerri Schubert @kerri_schOT 2 days ago
i was very late to the party but enjoyed tonight's #otalk!!! very interesting topic 🌿🎄



Rachel Rule @RRule_OT 2 days ago
@OTalk_ @soleinj_ Thank you @soleinj_ really great #otalk 😊



Solei OT 🌻 @soleinj_ 2 days ago
RT @RebeccaCrouch: @OTalk_ @soleinj_ Thanks to you both. Interesting discussion & lots of food for thought. Will talk to my colleagues abou...



ed sum 🏳️🌈 @musedNeuroOT 2 days ago
RT @RRule_OT: @musedNeuroOT @RachaelD_OT @soleinj_ @otalk I use psyedonyms on social media too, I have had messages from family members at...



Rebecca Crouch, Occupational Therapist @RebeccaCrouch 2 days ago
@sarahwoodOT @8alexisjoelle How was the situation dealt with? (If you don't mind me asking) #OTalk



Lowri Hywel @lorsh78 2 days ago
@sarahwoodOT @8alexisjoelle Covert filming completely inappropriate; we wouldn't record a patient without permission as completely unethical. Is there any way it could be removed from YouTube if you're not comfortable and never gave permission? #otalk



Lelanie @LelanieBrewer 2 days ago
Absolutely @HoneysuckleOt with the emphasis being on appropriate sharing #OTalk



Solei OT 🌻 @soleinj_ 2 days ago
RT @RRule_OT: @OTalk_ @soleinj_ Thank you @soleinj_ really great #otalk 😊



Solei OT 🌻 @soleinj_ 2 days ago
RT @jwrightot: Fab #otalk tonight hosted by @soleinj_ thanks so much, it's really given me food for thought on self-disclosure! Looking for...



Solei OT 🌻 @soleinj_ 2 days ago
@jwrightot Glad you enjoyed it Jenny! thanks for joining us. would be great to hear what your colleagues think #OTalk



Rachel Rule @RRule_OT 2 days ago
@soleinj_ @otalk Not qualified yet but we have prof boundaries training in my support role & discuss self disclosure. It's also within care plans as some people do persistently fire questions at new staff about every element of life (football teams, pets names, what time they have a nap!) #otalk



Solei OT 🌻 @soleinj_ 2 days ago
RT @alisonfwarren: Time for some research! #otalk <https://t.co/yXe1dmGise>



Solei OT 🌻 @soleinj_ 2 days ago
RT @alisonfwarren: I like @sarahwoodOT comment about talking to colleagues..good bit of guidance to get started and ask clients what they t...

**Alexis @8alexisjoelle**

It's always good to be informed. Experience will do that really fast for us #otalk

2 days ago

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