



ARCHIVED WEBINAR:

Integrating Cognitive Behaviour Therapy (CBT) with Occupational Therapy Practice

PRESENTED BY: Anne Wilcox, BScOT, MScOT, OTReg. (Ont.)

Anne has advanced certification in CBT. A Western grad, her pioneering research in the early '90s with children with Developmental Coordination Disorder demonstrated the strong efficacy of using a cognitive behavioural approach to enable mastery of their occupational goals, an approach that has evolved into CO-OP.

As a member of OSOT's Mental Health Sector Team, she chaired the planning of their 2011 workshop.

Now, she has an "across-the-lifespan" mental health private practice in North Halton.

The presenter will engage participants to:

- Briefly review CBT theory, key concepts and outcomes
- Share CBT training, practice, and supervision resources for OTs
- Explore integrating CBT with OT practice, from consent to outcome maintenance
- Identify and address tricky clinical issues for OTs using CBT
- Discuss creating a community of OT-CBT practitioners

With any questions please contact the [OSOT office](#).



Ontario Society of
Occupational Therapists