

Coping Strategies – Reader reviews

I purchased the book "Coping Strategies to Promote Occupational Engagement and Recovery" because I was thrilled to have a manual written by and for Occupational Therapists working in Mental Health. I often have to rely on books, workshops and evidence that is in the field of Mental Health but not specifically from an Occupational Therapy perspective. I really appreciated how all of the modules are explicitly based on Occupational Therapy models/theories, the Recovery model and the Adult Learning Model. These theories are the foundation of my own practice. I also appreciated the direct link to evidence supporting the use of CBT and psychoeducation in Mental Health.

This book has provided me with inspiration and has strengthened the foundation of my practice to ensure that I am indeed facilitating groups with a strong empirical and theoretical basis. This book has become a valuable resource to share with OT students as they are learning about the role of OT in MH and group facilitation skills. On an interdisciplinary team, this book highlights the unique perspective of OT by grounding our work in meaningful occupations as a means to reach personal goals such as improved mood, self-esteem, healthy/balanced lifestyle and relationships. The book is full of practical, well referenced worksheets that have complimented and enhanced my clinical practice. It is precisely the usability of the book that has led me to recommend it to all OTs and OT students working within MH or other practice settings that involve running groups or with individuals living with mental health issues.

Thank you for this reference manual that I will continue to make good use of in my clinical practice!

Julie van der Meulen OT Reg. (Ont.)

I have been using this book weekly to guide my Coping Strategies group. It is so nice to have group plans nicely laid out with guiding questions to lead the discussions. It was reassuring for me to see that it matched the group topics I had already been doing- as I have had to pull from so many places to design my groups over the years, now it is all in one place! Group facilitation takes up most of my time. What I have enjoyed about the book is that it is well referenced to support the topics for best practice. The handouts are nicely designed, streamlined and professional. The topics are broad and applicable to everyone to fit our very diverse population. It is saving me a lot of time (and mental capacity), not having to prepare my own, and having the suggested discussion questions for guidance.

Jennie MacIntosh, MSc. OT Reg. (Ont.)

Occupational Therapist

*I purchased this book to help me with the group work I already do, giving me an evidence based approach to group teaching.
I have used it for my own group work, choosing a topic and your guidelines (Adult learning model) on how to present and engage the clients.
This book has given me a framework to work with. (Rather than just my own reading and intuition).
I like the handouts that accompany the topic. Very usable.
Sometimes I enlarge for seniors.
Sometimes I simplify if too much info on one page.
I have adapted my own group topics to fit into the adult learning module, resulting in more effective and efficient learning.*

*I especially like the manual for student teaching (I have 2 students per year).
It gives an excellent framework, outline, reading material for students to learn about group teaching, group learning, group engagement.
The chapter on "Foundational models" and the chapter about the "Evidence supporting cognitive and educational approaches to OT interventions" provides excellent teaching discussion with my students.
The specific guidelines on what to say and when, in a group setting, is welcomed by students.
Each module provides them with the tools to lead a specific group.
Each module is user friendly and adaptable if needed.*

I am very pleased with this manual!

Mary Martineau OT Reg. (Ont.)

Dear Ms Straathof

I am pleased to inform you that I have written a review of your excellent book "Coping Strategies to Promote Occupational Engagement And Recovery: A program manual for occupational therapists and other care providers". The review has been published in the Canadian Journal of Psychiatry , ON LINE First, December 2018 and will follow in hard copy of the journal. Your book is a valuable resource for those providing coping strategy training. The content and process used is based on sound theory and supported by evidence from literature. The modules and handouts provide helpful structure to sessions and clear outcome measures. I wish you continued success in promoting Skills Based Psycho-educational Therapy.

Best regards,

Keith Anderson MD