



Department of Occupational Therapy

Progress Notes

Spring 2007

Dialectical Behavior Therapy (DBT)

UIC occupational therapists **Jim Hill** and **Sarah Skinner** have been involved with an interdisciplinary group of clinicians in an ongoing educational opportunity with E. Paul Holmes, PsyD, from the Emotion Management Program. Dr. Holmes, an expert in Dialectical Behavioral Therapy (DBT), conducted weekly 2 hour didactic training for a small group of interested UIC psychologists, social workers, occupational therapists, and their students for the past 9 months. DBT is an innovative and comprehensive treatment developed by Marsha Linehan specifically for individuals with impulsive self-harm behaviors, including self-mutilation, frequent suicidal thoughts, urges, or attempts, and other self-destructive tendencies. DBT is an empirically validated treatment approach developed for borderline personality disorder (BPD) based on bio-social theory of BPD. A key assertion in DBT is that self-destructive behaviors are learned coping strategies for unbearable intense negative emotions. Balancing "acceptance and change" is a critical component of this mode of treatment. DBT is also now being studied and used with a wider range of psychiatric disorders and with persons with addictions. There are four components of treatment in DBT: individual therapy; group skills training; telephone contact; and therapist consultation.

The educational sessions focused initially on didactic learning, then moved to experiential training focusing on skills training, and finally case consultation. After the initial training was completed, clinicians rotated responsibility for conducting consultation group sessions. In these

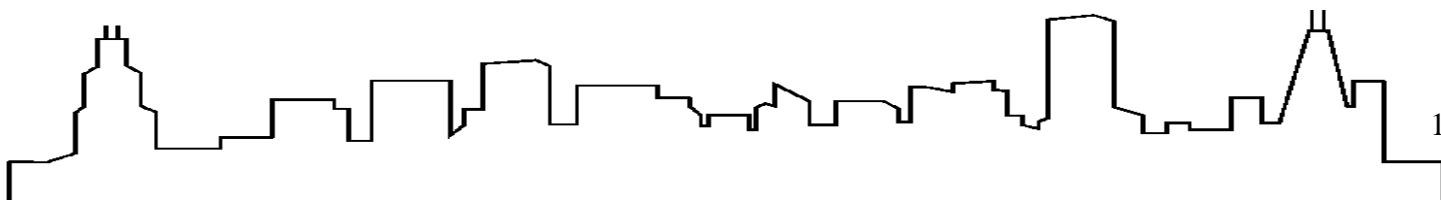
sessions the group practiced mindfulness, completed diary cards, discussed individual and group oriented cases, and continued didactic learning through review of related literature. As the group progressed, Dr. Holmes' presence in the group became less frequent however he remained available by email and phone. Most recently, he has been assisting the group in structuring the sessions that our ongoing consultation group will follow in order to function independent of his supervision.

Continued ---->



Development of a DBT Consultation Group

Photograph: clockwise from lower left to right, Justin Weeks, Psychology Intern; E. Paul Holmes, PsyD (standing); Nikki Lively, LCSW; Kimberly Daniello, OT Intern; Brenda Black, Social Work Intern; Jim Hill, OTR/L; Ellen Astrachan-Fletcher, PhD; Sarah Skinner, MEd, OTR/L; Leslie Walsh, LCSW; Brook Marks, Psychology Intern (not pictured).



OT Basketball Outing

Members of the OT faculty and staff attended the Challenge of the Deans UIC basketball event on February 7th.



Why were Jim and Sarah interested in being involved in this opportunity? They are interested in looking at evidenced-based therapy options currently available for our psychiatric population on an ongoing basis. Jim had implemented Mindfulness and related activities in a group on our inpatient unit called Constructive Living. This group, designed for higher functioning individuals, had been using Mindfulness Based Cognitive Therapy (MBCT) and Japanese Psychology techniques/ education. Sarah was interested in looking at how Mindfulness and DBT might be used with more disorganized patients after positive behavioral changes were observed with patients following implementation of a DBT Skills Group in the Community Reintegration Program (CRP), their outpatient day program. The consultation group was an opportunity to get targeted education in DBT, work with other disciplines, and be involved in an ongoing consultation group.

