

Connect, Learn, and Celebrate Occupational Therapy Month!



2024 Conference Program

October 25, 2024 | Virtual



Welcome

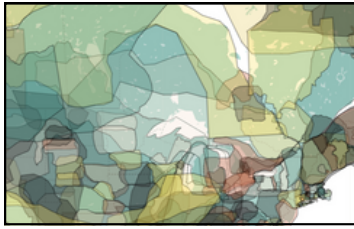


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We acknowledge the land the Ontario Society of Occupational Therapists' (OSOT) office is built upon is the traditional land of the Huron-Wendat, the Seneca, Haudenosaunee and the Mississaugas of the Credit River and is covered by Treaty 13. We are grateful to have the opportunity to live, play, and work on this land. Visit www.whose.land to learn about the Indigenous territories your community is situated.

On behalf of the Ontario Society of Occupational Therapists, we welcome you to the 2024 Virtual Conference. We are thrilled to meet the needs of our members across the province by providing engaging programming, networking opportunities, and a little fun mixed in.

No matter your area of practice this virtual conference is full of high caliber education. Come to learn and stay for the community-building, chair yoga, informal chats, and everyone's favourite – the raffle prizes! We continue to offer workshop-based learning that is interactive and ready for you to implement into your practice right away. [Register today](#) to ensure early bird pricing.

We couldn't host a successful annual conference without the support of our sponsors and exhibitors. Thank you for your energy and progressive thinking as you contribute to our virtual conference this year!

Hosting a conference that delivers high quality education, opportunities to connect and inspires and entertains is only possible by the hard work and dedication of so many people. We thank our conference proposal review committee, the OSOT Board of Directors, the OSOT staff team, and all of you – our members.

We hope you'll join us in celebration of Occupational Therapy Month at our virtual conference on October 25. [Please let us know](#) if there's anything we can do to make your time connecting with us more inclusive and accessible.

Warmly,



Marnie Lofsky (she/her), OT
Reg. (Ont.), MA (Leadership),
Executive Director



Seema Sindwani (she/her), OT
Reg. (Ont.), Director, Strategic
Partnerships and Practice

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Keynote

Self-Compassion for Everyday Life | 9:15 am - 10:00 am



**Carrie Pollard (she/her),
MSW, RSW**

Self-compassion involves both strength and softness. It's the practice of offering ourselves the same kindness and encouragement we give to the people we care about, and it is beneficial to our physical and mental health. However, helping professionals often invest so much compassionate energy into their work that they don't have the time or energy to offer it to themselves.

We will start the 2024 OSOT Virtual Conference with ways to incorporate simple self-compassion practices into your daily life. These micro moments of compassion will allow you to quiet the inner critical voice, connect more deeply with your feelings and needs, and empower you to pursue your passions.

Carrie is a registered social worker, grain farmer, and a mother of five kids and a basset hound named Henry. She brings 20 years of clinical experience to her conversations about the importance of self-compassion in nurturing inner healing and growth.

Interactive Activities

Seated Yoga Practice Activity | 10:10 am - 10:20 am

Join us for a 10-minute morning yoga and breathing exercise directed at integrating movement when sitting for long periods of time. You'll gain tools you can use everyday!



Nervous System Regulation Activity | 2:25 pm - 2:35 pm

This 10-minute afternoon activity is directed at shifting our nervous systems out of a stress response towards a state of rest and recovery. There will be a few minutes of psychoeducation followed by practical tools that can be implemented into daily life.



Activity Instructor | Alicia McDougall (she/her), OT Reg. (Ont.), Psychotherapist

Alicia is an occupational therapist with experience in mental health. In her private practice, she offers psychotherapy and integrates modalities such as ACT, CBT, somatic/nervous system regulation practices, and yoga therapy. She is the founder of Holistic Annex, a clinic providing occupational therapy and mental health services across Ontario.

Other Featured Events



Live Exhibitor Networking | Virtual Exhibit Hall

12:15 pm - 12:45 pm | Throughout the Conference

Take a break, grab your lunch, and meet with exhibitors in Zoom breakout rooms from **12:15 pm - 12:45 pm**. Visit the virtual exhibit hall throughout the conference to collect secret code words for a chance to win prizes!



Closing Ceremonies | Raffle Prizes

4:25 pm - 4:45 pm

Come together for the conclusion of our conference and leave inspired to apply what you've learned. We'll end on a fun note by announcing the raffle prize winners.

