

Applying Knowledge and Skills in Group Leadership and Mental Health Practice

Implementing effective interventions and programs to support a client or population's occupational performance requires that occupational therapists (OTs) in all service delivery areas demonstrate traits such as professionalism, therapeutic use of self, creative problem solving, safety awareness, and good clinical reasoning skills. In the areas of mental health (behavioral health) and other activity programs (such as adult day care or assisted living), an OT must also demonstrate good behavioral observation skills, effective group leadership and mentoring skills, and the ability to select and implement appropriate activities and occupations to meet the clients' therapeutic goals. Review the information in Chapter 1 regarding therapeutic communication techniques. The worksheets and learning activities in this Chapter 8 will help you to identify various mental health settings, understand models of practice, and demonstrate knowledge of mental health interventions, including group leadership skills. Answers to worksheet exercises are provided at the end of the chapter.

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