Dr. Holmes' last formal session with them was the beginning of March. He will be visiting intermittently with an interest in assisting in further development of their ongoing independent consultation group. Currently there are two DBT Skills Groups for targeted populations. One group is in the Department of Psychiatry's Outpatient Clinic for patients with bulimia, the other is for targeted patients in the CRP. With this interdisciplinary approach to increasing education, they are hopeful that more DBT options for patients will become available in the future.

Welcome, Vanessa!

On September 25th, **Vanessa Salgado** joined the department as Assistant to the Head, Department Operations Manager. Vanessa is hoping to pursue her master's degree in special education here at UIC.



Fieldwork Spotlight:



Two students from the Class of 2007 share their fieldwork experiences below:

My experience so far with the Denver Public Schools has been great. Our department at UIC does a good job of making sure we are prepared for the variety of situations that we as students come across working with children in the school systems. No two days are alike, and I find myself constantly referring back to PowerPoints and books to look up medical conditions, treatment approaches, and everything on child development and school systems.

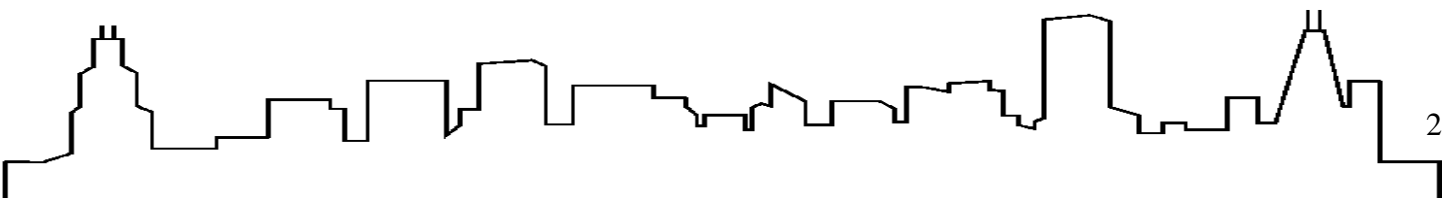
– *Johnny Wedderburn*

I am enjoying my pediatric fieldwork experience at a small outpatient clinic located in the city. The therapists utilize Sensory Integration, Floortime, and the ALERT program. My days are long and often challenging, but it is rewarding to see the kids' smiles as they succeed in activities they had difficulty with before.

– *Kathleen Kramer*

OTD Program

Fall 2007 marked the beginning of a new era in the Department of Occupational Therapy. Thirteen students are enrolled in the Doctor of Occupational Therapy degree program.



Student News

Congratulations Andrea!

OTD student Andrea Gossett has been awarded the college Graduate Student award. She'll be receiving the award at convocation. Great job Andrea!!



Congratulations to our Dean's Scholar Award Recipients!

Eburne Garcia, PhD student in Disability Studies
Jessica Kramer, PhD student in Disability Studies

Congratulations to the Deiss Award for Biomedical Research Recipient!

Eynat Shevil, PhD student in Disability Studies

Congratulations to the Provost's Award for Graduate Research Recipient!

Jessica Kramer, PhD student in Disability Studies

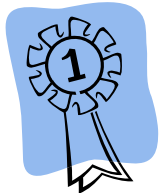
mentoring sessions over the next 8 months with the other selected Fellows. The sessions will introduce the participants to contemporary leadership theory and practice, engage them in a standardized leadership assessment process, and provide them with opportunities to share experiences and best practices to promote leadership development. The group mentoring process provides the Fellows with opportunities to be mentored and provide mentoring to others. The topics of the group sessions are guided by the needs of the Fellows. All sessions will be lead by the Catalyst Mentor, Dr. Wendy Coster, PhD, OTR/L, FAOTA. Dr. Coster is Chair and Program Director of the Department of Occupational Therapy and Rehabilitation Counseling of the Sargent College of Rehabilitation Sciences, Boston University.

Yolanda Suarez-Balcazar was appointed to CLOCC's (Consortium to Lower Obesity in Chicago Children) Executive Committee and invited to co-chair the research group.