How a Virtual Conference Works

Event Platform | PheedLoop and Zoom

- The conference will be accessed through Pheedloop, a virtual event platform.
- Workshops will be hosted on Zoom and the links will be accessed through PheedLoop.
- One week prior to conference, delegates will receive: instructions to create a PheedLoop account, tips to get the most out of your virtual conference experience, information on how to collect secret code words, and more.

Workshop Recordings





- All workshops, with the exception of 2A - Town Hall Discussion: What's New and Important for OTs Working in the Auto Insurance Sector?, will be recorded. All delegates will have access to the recordings for a short period of time following the conference.

Interacting with Others

- Workshops will have interactive elements such as breakout rooms and polling questions. Please ensure you have a strong internet connection and a device that has a microphone and speakers. Cameras are optional.
- During breaks, visit the virtual exhibit hall, network with colleagues, and collect secret code words throughout the event platform to win prizes!
- Closed captioning in English will be turned on for all conference events.

[Please let us know](#) if there's anything we can do to make your time connecting with us more inclusive and accessible.

Program Schedule | Friday, October 25

8:30 am – 8:50 am	Pre-Conference Networking and Virtual Exhibit Hall				
8:50 am – 9:15 am	Welcome and Opening Ceremonies				
9:15 am – 10:00 am	Opening Keynote Self-Compassion for Everyday Life				
10:00 am – 10:10 am	 Break				
10:10 am – 10:20 am	Seated Yoga Practice Activity				
10:20 am – 10:30 am	Visit the Virtual Exhibit Hall				
10:30 am – 12:00 pm	1A - The Most Important 2023-2024 Catastrophic Case Laws OTs Should Know About	1B - Critical Regulation Tools for Children and Youth: How OTs Can Support	1C - Enhancing Workplace Productivity: Leveraging Digital Tools and AI in Occupational Therapy Interventions and Your Work	1D - Together We're Better - Let's Talk OTs and OTAs	1E - Revolutionizing Patient Care: Exploring Innovations in Team-Based Approaches for Occupational Therapy
12:00 pm – 12:15 pm	 Lunch				
12:15 pm – 12:45 pm	Lunch Continued Meet Exhibitors in Zoom Breakout Rooms				
12:45 pm – 2:15 pm	2A - Town Hall Discussion: What's New and Important for OTs Working in the Auto Insurance Sector?*	2B - Avoidant Restrictive Food Intake Disorder (ARFID) 101: Family-Supported and Caregiver-Based Treatment Approaches for Children and Youth Diagnosed with ARFID	2C - Navigating Complexities in Exposure Therapy for Work-related Trauma	2D - The Business Case: Private Practice and Occupational Therapist Assistants	2E - The Potential and Perils of Artificial Intelligence in Occupational Therapy Practice
2:15 pm – 2:25 pm	 Break				
2:25 pm – 2:35 pm	Nervous System Regulation Activity				
2:35 pm – 2:45 pm	Visit the Virtual Exhibit Hall				
2:45 pm – 4:15 pm	3A - Paradigms of Resilience: Understanding Ableism and Cultivating a Disability Justice-Informed Practice	3B - Interdisciplinary Collaboration in the Nature Therapy Environment	3C - Helping the Helpers: Working with First Responders and Public Safety Personnel	3D - OTs and OTAs as Collaborators in Care: Creating Psychologically Safer Spaces	3E - Can I Use Artificial Intelligence (AI) in My Occupational Therapy Practice?
4:15 pm – 4:25 pm	 Break				
4:25 pm – 4:45 pm	Closing Ceremonies and Raffle Winners Announced!				

*This session will not be recorded.



- Break



- Special Event



- Workshop

Friday, October 25 | Morning Workshops

10:30 am - 12:00 pm

1A - The Most Important 2023-2024 Catastrophic Case Laws OTs Should Know About

Galit Liffshiz (she/her), MA, OT Reg. (Ont.), GLA Rehab and **Yoni Silberman**, Partner, Bogoroch and Associates

This workshop is targeted to OTs working in the auto insurance sector. It will provide a review of the most recent License Appeal Tribunal (LAT) or court decisions related to catastrophic assessment on various CAT criteria. Through learning the cases, we will review specific CAT criterion and address the role of the OT on each.

