



Easy Choice: Practice Bundle

Trauma and Military

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

Best practice in return to work intervention for clients who have experienced trauma

Presented by Megan Edgelow on June 18, 2019

This webinar will update participants on best practices in return to work intervention for clients who have experienced trauma. It will incorporate information from several recent research initiatives, including a scoping review of occupational therapy and posttraumatic stress disorder (PTSD), an environmental scan of return to work programs for clients with PTSD, and a scoping review of return to work interventions for clients with trauma and stress-related disorders. The webinar will also discuss opportunities for occupational therapists to develop and expand their practice in this area.

After taking part in this webinar, participants will:

1. Recognize occupational performance issues for clients who have experienced trauma;
2. Identify traumatic exposures and vulnerabilities for certain workers;
3. Understand current best practices in return to work interventions for clients who have experienced trauma; and
4. Identify opportunities for occupational therapists in this area.

A cultural competency model for occupational therapists working with military and Veteran families

Presented by Linna Tam-Seto on October 9, 2018

The National Defence and Canadian Forces Ombudsman's Special Report, *On the Homefront: Assessing the Well-Being of Canada's Military Families in the New Millennium*, describes the impact of military lifestyle on the stability, mental health and well-being of Canadian military families. Unlike their American counterparts, Canadian military families access the civilian healthcare system. Since the military is perceived as its own culture, the need for cultural competency among occupational therapists working with military families is required. This webinar will present evidence-informed cultural competencies that can be used to support occupational therapy practice with military family members.

After watching this webinar, you will be able to:

1. Recognize the unique challenges faced by Canadian military and Veteran families when accessing health care services.
2. Understand the military family cultural competencies relevant for client-centred occupational therapy practice.

Occupational Therapy and Post-Traumatic Stress Disorder: Dealing with Disruption in Daily Life

Presented by Megan Edgelow & Heidi Cramm on February 23, 2016

This evidence-informed webinar will explore the impact of post-traumatic stress disorder (PTSD) on daily life. The focus will be on first responders, military personnel and veterans, and the exposures these particular populations face, the resulting occupational disruption experienced, and strategies for assessment and intervention.

After watching this webinar, you will be able to:

1. Develop a working knowledge of PTSD and its impact on daily life.
2. Increase understanding of the exposures of first responders, military personnel and veterans.
3. Consider assessment and treatment approaches for these populations.

Breaking the Silence: Integrating Trauma-Informed Care into Occupational Therapy Practice

Presented by Kaitlyn Kitchen & Alana Hosegood on February 16, 2016

Occupational therapists work in diverse practice settings, often with individuals who have experienced trauma. Trauma-informed care reflects an awareness of, and responsiveness to, the impact of trauma, which is congruent with a client-centred approach.

This webinar will identify the common causes and types of trauma, and explore the constellation of effects of trauma on occupational performance. Using case study examples, participants will be provided with practical strategies to integrate the principles of trauma-informed care into occupational therapy assessment and intervention. This webinar will further enable occupational therapists to incorporate principles of trauma-informed care into clinical practice, thus enabling client-centred recovery.

After watching this webinar, you will:

1. Be able to name the common causes and types of trauma.
2. Understand the multifaceted effects of trauma on occupational performance.
3. Identify strategies to integrate trauma-informed care into occupational therapy assessment and intervention practices to enable client recovery.

How Trauma Impacts Daily Life

Presented by Jocelyn Cowsls & Pam Kjertinge on February 25, 2014

This webinar will provide an overview of how past traumatic experiences can have an impact on present day engagement in the areas of self-care, productivity, leisure and spirituality. Intervention strategies to address occupational performance issues will be provided. Particular attention will be given to the unique challenges faced by clients with post-traumatic stress disorder (PTSD) in regards to self-care and work. The importance of mindfulness will be discussed in terms of how this tool may increase one's awareness of their needs. Lastly, participants will be introduced to the assessment and treatment process related to facilitating a successful return to work.

After watching this webinar, you will:

1. Understand the concept of traumatic reenactment.
2. Be aware of the concept of safety as it relates to PTSD and how to help clients generalize this tool outside of treatment settings.
3. Recognize how intention differentiates self-care from self-harm, and have strategies to promote healthy functioning.
4. Understand issues that are unique to PTSD and return to work, including assessment and intervention strategies.

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