Kim Eberhardt, MS, OTR, and adjunct faculty member in OT at UIC, was in the Therapy Times 25 Most Influential issue. She was nominated by Media Relations staff at RIC for work with the Chicago Marathon. Kim has been working 11 years in practice and teaching for about 5 years. She has worked in Ohio (Ohio State Medical Center) in acute care, Boston Medical Center in SCI and subacute/OP general rehab, and now RIC in Spinal Cord and as a Program Specialist on the unit. She delivers several patient and family education series on topics including traveling with a disability and participating in sports with a disability, which introduce patients to community resources making their discharge and transition easier. She is also the chair of the wheelchair division of the Chicago Marathon and the vice president of the Spinal Cord Injury Association, dedicating her time to advancing resources and opportunities for people with disabilities. Congratulations on earning this honor, Kim!

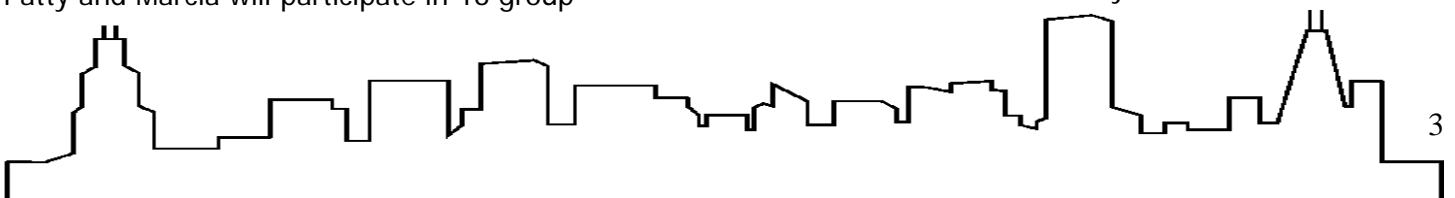
Congrats to Brent Braveman!

He was elected Speaker of the Representative Assembly for the American Occupational Therapy Association for the next 3 years.



Faculty News

Congratulations are in order for several of the OT faculty. Three UIC members have been selected for the AOTF Leadership Fellowship. In November 2006, AOTA and AOTF announced a collaborative effort to build leaders in the field of occupational therapy through a Leadership Fellowship Program. Fifty-eight members of the profession were nominated to participate in this innovative program, which is based on the Mentoring Circles® method developed by The Mentoring Company (<http://mentoringcircles.com/>). Eighteen of the nominees were selected, and three of them are from UIC – **Brent Braveman**, **Patty Bowyer**, and **Marcia Finlayson**. UIC is the only institution to have more than one nominee selected. Through the fellowship program, Brent, Patty and Marcia will participate in 16 group



UIC Members Attend AOTF Habits Training

Jessica Kramer attended The American Occupational Therapy Foundation Habits Conference, as the protégé of **Dr. Joy Hammel**. This interdisciplinary conference brought occupational therapists, psychologists, psychiatrists, sociologists, and advocates together to discuss habits, theory of habits, and the implication of habits for rehabilitation and participation. During the conference, the eleven protégés participated in a poster session reflecting on the conference topic. Jessica presented a poster that integrated her work with Dr. Kielhofner and Dr. Hammel titled "*Using a Participatory Action Approach to Identify Strategies and Routines to Support Self-Advocacy and Collective Community Building.*" She had an opportunity to interact with and receive feedback from occupational therapy scholars from around the globe, including the United States, Canada, and Sweden. Jessica reports, "It was a really exciting conference, and exposed me to several new theories and methods that will enable me to explore the impact of habits and routines on participation in future research."

Also at the Habits conference, **Christine Helfrich** presented a Roundtable Discussion with Tom Allen, MD on their NIDRR funded project, "*Homeless Mentally Ill: Strategies for Maintaining Residential Stability.*" An international group of interdisciplinary scholars joined them in examining how to fully capture unexpected findings from their study. Examples included how to measure the increase in social interaction demonstrated by participants in their daily lives as a result of developing relationships with other intervention participants. The group was also very helpful in brainstorming next steps for their work and strategies to enhance funding success.

Susan Cahill, MAEA, OTR/L and Michelle Bulanda, PT, DPT, MS, PCS have been awarded funds through the graduate college to offer a interdisciplinary summer seminar. Their proposal was chosen from a competitive pool of applicants in the university and they are the only clinical faculty from the College of Applied Health Sciences to receive this funding. The title of the course they

will be teaching is "Innovative Models for Pediatric Occupational and Physical Therapy: Changing the Face of Practice."