During this session, OTs who are treating clients that may apply for a catastrophic designation, or who are completing CAT assessments on any criteria, will have the opportunity to exchange ideas and contribute to collective learning about types of assessment tools, being part of an assessment team, screening for red flags before the assessment, and reviewing the principles and standards of completing assessments.

An open and collegial discussion will be facilitated amongst participants, whether practicing as IE OTs or section 25 assessing OTs, to support all occupational therapy assessments to be aligned with best practices.

You will:

- Review the most recent LAT or court decisions related to catastrophic assessments.
 - Gain a refresh on CAT criteria.
 - Discuss assessment tools used for each criterion.
 - Discuss challenges and opportunities related to occupational therapy CAT assessments.
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Friday, October 25 | Morning Workshops

10:30 am - 12:00 pm

1B - Critical Regulation Tools for Children and Youth: How OTs Can Support

Nicole Raftis (she/her), OT Reg. (Ont.), Self-Employed and **Elizabeth Bell (she/her)**, OT Reg. (Ont.), BScOT, MHSc (Bioethics), Self-Employed

With increasing occupational therapy referrals focused on dysregulation, it is important for therapists to be confident in their skills for co-regulation, and their ability to coach parents, caregivers, and teachers to support a dysregulated child/youth. Furthermore, therapists play a crucial role in helping children understand their cognitive, emotional, and sensory experiences to develop effective and collaborative plans for regulation. The presenters have developed a unique, neurodiversity-affirming resource called "Your Construction Crew", to help kids and adults understand the interplay between the many aspects of the brain that contribute to regulation.

Effective caregiver consultations, that help a child's caregivers to develop skills and tools to more effectively guide their child/youth, can have a big impact on a child's development. In addition to meeting with parents to share tools to improve function at home, OTs often participate in team meetings to share resources and strategies with a child's educational team to increase success at school. Providing resources that offer strong visuals and consistent language, that can be used at home and school, increases the success of caregiver follow-through beyond the OT session. By building caregiver capacity, with resources and strategies for use at home and school, we allow a child to have infinitely more opportunities for skill practice and to receive consistent modeling and cueing throughout their week.

Join this workshop to learn practical strategies and clinically sound information about regulation, to improve your ability to support a child who is dysregulated, and the caregivers who are working hard to care for them.

You will:

- Identify six regions of the brain and ten factors that impact regulation.
 - Understand the importance of sharing information about neuroanatomy and a holistic view of regulation during OT-caregiver coaching sessions.
 - Identify five co-regulation skills that are important when supporting a dysregulated child.
 - Understand how to use the TREEO "Construction Crew" resources to support children/youth and caregivers in developing regulation skills.
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Canada's Insurance Connection

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Friday, October 25 | Morning Workshops

10:30 am - 12:00 pm

1C - Enhancing Workplace Productivity: Leveraging Digital Tools and AI in Occupational Therapy Interventions and Your Work

Kelly Stewart (she/her), MSc. (OT), OT Reg. (Ont.), Gowan Consulting

In today's fast-paced work environment, the demand for enhanced productivity and efficiency is ever-present. As occupational therapists, we must equip ourselves with the latest tools and strategies to support our clients in achieving their fullest potential in the workplace. This workshop will delve into the realm of digital tools and artificial intelligence (AI) and their impact on workplace productivity.

We will explore several digital tools and AI applications aimed at bolstering productivity in the workplace as well as explore their relevance to managing IADL's where applicable. We will review innovative solutions designed to aid in planning, organizing, and prioritizing tasks, thereby empowering clients to excel in their professional endeavours.

While the benefits of digital tools and AI in improving productivity are undeniable, we cannot overlook the potential implications for worker safety. As such, we will examine possible risks associated with the increased use of digital technologies in the workplace.

Through interactive demonstrations, you will gain practical insights on how to integrate these tools into your intervention sessions, fostering a collaborative approach to enhancing workplace productivity. Moreover, we will discuss how these tools can also benefit you, as the occupational therapist, to streamline workflow and optimize time management.

Join us for an exploration of how digital innovation can empower both clients and practitioners alike in achieving peak productivity in the modern workplace.

