



Training to support occupation
focused practise

*M@H@ theory, M@H@
based assessments and
M@H@ intervention
protocols*

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01 Online Workshops

Workshops are delivered via Zoom, with the use of case studies and break out rooms to encourage active participation, discussion and support the translation of MOHO theory into practise. All sessions are accompanied by a workbook to help synthesize learning from the sessions and encourage reflection on how attendees plan to and will use their learning to develop as a practitioner and the occupational therapy service.

MOHO: a framework for therapeutic reasoning and enabling change

This workshop is an introduction to The Model of Human Occupation and the concepts within it and focuses on how occupational therapists can use the model as a framework for therapeutic reasoning and enabling change. Case studies are used throughout the training and can be written to reflect the service users that you or your team members predominantly work with.

The discussion points are:

- The ten aspects of the Model of Human Occupation and how they relate to occupational participation.
- Applying MOHO theory to practice, the therapy process, and using the model to inform clinical reasoning.
- Understanding of how MOHO can be used within the assessment process and the different assessments available to use within MOHO.
- Understanding how MOHO theory can be used to enable change.

Duration: 3hrs

Maximum number of attendees: 20

Cost: £350

MOHO: a framework for assessment and occupational formulation

This workshop provides an overview of the MOHO based assessments that are pertinent to your service, how to develop an assessment strategy, using initial assessments as an outcome measure and introduces how you can use the information garnered in the assessment process to inform occupational formulation.

The discussion points are:

- The Model of Human Occupation-based assessments that you may wish to incorporate in your service line.
- How to develop an assessment strategy.
- Introducing the use of outcome measures in the occupational therapy process.
- An introduction to the foundations of occupational formulation

Duration: 3hrs

Maximum number of attendees: 20

Cost: £350

MOHO: a framework for collaborative goal setting, intervention planning and writing care plans

This workshop looks at how we can use MOHO to develop client-centred goals and use these client-centred goals to inform intervention planning. We will also discuss the techniques used within MOHO to enable change and how MOHO can language can be incorporated into and used to support care planning.

The discussion points are:

- The components of a therapeutic SMART goal.
- Writing collaborative goals that are informed by MOHO theory.
- Enabling change by using MOHO strategies and interventions.
- Writing intervention/care plans using MOHO language that supports the achievement of the service user's goals.

Duration: 3hrs

Maximum number of attendees: 20

Cost: £350

MOHO: a framework for implementing Motivational Interviewing

This workshop provides an overview of how the Model of Human Occupation and motivational interviewing can be applied and integrated into occupational rehabilitation.

The discussion points are:

- The foundations of motivational interviewing practice.
- Motivational interviewing and the stages of change.
- The processes of motivational interviewing.
- How to integrate MOHO and MI.

Duration: 3hrs

Maximum number of attendees: 20

Cost: £350

02 Virtual training days

These full-day face-to-face training sessions are delivered by zoom with the use of case studies and break-out rooms to encourage active participation and discussion.

Training commences at 09.30 but, it is requested that participants start onboarding from 0900am to provide time to address any technical issues that may arise. Teaching finishes at 16.30.

The sessions are accompanied by a workbook to help synthesise learning from and encourage reflection on how attendees plan to and will use their learning to develop as a practitioner and/or clinical supervisors.

Please note that participants planning to use the MOHOST, OCAIRS, VQ and the Remotivation process in clinical practice are required to purchase the manual from MOHO Clearinghouse.

The Model of Human Occupation Screening Tool training day

Learning objectives:

- Understanding the theory behind the MOHOST and how it was developed.
- Identify when and how the MOHOST can be used.
- Identify the target population, the strengths, and the limitations of the MOHOST.
- Understand the contextual issues related to the MOHOST.
- Understand what the MOHOST measures and how.
- Be able to administer and score a MOHOST.
- Be able to identify the difference between the MOHOST and Single Obs MOHOST.

