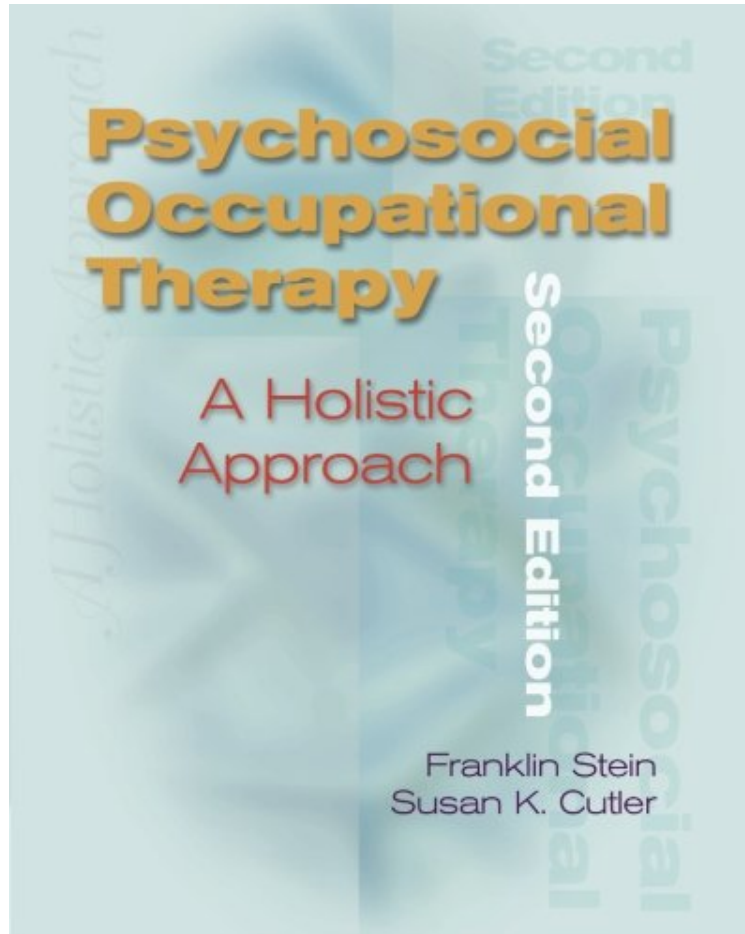


Psychosocial Occupational Therapy: A Holistic Approach

Franklin Stein, Susan K. Cutler

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Psychosocial Occupational Therapy: A Holistic Approach is a comprehensive text that incorporates theory, research and clinical practice into the study of psychosocial disabilities and their treatment. Covered topics include the history of occupational therapy, community care and clinical practice models, psychotropic medications, treatment protocols, group occupational therapy, and evaluating and designing clinical research studies. Both traditional and alternative treatment techniques are discussed to provide students with a thorough understanding of the many methods that can be used to help patients with disabilities reach their maximum potential. Outlines for developing therapeutic treatments and examples illustrating the ideas and techniques are found throughout the text.

Contributors. Preface. Disablement theory from World Health Organization (WHO) Acknowledgments. I. Introduction to the Holistic Approach in Psychosocial Practice. II. A Short History of the Treatment of Individuals with Mental Illness and the Emergence of Occupational Therapy. III. The Community Care Model and the Roles of the Occupational Therapist and Certified Occupational Therapy Assistant (COTA): 1960-2000. IV. Theoretical Models Underlying the Clinical Practice of Psychosocial Occupational Therapy. V. The Occupational Therapy Treatment Process: The Basis for Achieving Positive Mental Health Goals. VI. Evaluation and Assessment of the Individual with Psychosocial Dysfunction. VII. Medications Related to Psychosocial Issues. VIII. Applying the Group Process to Psychosocial Occupational Therapy by Beverlea Tallant, Ph.D., OT(C). IX. Vocational Exploration and Employment and Psychosocial Disabilities by Joyce Tryssenaar, M. Ed., OT(C). X. Stress Management, Biofeedback, and Relaxation Techniques. XI. Leisure-Time Occupations, Self-Care, and Social Skills Training. XII. Exercise, Nutrition, and Alternative Treatment Techniques. XIII. Creative and Expressive Arts and Their Application to Psychosocial Treatment. XIV. Quality Assurance, Continuous Quality Improvement, Reimbursement, and Documentation by Rita Chang, MS, OTR. XV. Evaluating and Designing Clinical Research Studies Epilogue. Glossary. Appendix A: Diagnosis of Mental Disorders. Appendix B: Severity of Psychosocial Stressors and Level of Functioning. Appendix C: Role Delineation of COTA. Index

About the Author Franklin Stein is Professor Emeritus of Occupational Therapy at the University of South Dakota and founding editor of *Occupational Therapy International*. Prior to coming to the University of South Dakota he was the Director of the School of Medical Rehabilitation at the University of Manitoba in Winnipeg, Canada, Director of the Occupational Therapy Program at the University of Wisconsin, Milwaukee and Associate Professor, Graduate Division at Sargent College, Boston University. He is the co-author of several textbooks and has written over 50 articles in journals and books related to rehabilitation and psychosocial research. He has presented more than a hundred seminars, workshops, institutes, short courses and research papers at national and international conferences.

Susan K. Cutler, Ph.D., NCSP, ABSNP, received a Ph.D. in special education with a minor in neuropsychology from the University of New Mexico in 1993. Although she has recently retired from teaching at the university level, she will continue to work in private practice as a school psychologist. At present, she assesses students in an Ojibwe tribal school and at charter schools in Northern Minnesota. She holds national certification in school psychology and is pursuing further training in the field of school neuropsychology. Dr. Cutler is a national and international conference speaker in the field of special education, and assessment. Her focus is on helping parents and teachers use formal and informal assessment to develop appropriate educational programs and interventions for students who struggle in school. She has co-authored three books with Frank Stein.