You will:

- Explore a range of digital tools and AI applications tailored to enhance workplace productivity.
 - Learn practical strategies for integrating digital tools into occupational therapy interventions aimed at supporting clients in the workplace.
 - Understand the potential impact of digital tools and AI on worker safety and explore measures to mitigate risks.
 - Reflect on how digital tools can optimize your own productivity and workflow.
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Gold Sponsor

Friday, October 25 | Morning Workshops

10:30 am - 12:00 pm

1D - Together We're Better - Let's Talk OTs and OTAs

Teresa Avvampato (she/her), OT Reg. (Ont.), MSc (OT), DSc (c), Durham College and
Debra Cooper (she/her), BAHSc, OTA/PTA, University Health Network - Lyndhurst,
Spinal Cord

Quality care in occupational therapy includes the provision of accessible, equitable, and efficient service. There is, however, a shortage of occupational therapists impacting access to timely service. More and more employers are hiring occupational therapist assistants (OTAs) to meet the service demands in Ontario. OTAs offer valuable opportunities to increase treatment access and frequency, enhancing occupational therapy quality of care.

New service delivery models are emerging, and we need to be thoughtful, strategic, and use evidence to inform our decisions and practices. These have implications for our collective profession and for the health of Ontarians.

In this interactive workshop, you'll learn about the current state of OT-OTA collaboration in the province, what's working well, where we can improve, and lessons learned from a provincial environmental scan. This workshop is appropriate for organizational leaders, employers, and OT and OTAs alike.

Done right, we can expand access to occupational therapy to improve quality of care - let's talk.

You will:

- Describe the impact of OT-OTA collaboration on quality of care.
 - Summarize accurate information on OT-OTA collaboration in Ontario, including pressure points.
 - Discuss evidence and theory-informed strategies to support effective OT-OTA collaboration and address results from the environmental scan.
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Friday, October 25 | Morning Workshops

10:30 am - 12:00 pm

1E - Revolutionizing Patient Care: Exploring Innovations in Team-Based Approaches for Occupational Therapy

Carol MacDonald (she/her), Gotcare and **Jennifer Berg-Carnegie (she/her)**, OT Reg. (Ont.), Invisible Care

In today's rapidly evolving healthcare landscape, collaboration and innovation are paramount for delivering effective patient/client care. This workshop delves into the transformative potential of team-based approaches within occupational therapy in the context of leveraging technology. By integrating diverse expertise and perspectives, occupational therapists can enhance their practice and optimize patient outcomes.

In this session, you will explore cutting-edge innovations reshaping the traditional model of care delivery. From interdisciplinary teams leveraging advanced technology to streamlined communication channels facilitating seamless coordination, this workshop showcases the myriad of benefits when embracing a collaborative ethos. Through case studies and real-world examples, participants will gain insights into how team-based care fosters holistic treatment plans tailored to individual patient needs.

You are encouraged to attend this workshop to stay at the forefront of your field and remain agile in a dynamic healthcare environment. By embracing team-based approaches, you can elevate your practice, improve patient satisfaction, and achieve better clinical outcomes. Furthermore, by networking with peers and sharing best practices, you will cultivate a supportive community dedicated to advancing the profession.

Don't miss this opportunity to explore the latest innovations in team-based care and discover how you can revolutionize your approach to occupational therapy. Join us to unlock new possibilities for collaboration, efficiency, and excellence in patient/client care.

You will:

- Review the political, social, demographic and economic context that is impacting our ability to deliver impactful care.
 - Review how the health professions are adjusting to meet the demands of the shifting landscape.
 - Discuss several case studies and real innovative team-based care approaches that are being utilized in Canada today.
 - Discuss and de-mystify how technology and AI specifically can be leveraged to optimize patient care and satisfaction.
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Bronze Sponsor

Friday, October 25 | Afternoon Workshops

12:45 pm - 2:15 pm

2A - Town Hall Discussion: What's New and Important for OTs Working in the Auto Insurance Sector?

Jeff Ford (he/him), OT Reg. (Ont.), Self-Employed and **Galit Liffshiz (she/her)**, MA, OT Reg. (Ont.), GLA Rehab, **Melissa Tobros (she/her)**, OT Reg. (Ont.), GLA Rehab

The auto insurance sector is constantly changing, whether this is driven by the provincial government, the Licence Appeal Tribunal (LAT), or by policy changes on the part of the insurers' themselves. In this interactive town hall, we will discuss recent relevant insurer policy changes, recent LAT cases published, and their impact on practice in the sector, and any potential future changes that are anticipated.

