GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 05/18/2021

GCCCD Governing Board Approval: 06/15/2021

OCCUPATIONAL THERAPY ASSISTANT 110 – OCCUPATIONAL SKILLS – PSYCHOSOCIAL

1. Course Number Course Title Semester Units

OTA 110 Occupational Skills - Psychosocial 4

Semester Hours

4 hours lecture: 64-72 hours 128-144 outside-of-class hours 192-216 total hours

2. Course Prerequisites

None

Corequisite

OTA 100, 101, and 111

Recommended Preparation

None

3. Catalog Description

Interpersonal communication is explored and practiced on many different levels including: didactic communication, group process, teamwork, supervision, and collaboration. Occupational Therapy models of practice in psychiatry and psychiatric conditions and treatment approaches are examined. Techniques for intervention are observed and practiced such as: interviewing, clinical observation, documentation, and communication. Group tasks, roles, stages, and processes are examined.

4. Course Objectives

a. Examine and identify relevant OT historical issues, theories and service/practice models, common psychiatric diagnoses, response strategies and psychotropic medications and their side effects specific to mental health.

b. Examine performance in areas of occupation, performance skills, performance patterns, context, activity demands and client factors as they pertain to the mental health client(s) through the lifespan and consider compensatory strategies

c. Discuss the importance of balance and role of occupation in the promotion and achievement of health, wellness and prevention of disease and disability for the individual, family and society.

d. Discuss the individual’s perception of quality of life, well-being, and occupation to promote health, occupational role and prevention of injury and disease.

e. Analyze components of communication and describe process of communication in therapeutic, collaborative and supervisory relationships seen in the various settings.

f. Demonstrate the ability to use safety precautions when assessing and treating individuals and/or groups in a psychosocial setting.

g. Gather and analyze assessment, observation, interview, screening and evaluation tool.

h. Describe stages, roles and processes within groups and conduct groups to accomplish a variety of individualized treatment goals to include Stress Management, Assertiveness Training, Anger Management and Activities of Daily Living.

i. Practice documentation for the mental health setting.

j. Demonstrate skills necessary to promote occupational therapy by educating other professionals, consumers, third-party payers, and the public and understand the role of the OTA in promotion of occupational therapy on mental health.

k. Collect resources for implementation of group and individual activities including but not limited to money management, stress reduction, relaxation, self-image, and social skills.

5. Instructional Facilities

a. Standard classroom

b. OTA mock apartment

6. Special Materials Required of Student

OTA Uniform

7. Course Content

a. Interpersonal communication on many different levels including: didactic, group process, team work, supervision, collaboration.

b. Occupational therapy theory for psychiatric practice and psychiatric conditions and treatment approaches.

c. Human occupation through the lifespan as it relates to psychosocial development.

d. The role of occupation in health promotion and disease prevention.

e. Techniques for intervention such as: interviewing, clinical observation and communication.

f. Components of therapeutic relationships and the therapeutic use of self.

g. Group tasks, roles, stages and processes.

8. Method of Instruction

a. Lecture

b. Small group discussion

c. Multimedia presentation

d. Guest speakers

e. Case studies

f. Discussion of reading assignments

9. Methods of Evaluating Student Performance

a. Class participation. Small group leader for treatment sessions.

b. Multimedia presentation. Group Protocol Assignment.

c. Written observations. Video treatment session observation activity.

d. Quizzes, midterm and final examinations.

e. Portfolio. Mental Health Treatment intervention resource file.

10. Outside Class Assignments

a. Reading assignments from the text.

b. Written exercises. MAS Moment presentation preparation.

c. Organize and maintain portfolio. Mental Health Treatment Intervention Resource File.

11. Representative Texts

a. Representative Text(s):

1) Early, Mary Beth. Mental Health Concepts and Techniques for the Occupational Therapy Assistant, 5th Edition. Philadelphia, PA: Lippincott, Williams and Wilkins, 2017

2) Vicino, Christine. (2021) OTA Student Handbook

b. Supplemental texts and workbooks:

None

Addendum: Student Learning Outcomes.

Upon completion of this course, the student will be able to do the following:

Demonstrate appropriate and safe interventions for individual and groups for psychosocial.