Duration: 6hrs

Maximum number of attendees: 20

Cost: £750 or POA for 1:1 sessions

The Occupational Circumstances Assessment Interview and Rating Scale training day

Learning objectives are:

- Develop a general overview of the origin of the OCAIRS and the background theoretical concepts.
- Identify when and how the OCAIRS can be used, including the target population and how to select instruments for the assessment.
- How to use theoretical material to understand the client's situation.
- How to set up and conduct the interview.
- Have good knowledge of the three different questionnaires, the differences in content and which populations they serve.
- How to rate the interview.
- How to analyse the OCAIRS and utilise the information garnered to develop an intervention plan through the use of a case study.

Duration: 6hrs

Maximum number of attendees: 20

Cost: £750 or POA for 1:1 sessions

Providing clinical supervision - a training day to develop clinical supervision skills.

Learning objectives are:

- What is clinical supervision and the purpose behind clinical supervision.
- The models of clinical supervision.
- Modes and process of clinical supervision.
- Establishing and maintaining the supervisory alliance.
- Maintaining Standards of Clinical Supervision
- Personal Values and the Reflective Supervisor
- Ethical Issues within the Context of Supervisory Practice
- Ethics and Clinical Practice
- Sensitivity within the Supervisory Context
- The Mechanics of Change

Duration: 6hrs

Maximum number of attendees: 20

Cost: £750 or POA for 1:1 sessions

2 Days training on: The Remotivation Process and the VQ

This 2-day (6 hours per day) training delivered by Zoom or Microsoft Teams introduces the Remotivation Process (de las Heras et. al, 2019) and the Volitional Questionnaire and supports the integration of MOHO theory into practise.

The training is based on the Model of Human Occupation (MOHO) theory and describes the the Remotivation Process (RP), a MOHO protocol of intervention. This intervention protocol is designed to be used with those experiencing volitional challenges that inhibit or restrict their participation in occupation. It is a therapeutic intervention which focuses on facilitating the improvement of clients' motivation through a gradual increase in their sense of self-worth, effectiveness, and belonging. It consists of a collaborative endeavor both between the individual and the therapist and their meaningful social network in relevant environmental contexts.

Please note that to use the RP in clinical practise, you will need to purchase the manual from MOHO Clearing House. It is also advised that you purchase the assessment The Volitional Questionnaire.

Learning objectives:

Day 1: An Introduction to the Remotivation Process (RP)

- Explore the RP and its procedures
- Introduce volition and the volitional process.
- Facilitate comprehension of the key aspects to consider when implementing the RP.
- Identify how to evaluate the effectiveness of the RP using the Volitional Questionnaire (VQ).

Day 2: Integrating theory into practise

- Develop knowledge of the specific therapeutic reasoning needed to use the RP.
- How to use the results of the VQ to plan interventions.
- Reaffirm knowledge of MOHO theory applied into practice
- Reaffirm knowledge of key procedures that facilitate the volitional process before implementing the Remotivation Process with clients

Max no. of attendees: 20

Price: £1,500

2 Days training on: Occupational formulation and measurable goals

This 2-day (6 hours per day) virtual training introduces the process of occupational formulation and negotiating measurable goals with service users, as outlined by Parkinson & Brooks (2021).

The training is based on the Model of Human Occupation (MOHO) and the therapeutic reasoning process and how this can be used to facilitate client-centred practice and synthesise assessment information into an occupation-focused narrative which can be shared with the individual and used to identify the person and the therapists' priorities for goal setting and intervention planning.

Designed for practising occupational therapists, this training is an essential introduction for those looking for an effective way to formulate plans and goals based on MOHO theory.