Please note this session will not be recorded.

You will:

- Learn of recent policy changes that are relevant to the sector and discuss how to best apply these changes to practice, in order to adapt for success.
 - Learn how to best position your auto insurance sector practice in the realities of today, and discuss what works, what is challenging, and how and where a successful occupational therapy practice fits in.
 - Learn of recent 2023- 2024 LAT decisions and discuss how they may affect professional practice.
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Friday, October 25 | Afternoon Workshops

12:45 pm - 2:15 pm

2B - Avoidant Restrictive Food Intake Disorder (ARFID) 101: Family-Supported and Caregiver-Based Treatment Approaches for Children and Youth Diagnosed with ARFID

Carrie Stevenson-Lim (she/her), OT Reg. (Ont.), London Health Sciences Centre and **Dr. Renée Pang**, MD, MSc, FRCPC, Paediatrics, London Health Sciences Centre, Victoria Campus, Department of Paediatrics

Eating and eating-related situations are extremely complex activities of daily living that intersect across all areas of self-care, productivity, leisure, and socializing. ARFID is a relatively new diagnosis in the DSM-5. Children and youth might be labelled as being "picky" or stubborn" eaters. Caregivers often experience high levels of daily stress related to their child's ARFID symptoms, meal planning and mealtimes. This eating disorder can start at any age, though most commonly develops during infancy or early toddler ages and can continue into adulthood, if left untreated. While children and youth with ARFID have extreme difficulty with food restriction (volume and or variety), body image is not a concern. Consequences of ARFID include significant medical, nutritional, and/or psychosocial problems.

Occupational therapists can play a key role on a multidisciplinary team in helping children, youth and their caregivers overcome ARFID. This workshop aims to increase awareness, introduce therapeutic modalities used to treat children and teens, and provide resources to OTs for educating caregivers on skills and strategies geared to parenting a child with AFRID, within the context of a multidisciplinary approach.

You will:

- Describe avoidant restrictive food intake disorder and its prevalence within paediatric and general populations.
- Identify common occupational performance issues for children and youth diagnosed with ARFID and their caregivers.
- Understand practical approaches and materials OTs might use when assessing and treating functional needs of children and youth with ARFID.
- Identify current family-supported and caregiver-based psychological treatments available.
- Describe examples of multidisciplinary team and service delivery approaches to treating ARFID within a paediatric population.

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Friday, October 25 | Afternoon Workshops

12:45 pm - 2:15 pm

2C - Navigating Complexities in Exposure Therapy for Work-related Trauma

Ceilidh Cunningham (she/her), OT Reg. (Ont.) and **Michelle Ward (she/her)**, MSc. (OT), OT Reg. (Ont.), Gowan Consulting

The Mental Health Commission of Canada has reported that, in any given week, approximately 500,000 Canadians miss work due to a psychological health challenge. Psychological workplace injuries can include depression, anxiety, and PTSD, often in response to acute or recurrent trauma in the workplace. In this workshop, you will gain an understanding of exposure therapy as a necessary part of occupational therapy practice and an effective psychotherapeutic approach existing within the return-to-work sector.

Exposure therapy can be used to address challenges with community access, social functioning, and to support reintegration into the workforce. Evidence-based types of exposure therapy will be explored along with navigating collaborative development and implementation of an exposure hierarchy based on individual functional needs. Practical considerations for collaboration with healthcare providers, employers, and third-party payers will also be discussed.

During the workshop, you will have the opportunity to develop a case-based exposure plan and explore related questions around when exposure is appropriate, therapeutic use of self, and challenges to integrating various modalities. After attending this workshop, you will have greater confidence with actively utilizing exposure therapy in your practice to facilitate return-to-work.

You will:

- Explore exposure as a psychotherapeutic approach within a return-to-work context.
 - Gain an understanding of the different types and approaches to exposure therapy and how to determine the course of implementation.
 - Identify practical considerations for collaborating with healthcare providers, employers, and third-party payers.
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Friday, October 25 | Afternoon Workshops

12:45 pm - 2:15 pm

2D - The Business Case: Private Practice and Occupational Therapist Assistants

Julie Entwistle (she/her), MBA, OT Reg. (Ont.), Entwistle Leadership Solutions

Running a private practice, or thinking about it, can create discomfort for occupational therapists who have little to no business training. Often, occupational therapists become accidental entrepreneurs and may lack confidence in how to build and run a practice. Drawing on the presenter's experience as an occupational therapist, MBA, and now business coach, this workshop is about the business of occupational therapy and how OTAs can fit into your private practice.

