

**OKLAHOMA OCCUPATIONAL
THERAPY ASSOCIATION
ANNUAL CONFERENCE—2009**



**OkOTA
Occupational Therapy
Energy for Change**

**RENAISSANCE TULSA HOTEL &
CONVENTION CENTER
6808 SOUTH 107TH EAST AVENUE
TULSA, OKLAHOMA**

OCTOBER 2-3, 2009

Welcome.....

We welcome you to Tulsa and the 2009 Oklahoma Occupational Therapy Annual Conference

This year's conference theme is ***Occupational Therapy: Energy for Change***. As Oklahoma practitioners, we need energy for health care reform that embraces AOTA's Centennial Vision. Attend this year's conference and get ENERGIZED to make occupational therapy a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs in Oklahoma.

This year's conference format combines old and new. Our **Friday** offering is a day-long, not-to-be-missed seminar on *client-centered practice* facilitated by internationally acclaimed speakers Renee Taylor and Gary Kielhofner. **Friday evening** features our usual vendor presentations, light supper with cash bar, networking time, and door prizes. **Saturday** offers a variety of speakers and topics designed to meet your practice needs and update you on what's going on in our state at the *annual business meeting*. **Throughout the conference**, you'll energize through learning, networking, bidding on silent and live auction items (with lower cost items), and occupational breaks.

Now more than ever, each of us needs to be involved in our state organization. With conference fees the same as last year, 16.0 hours of continuing education offered, and a beautiful hotel venue that members requested, join OkOTA and get ENERGIZED at the 2009 annual conference.

Mary Isaacson, 2009 Conference Chair

Committee Members: Cristi Carnahan, Donna Hardin, and Becky Wade

- **Receive 16 CEU's for a very low cost**
- **Participate in the**
- **View posters from OT and OTA students**
- **View products being shown by vendors**
- **WIN DOOR PRIZES!**

Save \$\$\$\$\$\$Not an OkOTA member? Simply send in your OkOTA Membership Application with your Conference Registration Fees and save. See the savings on the Conference Registration page. (The membership application is included in this packet, or you can join/renew at www.okota.org).

PRESENTERS FOR THE CONFERENCE

Gary Kielhofner is currently Professor and Wade/Meyer Chair, Department of Occupational Therapy, College of Health and Human Development Sciences, and Professor of Public Health, at the University of Illinois at Chicago. Among other scholarly works, Dr. Kielhofner has worked on the theoretical development, research and application of the Model of Human Occupation for over 30 years. He is the author/editor of 17 books and has published over 130 articles. His work has been translated into multiple languages and has influenced occupational therapy worldwide. Dr. Kielhofner is a fellow of the American Occupational Therapy Association, a member of the Academy of Research of the American Occupational Therapy Foundation, and a recipient of the A. Jean Ayres award. He has received three honorary Doctoral Degrees, two of which were awarded from European universities. He was named by the University of Illinois as a University Scholar, an honor bestowed upon only a handful of professors at UIC over the years.

Renée Taylor is a professor of occupational therapy at the University of Illinois at Chicago. She is an internationally-recognized scholar who studies client-therapist relationships and the psychobiological aspects of post-infectious fatigue. In 1995 and 1997, Taylor received her M.A. and Ph.D. in clinical-community psychology from DePaul University. She completed post-doctoral training in child and adolescent psychology 1998, with an emphasis on health and rehabilitation psychology. Since that time, she has also been practicing as a licensed clinical psychologist specializing in adjustment to chronic illness and disability. Taylor has received over \$3,500,000.00 in federal research grants and has served on numerous federal and international grant review panels. Currently, she is completing two large-scale NIH-funded studies of post-infectious fatigue following acute Epstein-Barr infection in adolescents and adults. Recently, she has also initiated a line of research on therapeutic use of self leading to the development of a new conceptual practice model for occupational therapy – The Intentional Relationship Model. Taylor has published over 70 peer-reviewed articles and five books, the most recent of which focuses on the client-therapist relationship in occupational therapy.

Marlene Snow is an Occupational Therapist who graduated from OUHSC in 1996 with a BS in OT. She has worked in numerous settings including home health, rehab, nursing home, school system and private practice. She recently became a Certified Aging in Place Specialist (CAPS) through the National Association of Home Builders. She is the current External Affairs committee chair for the OkOTA. Marlene owns Adapt-A-Home LLC, a home modification consultation business that helps seniors stay in their homes. She currently serves on the Rebuilding Together program committee.

