SECOND EDITION



# OCCUPATION THERAPY



**EDWARD DUNCAN** 





## Skills for Practice in Occupational Therapy

Second Edition

Edited by

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### **PREFACE**

Skills for Practice in Occupational Therapy is all about what occupational therapists do and the skills they require to have to excel in contemporary practice. These skills have evolved considerably in recent years and are continually developing. Now more than ever, practitioners are required to draw on different types of thinking and evidence-based ways of working, as well as using their leadership and management expertise. Practitioners are also expected to be competent in the professional use of social media and in multiple means of dissemination. This text provides essential information on all these topics and is an essential resource for practitioners working in contemporary health and social care and other settings.

Throughout my years as a practitioner, I was always struck by how poorly connected the theory and practice of occupational therapy were from the real world of many practitioners' lives. This largely remains as true today as it did over 25 years ago. To many, the idea of truly connecting research and practice remains a utopian concept: Theories are often taught in university but for many are rarely fully implemented in practice. This need not be the case. Foundations was written to emphasise the practical implications of the theory base being discussed. Skills has been developed to do the same in reverse: linking practice with theory and research wherever possible. Clearly, this is achievable more in some chapters than others, which are perhaps by their nature inherently pragmatic. This second edition of Skills has involved updating all chapters and introducing new chapters required for the competent practice of occupational therapy.

All such texts are influenced by the experiences and perspectives of the editor. Understanding these influences can help to understand the structure and content of the book. I was very fortunate to have an extremely rich undergraduate experience. This had a lasting impact on my development both as a practitioner and more latterly as an academic. For 10 years after qualifying, I worked as an occupational therapist in a variety of mental health settings. My earliest

professional experiences were in community mental health teams in various areas of urban deprivation in Glasgow, Scotland, UK. Here I became aware of the impact of social deprivation on people's well-being and the importance of the social determinants of health (such as income, housing, and education) on people's functioning. After a few years, I changed jobs to help establish a new occupational therapy service in a high-security forensic psychiatric hospital. Both community mental health and forensic mental health settings provided excellent opportunities to develop and enhance my practice as an occupational therapist. During this time, I was deeply (but not exclusively) influenced by two central theories for occupational therapy practice: the Model of Human Occupation and the cognitive behavioural frame of reference. Since that time, I have become more convinced of the importance of understanding and judiciously employing a wide range of theoretical perspectives, including evidence-based theoretical occupational therapy models and non-profession-specific theories and frames of reference, according to the context in which they are required. I have spent the last 25 years leading and collaborating in research studies that have been variously profession specific, multidisciplinary, and increasingly interdisciplinary. Each of these studies has reinforced the need and importance of having a wide range of Skills not only as a practitioner but also as a researcher and academic.

This second edition of *Skills* is the result of an international collaboration with eminent contributors from across the world. As with all edited texts, the voice and style of each chapter change according to the authors. These differences have, by and large, been left unaltered in the editing process. Through the various chapters of this book, I aimed to provide an engaging, useful, and practical introduction to the essential skills required by occupational therapists for contemporary practice. I hope it's found to be valuable to students and practitioners alike.

Edward A.S. Duncan United Kingdom

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### OCCUPATIONAL THERAPY

**Edward Duncan** 

### Comprehensive quide to effective occupational therapy practice skills

Skills for Practice in Occupational Therapy is an essential companion for all students and newly qualified practitioners working in the complicated field of occupational therapy.

Written by Edward Duncan of the University of Stirling, this textbook provides a practical and pragmatic guide to becoming a successful practitioner. It covers everything from thinking and judgement to decision making, evidence-based practice and research skills, and leadership and management. It also guides the reader towards effective career advancement, getting their work noticed, and staying up to date in their field.

This book is a companion to Duncan's *Foundations for Practice in Occupational Therapy*, and provides the practical applications of the theory covered in that text.

Completely updated to align with current practice in occupational therapy
Chapters structured for easy navigation
Practical examples and/or vignettes bring the text to life
Highlight boxes demystify concepts for students new to the area
Easy to read and engaging throughout
Well-referenced, links practice to theory and evidence

New content on goal setting, social media and implementation research

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Recommended
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