Through presenting a formula of how business owners (current or future) can think about their business, we will work through the pipeline of generating customers to profiting as a business. We will discuss how to maximize revenue and how to generate positive returns for your financial and time investment. We will also review a sample marketing plan you can use to find and build your ideal customer base.

Beyond ways to productively think about business, it's important to also consider your own capacity as an owner. Introducing an OTA to your practice, for example, offers multiple benefits. In talking about business, we will outline the ways OTAs can be brought into your business to help you find the gift of time while creating another profitable line of business.

You will:

- Discover a structured formula you can use to understand how to run and build a successful practice.
- Explore a sample marketing plan you can use to find and retain new clients.
- Understand the business case for use of an OTA in your practice.
- Understand how incorporating OTAs can positively impact your time management and bring a revenue mix in your business.



Friday, October 25 | Afternoon Workshops

12:45 pm - 2:15 pm

2E - The Potential and Perils of Artificial Intelligence in Occupational Therapy Practice

Brendan Wylie-Toal (he/him), Director of Research and Innovation and **Ilona Koshy (she/her)**, Innovation Coordinator, KidsAbility Centre for Child Development

This workshop invites you to explore the integration of artificial intelligence (AI) in occupational therapy practice, using a case example from the paediatric rehabilitation sector. We'll discuss the potential and challenges of implementing AI at KidsAbility, with a specific focus on occupational therapy. Participants will gain an understanding of our ongoing evaluation and the valuable lessons we are learning in the testing phase of AI.

Key highlights include: insights from our research on generating SOAP notes from unstructured data using AI's large language models, including both organizationally available tools and custom-built models; research findings comparing AI-generated SOAP notes to our clinician written SOAP notes; and research insights into the quality and accuracy of AI documentation. You will gain an understanding of how AI can impact your documentation process and the importance of evaluations to meet standards.

The workshop will also shed light on the practical realities of AI implementation, emphasizing the importance of proper training and integration to prevent suboptimal outcomes. We'll delve into why ensuring AI's tailored application to specific clinical environments is crucial for optimal impact.

By attending this session, you'll gain a deeper understanding of how ongoing testing and continuous learning can transform AI into an asset for enhancing occupational therapy services.

You will:

- Describe the potential benefits and challenges of integrating AI into your practice.
 - Evaluate the quality and accuracy of AI-generated SOAP notes compared to those created by human practitioners.
 - Implement understanding of the importance of a structured approach when integrating AI tools in care.
 - Analyze the importance of continuous testing when using AI technologies.
 - Apply strategies to tailor AI solutions to specific clinical environments to maximize their effectiveness and benefits.
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MCISc Advanced Health Care Practice
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Friday, October 25 | Afternoon Workshops

2:45 pm - 4:15 pm

3A - Paradigms of Resilience: Understanding Ableism and Cultivating a Disability Justice-Informed Practice

Lauren Fehlings (she/her), MScOT, BASc, Self-Employed and **Kyla Jamieson (she/her)**, BFA, MFA, Self-Employed

Presented by two brain injury survivors and advocates who have experienced long-term symptoms stemming from “mild” traumatic brain injuries, this workshop uses narrative, dialogue, and reflection exercises to explore the impact of systemic ableism, the ways it manifests in the Canadian healthcare system, and how occupational therapy practices can integrate disability justice principles to benefit clients. Occupational therapists are uniquely positioned to challenge ableism and the ways it has been integrated into rehabilitative models, to mitigate harm and support clients with disabilities. Presenter Lauren Fehlings approaches this topic from the perspective of somebody who worked in healthcare as an OT prior to her brain injury and was forced to reckon with her own internalized ableism on her recovery journey. Kyla Jamieson offers her perspective as a writer and disability advocate who is an active member of the disability arts community.

Both presenters will share their unique journeys and insights while guiding participants through a series of discussion questions and reflection exercises. Ableism and internalized ableism can be considered taboo, and misperceptions about disability are pervasive. This workshop will encourage us all to reflect on our own personal understandings of ableism and how it relates to our lives. We will explore some of the systemic pressures that promote ableism within healthcare as well as the transformative possibilities that embracing a disability justice-informed perspective on disability can offer.