Tim Reardon was a painting contractor for 20 years. Due to a heart attack in 2001, Tim had to leave his business. He went to work on a part time basis as Program Coordinator of the Emergency Repair Program. With the support of the Rebuilding Together staff and board he has been able to help grow the program from 13 homes in 2002 to 139 homes in 2009. His experience as a crisis line volunteer for 18 years and as a trained mediator has been invaluable in working with the low income elderly homeowners that are his clients. With impetus from the National Rebuilding Together office and their partnership with the AOTA, Tim has created a strong relationship with the OkOTA. Learning from field trips with Marlene Snow and working with the OT students and Dr. Toby Hamilton at the OU College of Health, Tim has been able to help create safer environments for the elderly poor in Oklahoma City. One of his proudest achievements was being awarded the OkOTA's Health Advocate of the Year Award for 2008.

Jessica Tsotsoros, M.S., OT/L, ATP, has worked in early intervention, public schools, as a Technology Curriculum Specialist for Oklahoma Assistive Technology Center, and currently teaches at Tulsa Community College in the Occupational Therapy Assistant Program.

Lynda Crouch, M.O.T., OTR/L, ATP, has worked in various settings including public schools and has worked as Technology Curriculum Specialist for Oklahoma Assistive Technology Center for three years.

Helen Bryce holds a B.S. in O.T. from the University of Kansas, an M.A. in O.T. from Texas Woman's University, and is completing a dissertation for a Ph.D. in Applied Gerontology from the University of North Texas. She has clinical practice experience in physical rehabilitation, myoelectric prosthetic training, industrial rehabilitation, lymphedema management, long-term care and dementia, and drug and alcohol rehab. She has previously taught in the OTA program at Tulsa Community College and currently in the MOT program at OUHSC-Schusterman campus since 2006. Community-based practice, dementia, caregiving issues, and older adults are her first loves.

Susan Tucker and Cyndy Robinson are on faculty at the University of Oklahoma Health Sciences Center. Susan is the Assistant Dean for Student Affairs in the College of Allied Health and teaches courses on the undergraduate campus to introduce students to careers in the health professions. Susan provides occupational therapy services to children with disabilities in the public school setting. Cyndy is the Program Director of the Occupational Therapy program in the College of Allied Health. She is completing doctoral work in Health Promotion Sciences and her primary practice and research interests are in helping older adults maintain their independence.

Margaret Roseboom, OTR, retired in 1991 from Oklahoma City Community College after 19 years, the last three as Program Director. In addition, her experience in occupational therapy has been in pediatrics, geriatrics and community mental health.

Cristi Carnahan, OTR/L, is an occupational therapist with **adaptabilities**, Inc. in Tulsa, Oklahoma. She has over 20 years experience serving children and adults with developmental disabilities in institutional, community-based, and school settings in Oklahoma. She has been a member of the Advisory Committee for the Occupational Therapy Assistant Program at Tulsa Community College since 2002.

Mary Isaacson, Ed.D., OTR/L, ATP, has been an occupational therapist in a variety of settings for over 20 years. She is currently an assistant professor and the Academic Fieldwork Coordinator in the Department of Rehabilitation Science at the University of Oklahoma Health Sciences Center in Tulsa, Oklahoma and CEO of **adaptabilities**, Inc.

Steve Hoppes, Ph.D, OTR/L, is an Associate Professor of Rehabilitation Sciences at the University of Oklahoma-Tulsa. He has run expressive writing groups at 12 & 12, Inc., a non-profit alcohol and drug-treatment center in Tulsa.

Toby Hamilton, PhD, is an Assistant Professor in the Department of Rehabilitation Science for OUHSC. She received her B.S. in Occupational Therapy at OUHSC in 1980, her Masters in Health Promotion from OUHSC in 1990 and her PhD in Occupational Therapy from Texas Women's University in 2001. She has taught at OUHSC since 1985. Her specialty now is mental health, research and practice in community mental health/substance abuse with prisoners re-entering communities.

F. Buck Willis and Ed Hernandez. Dr. Willis' expertise is in contracture reduction and he has co-authored 14 publications in the past two years on this pathology and rehabilitation. Mr. Hernandez is an experienced Occupational Therapist who now serves in management of the Neural Division, Dynasplint Systems, Inc.

John Jennings, MBA, OTR/L, is a staff therapist at The Children's Center in Bethany and is President of Pan American Medical Mission Foundation. He has participated in more than 20 international mission endeavors in Mexico and South America since 1994.

**Directions to the Renaissance Tulsa Hotel & Convention Center
(6808 South 107th East Ave.)**

From OKC: (approximate mileage)

I-44 East (82.1 miles)
Exit 218 onto Creek Turnpike (Toll Road) (13.0 miles)
Continue on US-169N (3.0 miles)
Take 71st Street exit (.3 miles)
Turn right on E 71st Street (.1 mile)
Turn left at S. 109th E. Ave. (.2mile)
Turn left at E 69th Street (262 feet)
E. 69th Street turns slightly right and becomes S. 107th E. Ave. (.2 mile)
Turn left to stay on S. 107th E. Ave. (384 feet)

Accommodations: Rooms are available at the Renaissance Tulsa Hotel at a rate of \$94.00 per night for a room.

