



## CO-OP APPROACH WORKSHOP IN NICOSIA - CYPRUS

16 – 17 – 18 MARCH 2019

The Cyprus Association of Occupational Therapist is very pleased to announce that the “CO-OP Approach workshop” will take place for the first time in Cyprus. The workshop will be presented by the founder of the CO-OP approach and well-known Occupational Therapist Dr. Helen J. Polatajko, BOT, Med, PhD who is a professor at the University of Toronto with the assistance of Jolien van den Houten, MHPE, BcOT who is also an accredited Occupational Therapist and a lecturer at the University of Zuyd, Netherlands.

### Workshop description:

The “Co-Op approach workshop” is a 4-day workshop of which the 1<sup>st</sup> part will take place from the 16<sup>th</sup> March until the 18<sup>th</sup> March 2019 (3 days) and the 2<sup>nd</sup> part will take place 6 months after the completion of the 1<sup>st</sup> part and the date will be announced later.

**In the 1<sup>st</sup> part** attendants will be introduced to the basics of CO-OP and will be provided with a foundation for its application in their clinical practice. In the CO-OP client-centred approach, the clients are taught to identify cognitive strategies that help them acquire skills and improve performance in areas that support their daily lives. CO-OP involves a paradigm shift in the therapist’s general approach to intervention: within the context of client-centred cognitive strategy use, CO-OP transfers the therapist’s focus from impairment reduction to activity and participation, from explicit instruction to guided discovery, and all within the context of dynamic performance analysis and cognitive strategy use.

**The 2<sup>nd</sup> part** is a follow up course in which case studies will be prepared, presented and discussed by the attendants in order to better understand and familiarize themselves with the approach.

### What is the “CO-OP Approach” (Cognitive Orientation to daily Occupational Performance)

Therapists have a unique role in maximizing the fit between what the client wants or needs to do, and his/ her capabilities. Traditionally, therapists have emphasized remediation of the client’s deficits in performance components rather than utilizing a task-based approach that focuses on the actual performance difficulties that prevent clients from experiencing performance success. The Cognitive Orientation to daily Occupational Performance

approach (CO-OP; the CO-OP Approach) is an intervention to support the therapist in enabling performance. Initially created for children with Developmental Coordination Disorder (DCD), the CO-OP Approach is now used more broadly with both children and adults, particularly with those with head injury and stroke who have performance difficulties.

The Cognitive Orientation to daily Occupational Performance (CO-OP; the CO-OP Approach) is a performance-based treatment approach for children and adults who experience difficulties performing the skills they want to, need to or are expected to perform. CO-OP is a specifically tailored, active client-centered approach that engages the individual at the meta-cognitive level to solve performance problems. Focused on enabling success, the CO-OP Approach employs collaborative goal setting, dynamic performance analysis, cognitive strategy use, guided discovery, and enabling principles. These elements, all considered essential to the Approach, are situated within a structured intervention format, and with parent/significant other involvement as appropriate.

Internationally acclaimed by therapists and researchers, CO-OP is a therapy that guides individuals to independently discover and develop cognitive strategies to perform the necessary tasks of everyday living such as dressing, grooming, writing, bicycling, swimming, typing, and other daily living skills.

Research with this new approach has shown that people with a variety of diagnoses who experience difficulty in learning, or re-learning, motor-based skills can experience success.

### **Learning Outcomes:**

After the 1<sup>st</sup> part of the workshop, participants will:

- Gain knowledge on an evidence-based approach in relation to the improvement of the occupational performance.
- Understand the theories that underpin the CO-OP Approach™.
- Practice in applying the approach.
- Be able to apply the process of problem solving, dynamic performance analysis, guided discovery and strategy use in implementing this approach.
- Use strategies for the application of the approach.

After the 2<sup>nd</sup> (follow up) part, participants will:

- Consolidate their skills.