Learning Objectives:

Day 1: Creating an Occupational Formulation

- What is an occupational formulation and why use it?
- Review of MOHO theory
- How is an occupational formulation completed?
- Developing an understanding of the sections
- Logically ordering assessment information into these sections
- Practice formulation writing

Day 2: Measurable Goal Setting

- Benefits of goal setting
- Principles of goal setting
- Goal setting paperwork
- Aims
- Goals
- Plans/ Actions/ Interventions
- Practice
- Goal Attainment Scaling

Max no. of attendees: 20

Price: £1,500

03 Clinical Supervision

Effective supervision has multiple benefits for both the supervisee and can also have significant benefits for the wider service and service users. Clinical supervision should be about and for the health professional. A protected time dedicated to discussing complex cases, facilitating reflection, developing critical thinking, and clinical skills, and nurturing the practitioner's health and well-being. As well as an opportunity to explore service development.

Clinical supervision enables supervisees to underpin and root their practice in a sound understanding of the core values, beliefs, knowledge, and skills fundamental to occupational therapy. It should be a safe space for them to raise concerns if they have them and seek the support that they need for their own mental health and well-being.

The HCPC, Nursing and Midwifery Council, and Royal College of Physicians have all documented that access to good quality supervision benefits the individual, by reducing stress and anxiety levels, reducing the risk of burnout, aiding personal and professional development, increasing confidence levels, supervisees feeling supported and less isolated and developing clinical competence and knowledge as well as improving leadership skills.

This in turn will, improve job satisfaction, reduce staff sickness and absence, and staff retention. Effective clinical supervision has been shown to have a direct correlation with improved quality of care delivery and a better working environment which, yes can and will lead to service development.

Clinical Supervisions:

Block booking of 12 (1hr) one-to-one sessions - £720

Block booking of 12 (12hr) group supervisions - £1,400

04 *Arranging a session*

Sessions are best arranged by email so that a record of everything agreed is easily maintained by both parties. Please ensure that one person from the host organisation takes responsibility for all communication so that everything can be arranged as smoothly as possible.

QUOTATION AND CONFIRMATION OF DATES:

Once details of the required training sessions, learning objectives number and number of sessions required a quote will be sent so that a purchase order can be raised with your finance department or arrangement for payment made. Please note that dates cannot be guaranteed or confirmed dates until a purchase order is received as this provides the information required for invoicing and guarantees payment.

IT REQUIREMENTS:

The sessions will be delivered via Zoom and a link will be sent prior to the sessions which can be disseminated to attendees.

EVALUATION:

While services often have their own evaluation process feedback is appreciated to help improve training delivery and ensure that the agreed learning objectives have been met.

PAYMENT:

An invoice will be sent to your finance department following delivery of the agreed training sessions and payment can be completed by BACS transfer or via credit card if agreed prior to invoicing. Payment will be expected within thirty days.

CANCELLATION AGREEMENT:

If due to extraordinary circumstances, a session needs to be postponed, it is usually possible to arrange another date

RECORDING OF SESSIONS:

Recording of sessions is not permitted.

CONTACT DETAILS:

ruth@themohoot.com

05 *Trainer profile*

Ruth is a registered occupational therapist whose clinical experience includes Perinatal Mental Health, acute inpatient psychiatry, as well as recovery and rehabilitation in both mental health and physical health and using MOHO theory to inform service development. Ruth has demonstrated experience in constructing occupational therapy pathways robust enough to respond to acute bed pressures and the ever-changing political landscape while remaining focused on delivering care within the recovery framework and most importantly keeping the service user at the core. As well as, enabling smooth transitions from acute services, into the rehab setting and/or the community using MOHO theory to place the person at the center of the decisions made and enable achievement of the person's recovery goals, while fostering autonomy and improving their social and occupational functioning, with the hope of providing service users with a better experience of services.

Ruth trained at Plymouth University and went on to complete a Pg Cert in Clinical Supervision at the University of Derby. Ruth's passion is supporting others by providing opportunities for CPD, reflection, and personal development. Through clinical education, mentoring, and clinical supervision, Ruth aims to support OTs to develop their knowledge of MOHO theory and how to translate this into practice thus, supporting the profession's passion for helping people to find meaningful occupations, through the use of occupationally focused interventions and enable OTs to support their service users gain the skills to participate in their everyday activities, and maintain their mental health and physical health.