918-307-2600

**Deadline for this rate will be
September 20, 2009!**

Questions? Please call the OkOTA phone line at 918-231-1300.

OKLAHOMA OCCUPATIONAL THERAPY ASSOCIATION
 ANNUAL CONFERENCE
October 2-3, 2009
**OCCUPATIONAL THERAPY:
 ENERGY FOR CHANGE**

Friday	October 2, 2009	
8:00-8:30	Registration/Continental Breakfast	
8:30-8:45	Greetings from OKOTA President Greetings and Introduction from 2009 Conference Chair	Toby Hamilton Mary Isaacson
8:45-5:00	<p>True Client-Centeredness: Real World Strategies for Everyday Practice</p> <p>The topic of client-centered practice has become increasingly important in occupational therapy. Nevertheless, in our professional life it is often difficult to articulate what it means to be client-centered. Does it mean collaboration with the client? But what if</p> <p style="padding-left: 40px;">the client is not prepared for collaboration?</p> <p style="padding-left: 40px;">the client is unaware of his or her condition and capabilities?</p> <p style="padding-left: 40px;">the client is very young or functioning at a low level?</p> <p>Depending on how it is defined, client-centred practice can be achieved for all occupational therapy clients despite their different characteristics, outlooks, impairments and life circumstances. Our internationally-recognized presenters will illustrate how this can be done.</p>	Gary Kielhofner Renee Taylor
8:45-10:30	What is Client Centered Practice? Overview of Intentional Relationship Model, and how it promotes client-understanding	Gary Kielhofner Renee Taylor
10:30-10:45	Break	
10:45-11:45	Overview of the Model of Human Occupation and how it promotes client understanding.	Gary Kielhofner Renee Taylor
11:45-12:00	Break	
12:00-1:30	Lunch and Annual Business Meeting OKOTA Awards	
1:30-1:45	Break	
1:45-2:45	Understanding clients' Volition	Gary Kielhofner Renee Taylor
2:45-3:15	Occupational Break—Health and Wellness—Introduction to Qigong <i>Qigong (or ch'i kung) is an internal Chinese meditative practice which uses slow graceful movements (and sometimes breathing techniques) to promote the circulation of qi within the human body, and enhance a practitioner's overall health. Qigong is usually performed very slowly and focuses on breathing, balance and movement. With more than 10,000 styles of qigong and 200 million people practicing there are a variety of methods. There are three main reasons why people do qigong: 1) To gain strength, improve health or reverse a disease 2) To gain skill working with qi so as to become a healer 3) To become more connected with the "Tao, God, True Source, Great Spirit" for a more meaningful connection with nature and the universe. (Adapted from Wikipedia)</i>	Margaret Roseboom
3:15-5:00	The occupational therapist's six interpersonal modes: An in-depth examination Discussion and questions	Gary Kielhofner Renee Taylor
5:00-5:15	Break	
5:15-8:00	Vendor Presentations Poster Presentations Door prizes Light supper and beverages Cash Bar	

