

Mental Health Track

Session H: Unconditional Positive Regard, Limit Setting, Radical Acceptance Versus Change and All That Jazz: Serving Clients with Challenging Personalities 1:15: - 2:45 pm
Level: Intermediate

Learning Objectives:

- Attendees will be able to list main personality disorders categorized in the DSM-5 and to describe how the symptoms of these disorders affect clients' daily occupations, and healthcare services provision and reception.
- Attendees will be able to identify the most commonly used evidence-based therapeutic strategies for dealing with maladaptive personality traits and behaviors.
- Attendees will be able to identify how these therapeutic strategies can be applied across settings in occupational therapy practice.

Presentation Abstract:

According to the National Institute of Mental Health [NIMH] (2019), the prevalence of personality disorders in the United States is 9.1 percent. Individuals affected by these disorders frequently experience other mental health conditions (NIMH, 2019), exhibit significant difficulties across areas of occupation (Bonder, 2010), and often present with challenging behaviors when receiving healthcare services (Moore, 2012).

This educational session is designed to assist occupational therapy practitioners employed across different settings with increasing competencies pertaining to serving clients with maladaptive personality traits and behaviors.

We will explore the main types of personality disorders described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and will examine how the symptoms of these disorders affect client's daily occupations, and healthcare services provision and reception. We will discuss evidence-based therapeutic strategies that are most commonly used with clients affected by difficult personality traits and will brainstorm ways to apply these strategies to enhance occupational therapy outcomes for these clients across practice settings.

Lola Halperin Dr. Halperin has practiced as a mental health occupational therapist since 1995 and has been teaching in the Graduate Occupational Therapy Program at Sacred Heart University since 2010. Throughout her career, she has worked with clients experiencing mental health issues and other forms of adversity in inpatient and outpatient facilities as well as community-based settings in Israel, Canada, and United States.

Currently Dr. Halperin coordinates and teaches the mental health portion of the curriculum at her school and thoroughly enjoys sharing her expertise pertaining to the psychosocial aspects of occupational therapy with her students and other practitioners.

Session I: Interoception Interventions for School & Mental Health OT

3:15-5:00

Level: Intermediate

Learning Objectives:

1. Describe the rationale' for integrating interoception interventions in Pediatric & Mental Health OT.
2. Discuss how interoception interventions can expand your OT use of the sensory processing frame of reference.
3. Apply a new interoception intervention strategy into your current pediatric or mental health occupational therapy session.

This presentation presents practical methods for using interoception interventions to expand occupational therapy interventions and the sensory processing frame of reference. Practical interoception interventions for both pediatric and mental health occupational therapy are included. Experiential activities and treatment videos will further clarify the application of interoceptive interventions.

John Pagano works as an occupational therapist in an adolescent psychiatric hospital and presents nationally on strategies to help clients with behavioral, psychiatric, sensory processing, and developmental challenges. He is Vice President of the Connecticut OT Association, author of FAB Strategies, and teaches OT part-time at Quinnipiac University. Dr. Pagano is known for his humorous, engaging presentation of evidence-based clinical strategies.