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A Manualized Occupational Therapy Communication Skills Module for Clients with PTSD

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A Manualized Occupational Therapy Communication Skills Module for Clients with PTSD

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BACKGROUND

- Post-traumatic stress disorder (PTSD) is a mental health condition resulting from exposure to or witnessing a traumatic event and can lead to significant psychological distress that impacts participation in meaningful occupations (American Occupational Therapy Association, 2015).
- PTSD causes occupational dysfunction and impacts performance skills that affect relationship building, communication, social interactions, productivity, self-care and can trigger negative social, emotional, behavioral responses (Edgelow et al, 2019; Prajapati et al., 2016).
- Gerardi (2017) identified the need for a manualized occupational therapy (OT) treatment program for people with PTSD. Life skills training with of focus on communication and interactional skills were included as a necessary intervention module to be included within the treatment program.
- The effective use of communication and interactional skills in daily occupations aids in the development of psychosocial competence that support functional performance impairments caused from the impact of trauma (Edgelow et al, 2019; Prajapati et al., 2016).

PROBLEM

A communication skills intervention module has not yet been created as part of a manualized OT module for clients with PTSD.

PURPOSE

To create a manualized OT communication skills intervention module for occupational therapists to implement with clients with PTSD for improved occupational performance and quality of life

METHODS

- I. Literature review & Synthesis Phase
- II. Module Development Phase
- III. Revision Phase
- IV. Finalization & Dissemination Phase

MODULE CONTENTS

Introduction to Module for OT Practitioners

- Module overview
- Understanding PTSD and its impact on daily occupations
- Background on communication skills and social support
- Theoretical support:
 1. MOHO
 2. CBT
- Module overview of intervention sessions 1, 2, 3 & 4

Session 1: Importance of Communication After Trauma

- Session objectives and client goals
- Role of OT in PTSD
- Communication after trauma
- Types of effective communication and social supports
- The role of psychosocial competence
- Activity: Circle of control
- Discussion and reflection
- Homework

Session 2: Verbal Communication

- Session objectives and client goals
- Review of previous session
- Verbal Communication skills
- Defining psychosocial skills
- Activity: I Statements
- Discussion and reflection
- Homework

Session 3: Nonverbal Communication

- Session objectives and client goals
- Review of previous session
- Nonverbal Communication
- Activity: Decoding nonverbal communication
- Discussion and reflection
- Homework

Session 4: Active Listening

- Session objectives and client goals
- Review of previous session
- Active Listening Skills
- Strategies to improve active listening
- Activity: Just listen
- Discussion and reflection
- Homework

Scan QR code below for access to the intervention module



References

