



CAOT Webinar

Webinar 4:  
Integrating the CanMOP, Collaborative Relationship-Focused Occupational Therapy, and the COTIPP in Practice

Presenters: Angie Phenix, Kaarina Valavaara, Mary Egan, & Gayle Restall



PROMOTING OCCUPATIONAL PARTICIPATION:  
COLLABORATIVE RELATIONSHIP-FOCUSED OCCUPATIONAL THERAPY  
by Angie Phenix & Gayle Restall



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Presenters:

- Angie Phenix, OT Reg. (SK), and Kaarina Valavaara, OT Reg. (N.S.), are Métis women and occupational therapists. They co-chair the Occupational Therapy Truth and Reconciliation Task Force and are outgoing chairs of Canadian Association of Occupational Therapists' Occupational Therapy and Indigenous Health Network. They both act in education and advocacy roles to transform the practice of occupational therapy to promote Indigenous rights and equity for Indigenous Peoples.
- Mary Egan, OT Reg. (Ont.), and Gayle Restall, O.T. Reg. (MB), are white women occupational therapists, researchers, and educators.



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1. Model	Canadian Model of Occupational Participation (CanMOP)	How we think about occupation
2. Approach	Collaborative relationship-focused occupational therapy	How we approach service provision
3. Framework	Canadian Occupational Therapy Inter-relational Practice Process (COTIPP)	Foundational processes and actions for promoting occupational participation
➡ 4. Integrating the model, approach, and framework in practice		



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### Learning Objectives

- Describe several key concepts embedded in the latest Canadian model, approach, and framework that set them apart from previous versions
- Begin to understand the implications of these concepts in everyday practices
- Appreciate that the model, approach, and framework can help clinicians become equity-, justice-, and rights-based therapists



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### Triadic Guide to Occupational Therapy



Triadic guide to occupational therapy

- An Approach: Collaborative Relationship-Focused Occupational Therapy
- A Model: Canadian Model of Occupational Participation
- A Process Framework: Canadian Occupational Therapy Inter-relational Practice Process Framework



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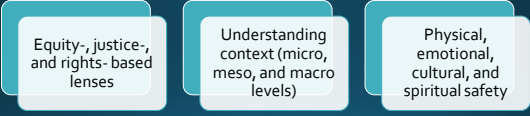
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### Key Concepts



- Equity-, justice-, and rights-based lenses
- Understanding context (micro, meso, and macro levels)
- Physical, emotional, cultural, and spiritual safety



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What are justice-, equity-, and rights-based lenses?



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**Justice:** "... creating a fair and equal society in which each individual matters, their rights are recognized and protected, and decisions are made in ways that are fair and honest" (Oxford Reference). Therapists uphold the principles of social justice by promoting equity and justice and dismantling barriers to health, well-being, and occupational participation.

**Equity:** "assumes that some people or groups are able to access more resources than others. Equity implies that everyone receives the resources and opportunities they need to flourish [(Espinoza, 2007)]" (Egan & Restall, 2022, p. 308). An equity approach to practice requires therapists to critically examine barriers to people receiving resources and opportunities, and taking action to remove those barriers.

**Rights:** "We adopt a rights-based definition of self-determination that acknowledges people's entitlement to make decisions that affect their lives and their communities" (Restall & Egan, 2022, p. 207). This definition of rights is consistent with United Nations Conventions and Declarations and Indigenous Declarations related to human rights. A rights-based approach to practice requires therapists to acknowledge opportunities and constraints to the occupational, equity, and justice possibilities afforded to individuals and communities. It requires that therapists expand occupational possibilities through individual and collective action.

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Use Equity-, Justice-, and Rights-Based Lenses



- Why are these lenses essential in promoting occupational participation?
- How does using these lenses relate to everyday practices when using occupational therapy expertise?
- How do using these lenses assist in avoiding discrimination and oppression?

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### Understand Context

Starts with therapists understanding their own context through critical reflexivity on their histories and social positions

How is this done?

Why is it important?

How does critical reflexivity relate to trust and transparency in collaborative occupational therapy relationships to promote occupational participation?



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### Understand Context

Includes understanding meso and macro practice contexts: historical and contemporary; social and political dimensions

How is this done?

Why is it important?

How does this understanding relate to collaborative relationship-focused approaches and occupational participation?



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### Strive for Safety

Safety has physical, emotional, cultural, and spiritual dimensions

How is this done?

Why is it important to promoting safety in a multi-dimensional way when promoting occupational participation?

How does this relate to collaborative relationships?



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### Reflecting on Aiming Higher

- What are you currently doing that is consistent with these ideas?
- How can you aim higher individually and collectively when working in deficit model systems?
- What skills can you continue to develop to help you to aim higher?
  - Critical reflexivity on self
  - Critical reflection on meso environments and disruption of oppressions
  - Critical reflection & collective advocacy at a systems/structural level





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### Thank You



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