

SYMPLUR

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, December 8th 2020, 2:40PM – Wed, December 9th 2020, 2:40PM
(Europe/London).

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Kate Tudor [@OT_KateT](#)

a month ago



[@RachaelD_OT](#) [@CeeCeeOT](#) [@RosFrench1](#) That's pretty much my understanding It's also very values based and works on the behaviour bit of cbt more than the thoughts There's a bit of me that feels it works well for OTs because it's the psychologists nicking OT and making it seem more formal with their fancy words [#OTalk](#)



#OTalk [@OTalk](#)

a month ago



It looks like we're without a host for this evening but you can still read through the blog post and have a go at the questions! [#OTalk](#)



#OTalk [@OTalk](#)

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Q1 What do you feel is the role of ACT in your setting and working with specific population needs? [#OTalk](#)



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Q4 What have you taken from today that will support you in your OT role? [#OTalk](#)



-  **#OTalk @OTalk** a month ago
 Q2 What OT tools and strategies could you use to embed an ACT perspective in your practice? [#OTalk](#)
 @OTalk
-  **#OTalk @OTalk** a month ago
 Q3 How well do you as occupational therapist embrace a values based approach in your practice? [#OTalk](#)
-  **Rachael @RachaelD_OT** a month ago
 @OT_KateT @CeeCeeOT @RosFrench1 I hear you. I guess this is where we fall short sometimes? Other professions take OT principles & present them as their own... [#OTalk](#)
-  **Carolyn #OccupationalTherapist @CeeCeeOT** a month ago
 I'm interested in how other OTs use therapy modalities as interventions, whether ACT/DBT/CBT or whatever? [#OTalk](#)
-  **Rachael @RachaelD_OT** a month ago
 @OT_KateT @CeeCeeOT @RosFrench1 But if we aren't promoting our own philosophy & what we can do, then I guess we can't really blame them 🙄 [#OTalk](#)
-  **Rachel OT @_rachelOT** a month ago
 @CeeCeeOT @OTalk I work as a care co-ordinator and try to use elements of these interventions in supporting people on my caseload in their readiness to engage in occupation - I plan to complete a full module in CBT for psychosis [#otalk](#)
-  **Kate Tudor @OT_KateT** a month ago
 @RachaelD_OT @CeeCeeOT @RosFrench1 I'm worried in this case we then get excited about this approach and start using it without having the professional confidence to say that what we're doing is core OT [#OTalk](#)
-  **Kate Tudor @OT_KateT** a month ago
 @RachaelD_OT @CeeCeeOT @RosFrench1 It's also linked to the research structures psychology have set up to churn out evidence to back up what they say. We need more of that [#OTalk](#)
-  **🌟💙OT_Expert💙🌟 @OT_Expert** a month ago
 RT @OTalk: [#OTalk](#) 8th December 2020 – Is there a role for Acceptance and Commitment Therapy (ACT) in occupational therapy practice? <https://www.symplur.com/healthcare-hashtags/OTalk/transcript/?hashtag=OTalk&fdate=12%2F8%2F2020&shour=6&smin=40&tdate=12%2F9%2020>
-  **🌟💙OT_Expert💙🌟 @OT_Expert** a month ago
 RT @OTalk: It looks like we're without a host for this evening but you can still read through the blog post and have a go at the questions...

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@OTalk](#): Q1 What do you feel is the role of ACT in your setting and working with specific population needs? [#OTalk](#)

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@OTalk](#): Q2 What OT tools and strategies could you use to embed an ACT perspective in your practice? [#OTalk](#)

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@OTalk](#): Q3 How well do you as occupational therapist embrace a values based approach in your practice? [#OTalk](#)

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@OTalk](#): Q4 What have you taken from today that will support you in your OT role? [#OTalk](#)

 **Rachael** [@RachaelD_OT](#) a month ago
[@OT_KateT](#) [@CeeCeeOT](#) [@RosFrench1](#) I agree... I think we also run the risk of making Occupational Therapy look a bit like a Jack of all trades if we are seen to be implementing things that aren't seen as being in an OTs remit... [#OTalk](#)

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@RachaelD_OT](#): [@CeeCeeOT](#) [@RosFrench1](#) From what I understand, where CBT looks to challenge distressing thoughts & search for rational resp...

 **OT Expert**   [@OT_Expert](#) a month ago
 RT [@OT_KateT](#): [@RachaelD_OT](#) [@CeeCeeOT](#) [@RosFrench1](#) That's pretty much my understanding It's also very values based and works on the behaviour...

 **Carolyn** [#OccupationalTherapist](#) [@CeeCeeOT](#) a month ago
[@RachaelD_OT](#) [@OT_KateT](#) [@RosFrench1](#) It always comes back to having that occupational focus [#Otalk](#)

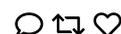
 **Kate Tudor** [@OT_KateT](#) a month ago
[@RachaelD_OT](#) [@CeeCeeOT](#) [@RosFrench1](#) And then gripe that no one understands what we do! 😞😞 [#OTalk](#)

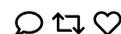
 **Rachael** [@RachaelD_OT](#) a month ago
[@OT_KateT](#) [@CeeCeeOT](#) [@RosFrench1](#) We are our own worst enemies at times 🏠 [#OTalk](#)