You will:

- Describe the concept of ableism and recognize its presence in rehabilitative paradigms and practices within the healthcare system.
 - Examine your biases and beliefs through guided self-reflection.
 - Learn how to recognize internalized ableism in your patients/clients and identify how it can impact recovery.
 - Gain an increased understanding of the principles of disability justice and how they can enrich your practice.
 - Formulate strategies to educate patients/clients about ableism and integrate disability justice principles into your practice.
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Friday, October 25 | Afternoon Workshops

2:45 pm - 4:15 pm

3B - Interdisciplinary Collaboration in the Nature Therapy Environment

Alanna Davis (she/her), OT Reg. (Ont.), Davis Occupational Therapy and **Rebecca Wong Kai Pun (she/her)**, SLP(C) Reg. CASLPO, Bloom Speech Language Therapy, Canadian Therapists in Nature

Join a nature-loving SLP and OT as they share their story of connection to the forest, how they have each embraced nature in their entrepreneurial endeavors, and how they continue to learn with and from each other.

Nature is a space that does not belong to any single healthcare discipline. It is a place that anyone can, and should, access for its myriad of health benefits - meeting physical, spiritual, emotional, and cognitive needs. These benefits are not only intended for the client but also you, as the practitioner, in constant threat of burnout in our evolving healthcare system.

Join us as we break down the barriers to getting you and your clients into nature. If you are nature-based, nature-loving or nature-curious – this is the workshop for you! Nature can be accessed in so many ways and we hope to inspire you with information on the various settings, types of clients, and activities to add to your nature-therapy toolkit.

Nature is such a great platform for interdisciplinary work as its opportunities lie in the eyes of the beholder. We will share examples of interdisciplinary work at both a systems and a clinical level, from describing a growing collective of nature-loving therapists creating policies, to a summer nature camp led by social workers and occupational therapists.

You will:

- Recognize the benefits of nature-based therapy.
- Differentiate the various elements on the spectrum of nature-based therapy.
- Identify opportunities and apply nature into current healthcare practice.
- Illustrate the benefits of nature-based therapy with current Canadian evidence.

Thank you to our conference proposal review committee!

- **Himadri Kaul**, OT Reg. (Ont.), MBA
- **Marlene Lum**, OT Reg. (Ont.)
- **Margot McWhirter**, OT Reg. (Ont.), MA
- **Anna Zaffina (she/her)**, OT Reg. (Ont.), MA (OT), B.M.R. (OT)
- **Victoria Danesi (she/her)**, Learning and Project Coordinator
- **Seema Sindwani (she/her)**, OT Reg. (Ont.), Director, Strategic Partnerships and Practice

Friday, October 25 | Afternoon Workshops

2:45 pm - 4:15 pm

3C - Helping the Helpers: Working with First Responders and Public Safety Personnel

Erika Pond Clements (she/her), OT Reg. (Ont.), Waterloo Regional Police Service, **Tanya Morose (she/her)**, MSc, CCPE, CRSP, Waterloo Regional Police Service, **Megan Edgelow (she/her)**, BScOT, MscRHBS, EdD, Queen's University and **Dwayne Van Eerd (he/him)**, PhD, Institute for Work and Health (IWH)

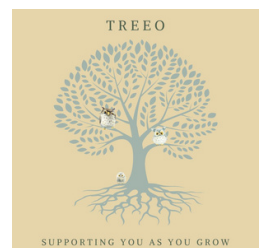
The Workplace Safety Insurance Board's (WSIB) presumptive PTSD legislation for first responders, also referred to as public safety personnel (PSP), has created a growing area of practice for occupational therapists and other healthcare professionals across the province. The competence of healthcare professionals supporting this population and their understanding of PSP working conditions has been identified as an area for improvement by employers, insurers, and the PSP themselves.

The project ECHO model is a remote community of practice model that has been used for many populations to support the competence of healthcare professionals. In 2023, a team from the IWH started an ECHO PSP pilot project, creating a community of practice for Ontario healthcare professionals focused on returning psychologically injured PSP to work. The group has completed two 12-week cycles, with a number of OT participants.

In this session, we will provide an overview of the ECHO PSP program, along with some of the education from the program on PSP culture, and the role of OT in facilitating recovery and return to work for PSP in Ontario.