Saturday	October 3, 2009	
8:00-8:30	Registration/Continental Breakfast	
8:30-10:00	Keynote: Challenging Occupational Therapy Situations: Sustaining Energy and Creativity in the Face of Crisis	Renee Taylor
10:00-10:15	Break	
10:15-11:45	<p>Concurrent Sessions: (2- 45 minute sessions)</p> <p>Productive Aging and Rehabilitation: Rebuilding Together and Occupational Therapy-A Win-Win Relationship</p> <p>General Information Session: Basics on Starting Your own Business</p> <p><i>Tim Reardon, program director and Marlene Snow, OTR/L, CAPS will be discussing the relationship between OT and Rebuilding Together (RT) both at the state level and at the national level. This course will look at the history of RT and how OT has changed both organizations. We will discuss the goals of RT and how OT fits within those visions. Tim will be discussing RT's scope and plans for the future. Marlene will be discussing her work with RT and what she has learned in the process. We will discuss how OT fits into the future including the new focus of RT, which will include low vision and outcomes measurements.</i></p> <p>Relevance to OT</p> <p><i>RT is an integral part of helping the elderly age in place. This course is relevant to home health, SNF, and rehab therapists. It will provide OTs with more resources for those patients who are unable to afford needed home modifications.</i></p> <p>Children and Youth: Handwriting vs. Keyboarding</p> <p><i>This session will encourage occupational therapists working within the school system to explore a framework that includes the student and their tasks within the school setting. Traditionally, school occupational therapists are responsible for handwriting remediation. However, occupational therapists have the unique perspective to explore tools that can help a student fully participate in the curriculum.</i></p> <p><i>This perspective encompasses handwriting as well as alternative strategies, including keyboarding for writing using low to high technology. Case studies using the SETT framework by Joy Zabala will be discussed and the assessment, Handwriting versus Keyboarding (by Denise Decoste) will be demonstrated. Examples of various low to high technology devices will be displayed for participants to explore. Participants will be provided with reference sheet supporting the use of keyboarding to enhance the writing process as well as examples of IEP goals using these alternative strategies.</i></p> <p>Health and Wellness</p> <p>Mind Your Own Business! (Mindfulness Practices for Formal and Informal Caregivers)</p> <p><i>The information presented is not presented as a threat to any religious practices. It may, in fact, be seen as a natural complement. Consumers and health professionals seek a way to integrate Complementary and Alternative Medicine (CAM) with traditional medical practice. This session will explore evidence related to stress and negative consequences at work, at home, and to one's physical and emotional health. Additional literature will be presented to support mindfulness practices at home and at work. Participants will have an opportunity to experience a few practices such as diaphragmatic breathing, gentle yoga poses, guided imagery, body scan, hand massage. Discussion and references or resources will center around further exploration of the above, how to incorporate into one's life and/or workplace, and how to navigate such as workplace culture shift.</i></p> <p>General Practice (2-45 minute sessions)</p> <p>How Widely Recognized is Occupational Therapy?</p> <p><i>This interactive presentation will explore strategies to accelerate the realization of a widely recognized profession – to place occupational therapy in the public eye; to deserve and receive payment for our services; and to be known for our unique contributions that benefit individuals, organizations, and communities. The session will also present ideas and offer insights for achieving this aspect of the vision using a social marketing approach at the student and practitioner level.</i></p> <p><i>Social marketing is a consumer oriented approach to change. Through social marketing it is possible to find out what practitioners want and need, and in turn devise strategies that will engage their participation in meeting the vision. This process facilitated by educators and researchers will engage practitioners and students to reach the defined established individual and group strategies.</i></p> <p><i>At the conclusion of this session, the participant will: (a) understand the public's perception of occupational therapy given the findings of a student survey, (b) identify the opportunities and challenges of becoming a widely-recognized profession, (c) explore a reproducible social marketing approach that involves students and practitioners, and (d) develop action plans for realizing the vision of occupational therapy being a widely recognized profession</i></p>	<p>Marlene Snow Tim Reardon</p> <p>Marlene Snow</p> <p>Jessica Tsotsoros Lynda Crouch</p> <p>Helen Bryce</p> <p>Susan Tucker Cyndy Robinson</p>

CONFERENCE REGISTRATION

**Save \$\$\$ and send in your Oklahoma Occupational Therapy Association
Membership Application with your Registration Fees**

Name _____

Address _____

City/State/Zip _____

Phone: _____

(Day)

(Evening)

(Fax)

(E-mail)

Cost(s) for Conference:

	One Day	Two Days
OTR and COTA Members	\$ 99.00	\$149.00
Student and Associate Members	\$ 20.00	\$ 39.00
Non Member	\$199.00	\$299.00

Register Early! After September 20th, the cost will be an additional \$25.00
and handouts cannot be guaranteed.

Please mark your concurrent session choices for second day (Saturday)

(10:15—11:45)

- A. Productive Aging and Rehabilitation and General Info _____
- B. Children and Youth _____
- C. Health and Wellness _____
- D. General Practice _____

(2:45—4:15)

- A. Health and Wellness _____
- B. Rehabilitation, Disability and Participation _____
- C. Children and Youth _____
- D. SIS groups _____

**Please send completed registration form and check made payable to OkOTA to:
Oklahoma Occupational Therapy Association
P.O. Box 2602
OKC, OK 73101-2601**

Cancellation Policy: If notification of cancellation occurs prior to September 20, 2009, refunds will be
given, less a \$25 administrative fee

NO REFUNDS will be issued after September 21, 2009

**PRESTTD
U.S. POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT NO. 827**

**Oklahoma Occupational Therapy Association
P.O. Box 2602
OKC, OK 73101-2602**

OCCUPATIONAL THERAPY: ENERGY FOR CHANGE

**OCTOBER 2-3, 2009
RENAISSANCE TULSA HOTEL &
CONVENTION CENTER
6808 SOUTH 107TH EAST AVENUE
TULSA, OKLAHOMA**