

## Book Review

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Pentland, Wendy, Isaacs-Young, Jeanette, Gash, Jen, and Heinz, Amy. (Eds.). (2016). *Enabling positive change: Coaching conversations in occupational therapy*. Ottawa, ON: CAOT Publication ACE. 346 pp. \$62.50; CAOT member \$49.99. ISBN: 978-1-895437-94-2

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This book provides a comprehensive introduction to coaching in occupational therapy. It is divided into four sections: Section 1 explores the use of coaching in the context of occupational therapy. This section defines coaching, provides an overview of the theoretical bases and evidence for coaching, discusses coaching processes and tools, and illustrates the application to occupational therapy through case scenarios.

Section 2 has several chapters, each describing the journey of the chapter author in relation to coaching and how the author uses coaching in practice, with specific examples or cases. The chapters introduce the reader to coaching in a variety of individual or group contexts, such as Lifestyle Redesign, multiple sclerosis, mental health, return to work, and enhancing well-being and coaching for executives and occupational therapists. These descriptions allow the reader to visualize what coaching in occupational therapy practice could resemble and contexts where it might be practically applied.

Section 3 provides examples of coaching education and training programs designed for occupational therapists. The programs described meet International Coaching Federation standards. While this section would be of interest to occupational therapy coaches who want to provide or organize training, it may discourage therapists who want simply to use

coaching skills in practice. This section seems to imply that you should be a certified coach to use coaching in your occupational therapy practice, presenting a different message from the rest of the book.

Section 4 reiterates the fit between coaching and occupational therapy. Looking forward, the authors explore how coaching may provide solutions in the context of various types of changes we are experiencing worldwide and the potential for applying an occupational therapy coaching perspective. Suggestions to advance the use of coaching in occupational therapy through entry-level education, practice growth, research, and leadership are provided.

This book is generally easy to read and an excellent choice for the reader who is seeking more conceptual information. It allows the reader to envision the use of coaching in occupational therapy and thus is an excellent starting point for the practitioner who is interested in using coaching in practice. Readers looking for a more technical "how-to" type of book will have to find that elsewhere.

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