### **The workshop is addressed to Occupational Therapist**

**Workshop Dates:** 16<sup>th</sup> – 18<sup>th</sup> March 2019

**Workshop Duration:** It consists of 4 days (1<sup>st</sup> part: 3 days & 2<sup>nd</sup> part: 1 day six months after)

**Instructors:** Prof. Dr. Helene Polatajko, and Jolien van den Houten, MHPE, BcOT.

**Workshop Language:** English. Immediate translation in Greek will be available.

**Location:** Nicosia, Cyprus.

**Workshop Fees:**

Early bird: If your registration and full fee payment is completed by **31/01/2019**, the fee amount is €500. The fee includes the follow up part.

Registration fee: If your registration is submitted after 01/02/2019, the workshop fee is €560. The fee includes the follow up part.

**Registrations:**

Please submit your completed registration form by email at [cyprusot@gmail.com](mailto:cyprusot@gmail.com) After receiving confirmation that there is availability send the bank receipt of your deposit payment (€250) by email until **31/01/2019**. Your participation in the workshop is guaranteed only after you complete the payment of the full amount and after our secretary acknowledges receiving your receipt. If your registration and the payment of the whole amount of the fees is done after **01/02/2019** then the fees will rise to €560. In case you have not received a confirmation of your registration within 5 working days please contact us.

**The whole amount of fees must be prepaid by 08/02/2019.**

**NOTE:** The fees include: workshop handouts, an accreditation certificate, coffee/snack and light lunch (finger food).

**Registration:** There will be no refund in the case the participant did not attend part of the seminar or did not attend any of the seminar parts.

**Cancellation Policy:** If the participant wishes to cancel his/her registration, a written notice of cancellation should be send by 08/02/2019 and 50% of the whole fee amount will be withhold while the remaining fee amount will be refunded. No refunds will be given after the 09/02/2019, although substitute delegates will be welcome. If the organizers cancel the course full amount of registration fees will be returned.

**Public liability:** The organizers assume no liability for any loss or damage to property or any injury to person that may occur at any time during or outside the time of the event.

**Contact info:**

Cyprus Association of Occupational Therapist  
Address: P.O.B. 16202, Acropolis 2087, Nicosia, Cyprus.

Phone number: +357 99351517

Email: [cyprusot@gmail.com](mailto:cyprusot@gmail.com)



### **Biographical Statements:**

Dr. Helen Polatajko is an internationally acclaimed researcher, educator, and practitioner. Her clinical experience is primarily in the area of pediatrics, most especially with children with learning based performance problems. Her research is focused on intervention and outcome measurement. Her work with colleagues and graduate students in this area has led to the development of the Cognitive Orientation to daily Occupational Performance approach (COOP). She has held over \$10,000,000 in research funding, given over 400 presentations in over 20 countries, and has over 200 publications including the Canadian Occupational Performance Measure, Enabling Occupation: An Occupational Therapy Perspective, and Enabling Occupation II: Advancing an Occupational Therapy Vision for Health, Well-being, & Justice through Occupation on all of which she is a co-author.

Dr. Polatajko has received numerous national and international honors and awards, including the Canadian Muriel Driver Lectureship, induction into the American Occupational Therapy Foundation Academy of Research, and being named a Fellow of the Canadian Academy of Health Sciences. Presently she is Professor in the Dalla Lana School of Public Health, the University of Toronto Neuroscience Program, the Department of Occupational Science and Occupational Therapy, Associate Director in the Graduate Department of Rehabilitation Science, at the University of Toronto, Adjunct Scientist at St John's Rehab Hospital and Editor-in-Chief of the Canadian Journal of Occupational Therapy.

Jolien van den Houten (MHPE, OT) is an Occupational therapist, with a Master of Health Professions Education (MHPE), as well as a Professor at Occupational Therapy program at Zuyd University of Applied Sciences in Netherlands. She is also a certified CO-OP therapist, a member of CO-OP Academy and Executive Board.

**Accommodation:** There are available hotels in Nicosia area (website: [www.booking.com](http://www.booking.com)).

Contact us for more information.

### **Transportation:**

Transportation from and to Larnaca and Paphos Airports

1. Cyprus By Bus - Cyprus buses, bus routes and bus time tables

<http://www.cyprusbybus.com/el-GR/default.aspx>

2. Travel Express

<http://www.travelexpress.com.cy/en-us>

Intercity transportation in Nicosia by bus

<http://www.cyprusbybus.com/el-GR/default.aspx>