SYMP **Martin O'Doherty @MrMartinOT** a month ago
 @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 I agree...I think we should be proud of the every day things we do to #enable such as our kitchen assessments, interventions etc... those things transform lives #OTalk



Rachael @RachaelD_OT a month ago
 @MrMartinOT @OT_KateT @CeeCeeOT @RosFrench1 Well said, Martin. Enabling people is the core of OT, regardless of the setting that you work in #OTalk



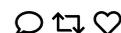
Martin O'Doherty @MrMartinOT a month ago
 @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 Absolutely! I don't see myself as any kind of psychological therapist...more like a practical skills therapist...I love that aspect of the job! #OTalk



Rachael @RachaelD_OT a month ago
 @MrMartinOT @OT_KateT @CeeCeeOT @RosFrench1 So, let the psychologists keep ACT (despite it essentially being OT based) & we will keep our occupation & enabling focus? #OTalk



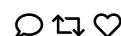
Rachael @RachaelD_OT a month ago
 This chat has further highlighted for me the need for a more succinct definition of Occupational Therapy #OTalk



Martin O'Doherty @MrMartinOT a month ago
 @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 Yeh! I mean it's interesting for sure and I want to learn more about it (just bought the ACT made Simple book) but occupation is at our core isn't it #OTalk



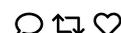
Pauline Robinson @Ability_OT a month ago
 RT @RachaelD_OT: @MrMartinOT @OT_KateT @CeeCeeOT @RosFrench1 Well said, Martin. Enabling people is the core of OT, regardless of the settin...



#OTalk @OTalk_ a month ago
 Thanks everyone for coming along and having a chat despite the change in plans! Enjoy the rest of your week! #OTalk <https://t.co/ml2SSVKjV4>



#OTalk @OTalk_ a month ago
#OTalk 15th Dec – Improving Representation in OT – Update and Key Priorities for 2021 <https://t.co/qVVamJxExV>



FfionOT @FfionOT a month ago

 @MrMartinOT @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 Love that we're able to look into people's #ADLs and meaningful occupations with a real passion to enable them. I've come across professionals less understanding of OT with the impression our assessments and interventions etc not to be 'as impressive' #OTalk #whatdotheyknow

Carolyn #OccupationalTherapist @CeeCeeOT a month ago

 RT @OTalk: #OTalk 15th Dec – Improving Representation in OT – Update and Key Priorities for 2021 <https://t.co/qVVamJxExV>

Martin O'Doherty @MrMartinOT a month ago

 @FfionOT @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 I think it's important to walk away from that notion that we should be doing something professionally 'impressive' and remember that what we do is person-centred impressive and assisting others to live the lives they want to live :) #OTalk

Carolyn #OccupationalTherapist @CeeCeeOT a month ago

 RT @MrMartinOT: @FfionOT @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 I think it's important to walk away from that notion that we should b...

FfionOT @FfionOT a month ago

 🙌🙌🙌

deb_OT @dmay_ot a month ago

 @RachaelD_OT @OT_KateT @CeeCeeOT @RosFrench1 I know ACT Is used in pain and fatigue management services to help people accept their conditions and achieve their goals without being so focussed on their limitations. That sounds like core OT to me! #otalk

Rachael @RachaelD_OT a month ago

 @MrMartinOT @FfionOT @OT_KateT @CeeCeeOT @RosFrench1 You're on fire tonight, Martin! We shouldn't be looking to impress anybody as such, but instead, focussing on facilitating people to achieve what matters most to them (in my opinion anyway) 😊 #OTalk

Carolyn #OccupationalTherapist @CeeCeeOT a month ago

 @dmay_ot @RachaelD_OT @OT_KateT @RosFrench1 I didn't know this! I'm really curious now, and want to learn more about ACT #otalk

Miguel @miguelroru a month ago

 RT @RachaelD_OT: @OT_KateT @CeeCeeOT @RosFrench1 I hear you. I guess this is where we fall short sometimes? Other professions take OT princ...

- SYMPLUR**
- Carolyn #OccupationalTherapist @CeeCeeOT** a month ago
 RT @RachaelD_OT @FionOT @OT_KateT @RosFrench1 I think there's nothing "wrong" in using psychological approaches, if the purpose is to support recovery via meaningful occupation
 #OTalk
- Keir Harding @Keirwales** a month ago
 RT @SaffronY14: Can any one help a sister out?? #OT #OTalk
- Martin O'Doherty @MrMartinOT** a month ago
 @RachaelD_OT @FionOT @OT_KateT @CeeCeeOT @RosFrench1 Absolutely...I'm paid to help others to change their lives via enablement through occupation, not to impress other professionals. #OTalk #justsaying :)
- Keir Harding @Keirwales** a month ago
 Hope everyone is accepting that todays #OTalk didn't go as planned.
- Catherine McNulty @cathymc9781** a month ago
 @OTalk #OTalk sorry I missed everyone this eve... Have put in my diary for next week as best as... It looks interesting topic Take care 😊
- Susan Ritchie @SusanRitchie123** a month ago
 RT @Keirwales: Hope everyone is accepting that todays #OTalk didn't go as planned.
- Ed Sum Occupational Therapist 🇧🇷❤🇬🇧 @musedNeuroOT** a month ago
 @AHPLLeader I think this would be of interest to you and your networks
- Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd** a month ago
 Next week #otalk. Let's set some actions for change.

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<123>

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