

2407

Facing one's fears and becoming empowered through engagement in community-based occupations

Tracey Partridge

University of Exeter, Exeter, UK

Introduction: This presentation focuses on occupation in the community in relation to the clinical area of Post-Traumatic Stress Disorder (PTSD), both from an Occupational Therapist's and a client's perspective.

Learning objectives:

To increase knowledge about Post-Traumatic Stress Disorder and the role of Occupational Therapy in this clinical area.

- To develop greater understanding about the importance and challenges of taking occupation into the community.
- To gain more insight into the client's experiences and transfer this learning into one's own practice.

Method: The presentation begins with an introduction to the topic of PTSD and provides information about the diagnosis, causes and common symptoms which affect community-based occupational engagement.

Recommended models of practice, theories and learnings that can guide occupational therapists working with adults with PTSD will be briefly presented.

A case study will be presented and the client's perspective will be shared. The client will describe why she values taking occupation to the community, the challenges she experiences and how engaging in community-based occupations has positively influenced her life. She will also provide her personal recommendations for clinicians to embed into their practice.

Practice Implications: Clinicians will leave the presentation with an enhanced understanding of PTST and how occupational therapy can most effectively be provided.