

Summer 8-9-2023

A Manualized Occupational Therapy Module on Cognitive Defusion for People with PTSD

Joshua Mimun

University of St. Augustine for Health Sciences, j.mimun@usa.edu

Steven M. Gerardi

University of St. Augustine for Health Sciences, sgerardi@usa.edu

Follow this and additional works at: <https://soar.usa.edu/otdcapstonessummer2023>



Part of the [Occupational Therapy Commons](#), and the [Other Rehabilitation and Therapy Commons](#)

Recommended Citation

Mimun, J., & Gerardi, S. M. (2023, August 9). A Manualized Occupational Therapy Module on Cognitive Defusion for People with PTSD. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonessummer2023/6>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Summer 2023 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu.

A Manualized Occupational Therapy Module on Cognitive Defusion for People with PTSD

Joshua M. Mimun, Steven M. Gerardi, PhD, OTD, MSS, OTR

BACKGROUND

- Post-traumatic stress disorder (PTSD) disproportionately affects military personal who have engaged in combat with a prevalence as high as 30% (U.S. Department of Veterans Affairs, 2022).
- PTSD can interfere with many occupations due to increased severity of symptoms, leading to a lower quality of life (Amaker et al., 2009, Brinker et al., 2007).
- Cognitive Defusion (CD) is an Acceptance and Commitment Therapy (ACT) technique which emphasizes changing of the relationship between cognitive distortions and the self, thereby increasing cognitive flexibility (Hayes et al., 1999).
- ACT & CD have shown successful applications in individuals with emotional-avoidance, cognitive fusions, chronic conditions, and/or have had previous treatment failures (Walser & Hayes, 2006)
- CD was identified as one of six interventions to be included in an occupational therapy (OT) manual for veterans with PTSD (Gerardi, 2017).

PROBLEM

CD has been identified as a treatment module that should be included in a manualized OT protocol for people with PTSD but had not yet been developed.

PURPOSE

To create a manualized OT treatment module on CD for people with PTSD.

METHODS

Module Pre-Development*

- Literature Review: PTSD, OT, ACT, CD.
- Module method: Carroll & Nuro, 2002
- Development plan & Proposal defense

Module Development

- Draft sections/sessions of the module
- Submit module sections/sessions for feedback

Module Review

- Revise module sections/sessions utilizing feedback
- Resubmit sessions/sections with revisions

Module Post-Development

- Compile, revise, & finalize module
- Disseminate module (Present Poster)
- Future progression of stage 1 module

MODULE CONTENTS

Module Goals for OT Practitioner:

- Describe the philosophy of ACT, its main objective, and its 6 core processes.
- Understand the relationship between ACT, the OT Practice Framework, and the Model of Human Occupation (MOHO).
- Understand PTSD and its effect on occupation.
- Recognize the applicability of CD interventions in persons with PTSD.
- Interpret the appropriate CD pathway based on a client's needs and goals.
- Demonstrate use of CD interventions for persons with PTSD.

Theoretical Frameworks:

1. MOHO
2. ACT

Part I: Introduction to Cognitive Defusion for OT Participants

- Module Overview
- Background and Theoretical Rationale
- Assessment
- Primary and Secondary Treatment Goals
- General Module Content, Format, and Structure

Part II: Manualized OT Sessions for Clients with PTSD on Cognitive Defusion

Session 1: Introduction to ACT and Cognitive Defusion

- MOHO & ACT Assessment
- ACT Theory & CD

Session 2: Selective Attending

- Playing with Words
- Formal vs. Arbitrary Stimulus Distinction
- Fostering Metacognitive Awareness

Session 3: Spatial Distancing

- Objectifying Cognition
- Third-Person Spatial Discounting

Session 4: Relational Coherence

- Recontextualization of Thinking as a Narrative
- Questioning Verbal Coherence
- Doubting Thinker Reliability

Session 5: Differential Reinforcement

- Evaluating the Functional Utility of Thoughts
- Disrupting Thought Action

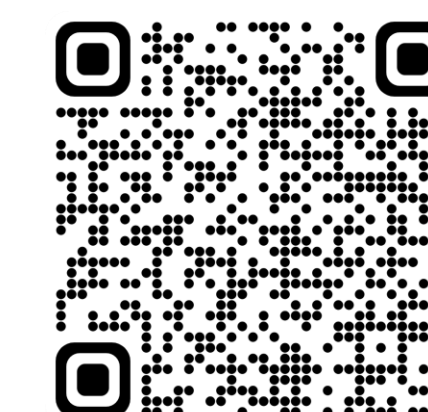
Session 6: Re-Evaluation And Discharge

- Letting go of Control: Acceptance and Commitment
- Re-assessment

Part III: Conclusion

- Case Examples
- Other ACT Resources For OT Practitioner

Module



References

