



**CAOT - ACE**

Canadian Association of Occupational Therapists  
Association canadienne des ergothérapeutes

## **Easy Choice: Practice Bundle**

### **Inclusive Occupational Therapy Practice**

**This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:**

#### **How to improve accessibility in Canadian health care for LGBT2Q+ clients**

*Presented by Nicola Schaan, Rebecca Alley & Samantha Repa on March 5, 2019*

At least three per cent of Canadians identify as LGBT2Q+ and the health care provided to these individuals overwhelmingly lacks sensitivity and competency based on the literature. Occupational therapists can have a key role in improving accessibility in Canadian health care to these individuals. This webinar will provide an overview of the LGBT2Q+ community and the experiences of these individuals within the Canadian health care system. Concrete suggestions for practice will be shared to lay the groundwork for health providers to offer more inclusive and accessible services. A case study will illustrate how to apply these suggestions into occupational therapy practice.

After taking part in this webinar, participants will:

1. Be able to define "LGBT2Q+" and at least one identity not in the acronym.
2. Understand at least four implications of sexuality and gender on practice on an individual and institutional level.
3. Be able to identify at least three strategies for change that can be implemented on an individual level in your own practice.

#### **Informed consent in occupational therapy: How colonization and coercion impact access for Indigenous Peoples**

*Presented by Janna MacLachlan & Lisa Boivin on January 8, 2019*

Canada's legacy of colonization acts as a coercive force, inhibiting free and informed consent for Indigenous clients. With ongoing reports by Indigenous peoples of distrust of and systemic racism in Canada's institutions, it is essential that health care professionals practice cultural safety and begin to recognize and address concrete areas, such as consent, where this is not occurring. By employing concepts from bioethics, critical approaches and Indigenous worldviews, and reflecting on lived experiences, this webinar reports on barriers to and solutions for informed consent in services provided to Indigenous peoples.

After watching this webinar, you will be able to:

1. Be able to recognize some common actions relating to consent that may be culturally unsafe in their practice.
2. Have tools to critically assess actions and procedures within their practice related to consent in terms of cultural safety.
3. Understand how some values and assumptions taken for granted within Western societies may not be shared by all, and how asserting these can in some cases constitute medical colonialism or impede Indigenous self-determination
4. Begin to consider their power and privilege relative to that of their Indigenous clients, as well as how they might practice principles of allyship.
5. Understand how Canada's legacy of colonization makes Indigenous clients vulnerable in all clinical settings.

## **Feeling stuck with your client: Navigating the therapeutic alliance**

*Presented by Heidi Reznick, Veronica Takes & Bob Scott on September 18, 2018*

For anyone undergoing a major transition, the journey can be full of peaks and valleys. While there might be stages of forward momentum, there might also be points of "resistance". This webinar will examine best practice in the most difficult parts of our work; when we feel like we lack the tools to spark meaningful change. This webinar will also explore "resistance" as a normal part of change and identify strategies to get "unstuck". Practical tools grounded in the evidence-based approaches of stages of change theory and motivational interviewing will be provided. Participants will be inspired to re-examine their most challenging situations in clinical practice.

After watching this webinar, you will be able to:

1. Identify signs of "resistance" in our therapeutic relationships and to recognize resistance as a normal part of all and any change process.
2. Build an evidence-based "toolbox" for managing difficult clinical situations, based on stages of change theory and motivational interviewing literature.
3. Enhance self-reflective practice, allowing clinicians to move forward from these challenging situations with renewed inspiration and creativity.

## **Disability Rights and Disability Identity (Part 1)**

*Presented by Ravi Malhotra & Morgan Rowe on February 21, 2017*

This two-part webinar mini-series consists of (1) Disability Rights and Disability Identity (on February 21, 2017) and (2) Disability Rights and Advocacy (on February 28, 2017). In Part One, we explore the definition of disability law, disability rights, disability identity and other pertinent definitions from the field of law; the relationship between disability rights and identity; and the importance of addressing physical and attitudinal barriers in education, employment and transportation. In Part Two, we consider different levels of advocacy, the time and resources required for advocacy and when to engage in a legal process.

After watching this webinar, you will be able to:

1. Understand the legal definition of disability.
2. Understand the importance of a disability rights identity.
3. Appreciate how advocacy takes on different forms in different contexts.

## **Disability Rights and Advocacy (Part 2)**

*Presented by Ravi Malhotra & Morgan Rowe on February 28, 2017*

This two-part webinar mini-series consists of (1) Disability Rights and Disability Identity (on February 21, 2017) and (2) Disability Rights and Advocacy (on February 28, 2017). In Part One, we explore the definition of disability law, disability rights, disability identity and other pertinent definitions from the field of law; the relationship between disability rights and identity; and the importance of addressing physical and attitudinal barriers in education, employment and transportation. In Part Two, we consider different levels of advocacy, the time and resources required for advocacy and when to engage in a legal process.

After watching this webinar, you will:

1. Understand the legal definition of disability.
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**This product is available for sale until September 30, 2020. Access to the recording, handouts and certificate will expire on February 28, 2021.**