

Cognitive Orientation to daily Occupational Performance (CO-OP)

Workshop Info

CO-OP (The Basic)

Date: 20-21 July 2022

Time: 8.45am-5pm

CO-OP (Consolidation)

Date: 8 Sept 2022

Time: 8.45am-5pm

Venue: Alexandra Hospital,
Centre for Innovation in
Healthcare

Please come 15 mins earlier
for registration.

For registration and
enquiries:

chpt@nuhs.edu.sg

Registration Deadline:
30 June 2022

Target Audience

CO-OP (The Basic): Occupational therapists who have no prior experience in CO-OP.

CO-OP (Consolidation): Occupational therapists who have attended CO-OP (The Basic) organized by NUHS CHPT or elsewhere

- Proof of attendance is required
- Attendees are required to come prepared with knowledge of the cases where the CO-OP approach was applied.

CO-OP certification: Completion of The Basic and Consolidation courses are pre-requisite to certification as a certified CO-OP therapist by the International Cognitive Approaches Network (ICAN).

CO-OP (The Basic)

WORKSHOP DESCRIPTION

Cognitive Orientation to daily Occupational Performance (CO-OP) is an evidence-based treatment approach that has been researched extensively with many client populations, including developmental coordination disorder (DCD), stroke, traumatic brain injury (TBI), cerebral palsy (CP) and autism. The use of the CO-OP approach in therapy will empower patients and families to be active participants in the rehabilitation process and enhance their ability to self-manage their chronic conditions better.

LEARNING OUTCOMES

Participants will be able to explain the 7 key features of the CO-OP Approach, do occupation-based, client-centred goal setting; carry out dynamic performance analysis (DPA); identify potential strategies; frame intervention sessions using cognitive strategies (GPDC); apply guided discovery; incorporate basic enabling principles into their sessions; and apply CO-OP in an evidence-based manner at a **beginner** level. A certificate of attendance is provided.

CO-OP (Consolidation)

WORKSHOP DESCRIPTION

This Consolidation, taken only AFTER the Basic, builds on the knowledge and practice competencies gained in CO-OP The Basic course so participants can go out and apply CO-OP in their practice context at a competent level.

LEARNING OUTCOMES

Participants will be able to explain the 7 key features of the CO-OP Approach and apply CO-OP in an evidence-based manner at a **competent** level. A certificate of attendance is provided.

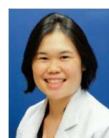
Registration options and course fees

There are various options for interested Occupational therapists, please **choose ONE** of the 3 options:

| Option | Workshop | Cost Fee (excluding GST) | Entry Criteria* |
|---------------------|--|---|--|
| Option A | CO-OP (The Basic) | - Non members: \$880 - SAOT members: \$840 | (nil) |
| Option B | CO-OP (Consolidation) | - Non members: \$700 - SAOT members: \$650 | Have previously completed CO-OP (The Basic)* |
| Option C (Discount) | Package of CO-OP (The Basic) + (Consolidation) | - Non members: \$1450 - SAOT members: \$1350 | (nil) |

* Please provide proof of attendance

Our Trainers



Dr. Wong Su Ren
Ph.D., BOccThy
Certified CO-OP
Instructor



Ms Emily Koh
BSc (Hons) OccThy
Certified CO-OP
Instructor



Dr. Helene Polatajko
Ph.D., OT Reg. (Ont.),
OT(C), FCAOT, FCAHS

& a dialogue session with

Our past participants

CO-OP (The Basic) 2021

25 Participants from 11 organisations,
100% would recommend the course to others!

CO-OP (Consolidation) 2021

19 participants from 9 different organisations,
100% would recommend the course to others!