You will:

- Build awareness of PSP culture and work demands.
- Understand the role of OT in the treatment of psychologically injured PSP.
- Learn about the ECHO community of practice model.
- Identify and address barriers to return to work for PSP.



2024 OSOT Conference Exhibitors

Friday, October 25 | Afternoon Workshops

2:45 pm - 4:15 pm

3D - OTs and OTAs as Collaborators in Care: Creating Psychologically Safer Spaces

Debra Cooper (she/her), BAHSc, OTA/PTA, University Health Network - Lyndhurst, Spinal Cord, **Karen Koseck (she/her)**, M.Sc., BSc. OT, OT Reg. (Ont.), Program Coordinator and Professor OTA & PTA Program, Centennial College, and **Kala Subramaniam (she/her)**, M.Sc., BSc. OT, OT Reg. (Ont.), Professor OTA & PTA Program, Centennial College

Psychologically safe environments provide an atmosphere where one can take risks, ask questions, share ideas and opinions openly, encourage creativity and innovation, and where one feels valued and supported (Pfeifer & Vassey, 2019). The benefits of psychological safety for healthcare practitioners have been exemplified during the COVID-19 pandemic, leading to better team functioning, cohesion, and improved patient safety (O'Donovan, R. & McAuliffe, 2020). The promotion of psychologically safer spaces and relationships is critical for effective OT and OTA collaborative practice, and results in enhanced access to care and improved overall outcomes of occupational therapy services (Avvampato, Finlayson, Fong-Lee, & Hall, 2023).

This workshop is designed to have open discussions about creating psychologically safer spaces using realistic practice-based case studies. You will have the opportunity to build upon your existing knowledge and further enhance your clinical communication skills. Using a large group and breakout rooms, you will have the opportunity to discuss ways to be more critically reflective and proactive in recognizing scenarios where psychologically safer spaces may be compromised. Upon completion, you will have increased awareness of creating mutually safer spaces for improved OT and OTA collaborative care.

You will:

- Reflect on what you think is a psychological safe space.
- Describe elements of mutually psychologically safer spaces.
- Recognize when safer spaces are compromised and how to address it.
- Apply strategies to help create safer spaces in occupational therapy service delivery.



Friday, October 25 | Afternoon Workshops

2:45 pm - 4:15 pm

3E - Can I Use Artificial Intelligence (AI) in My Occupational Therapy Practice?

Diane Tse (she/her), OT Reg. (Ont.) and **Sandra Carter**, OT Reg. (Ont.), College of Occupational Therapists of Ontario

As the use of artificial intelligence (AI) continues to grow, questions have been raised about whether occupational therapists should be using it in their practice and potential safety and ethical implications. AI technology may offer benefits such as helping occupational therapists be more efficient with work processes, for example, with documentation.

Evolving AI technology may also offer OTs more options for intervention, such as monitoring a client's activities or health status. This workshop will review the risks and benefits of using AI, considerations for safe and ethical practice, and provide strategies to ensure that occupational therapists who use AI are following the College's Standards of Practice.

You will:

- Discuss and share the different areas of occupational therapy practice where AI may be used.
 - Identify the risks and benefits of using AI technology.
 - Learn tips and strategies to ensure compliance with College Standards of Practice.
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Consent to Photograph/Video

Attendance at the 2024 OSOT Conference assumes consent for the Society to photograph/video delegates and used unidentified images in promotional materials (e.g. on website, future conference promotions, etc.).

Refund Policy

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- Received by September 25 will be refunded less a \$50.00 administrative fee.
- Received between September 26 and October 10 will receive a 50% refund.
- No refunds will be granted after October 11.
- Cancellation requests received due to medical reasons will be assessed on a case-by-case basis.

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OTA, Postgraduate*, or Retired Member	\$135
Non-Member	\$200

Regular | After October 15

Member	\$170
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OTA, Postgraduate*, or Retired Member	\$155
Non-Member	\$250

*If you are an OSOT member in a post-graduate program, [email us](#) with proof of your enrollment.

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Early Bird | By October 15

Groups of Five at Same Organization**	\$650
Groups of Ten at Same Organization**	\$1,100

Regular | After October 15

Groups of Five at Same Organization**	\$750
Groups of Ten at Same Organization**	\$1,300

**Interested in registering a group of 6-9 or 10+? [Contact us](#) for pricing.