Congratulations to **Dr. Yukiko Shiraishi**, grant project coordinator, who was granted her licensure as a clinical psychologist.

OT Class of 2009

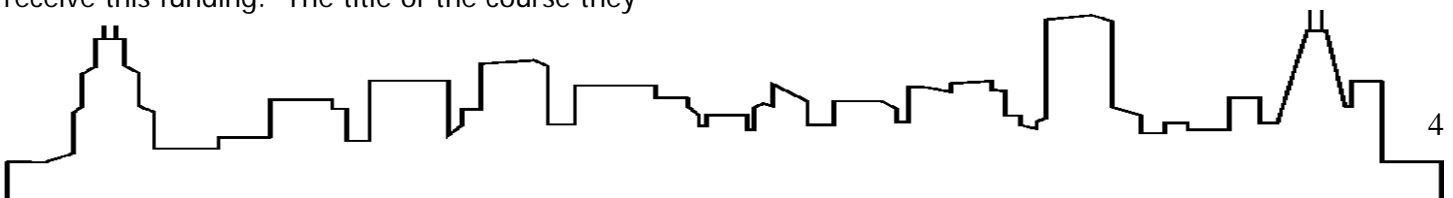
Applications went up 30% from last year! This year, we had 122 students apply. Thirty-six students were initially accepted, and we have now called in 5 alternates to stay at our target class size of 30. It is a diverse group, including 2 Males, 11 age 27 or older, 4 Hispanic/Latino, 3 Asian/Pacific Islander, and 2 African-American students, 8 from outside of Illinois, and 6 who already have a masters degree. We look forward to their arrival to UIC this Fall!

Class of 2008 Student Reps

Several students have volunteered to be representatives for the Class of 2008, including **Amy Dostal**, **Dana Nadel**, **Julie Raine**, and **Juleen Rodakowski**. Additionally, **Juleen** is going to be the student delegate to the AOTA Assembly of Student Delegates in April.



Class of 2007 & 2008 student representatives
Back Row: Robin Black ('07), Kathleen Kramer ('07), Anne Kiraly ('07), Dana Nadel, Juleen Rodakowski, Julie Raine
Front Row: Annie Ploszaj ('07), Amy Dostal



ILLISOTA

The recently revamped Illinois Student Occupational Therapy Association has multiple activities planned for the year. On April 10th, the organization held a Networking Social here at UIC. Special thanks to **Lucy Arellano, Amy Dostal, Maria Larson, and Brent Braveman** for making the event a success! The featured speaker at the event was Alison Miller, PhD with the topic of "Real Life Strategies for Building a Balanced, Stress-Resilient Life." This event is a great way for current OT students to meet with UIC alumni and will hopefully only get bigger each year! Other events ILLISOTA has planned for this year include: holding two in-services, one on Behavior Modification in Pediatrics and one on Sign Language; and participation in the Chicago 5K fundraiser Walk Now, Cure Autism Now on May 20th.

10-Year Reunion

After a decade out in the field of Occupational Therapy, the UIC OT Class of 1997 hosted a reunion the weekend of April 27, 2007. Twenty-three alumni attended, and they presented a \$575 donation to the OT department.

AOTA Conference

The American Occupational Therapy Association hosted its annual state conference in St. Louis, Missouri on April 20-22. UIC was well represented at the conference, with several students, clinicians, and faculty attending and presenting. Following is a list of their presentations:

Life Skills Interventions for Homeless Adults with Mental Illness: Practical Skill Training and Applications

Christine Helfrich, Deborah Walens, Emily Simpson, Mara Levin, Peggy Sabol

(AOTA/AOTF) Building an Academic Career with a Research Training Award

Gary Kielhofner

The Model of Human Occupation: Supporting Child-Centered, Occupation-Based Practice Across Contexts

Jessica M Kramer, Patricia Bowyer, Susan M Cahill

Understanding, Identifying and Managing Cognitive Impairments among Persons with Multiple Sclerosis
Eynat Shevil

(SIS) Education Annual Program: Creating Communities of Scholars

Gary Kielhofner

Cultural Competence in Occupational Therapy: Implications for Practice and Research

Yolanda Suarez-Balcazar & Jaime Munoz

Facilitating the Development of Assessment Skills Through Problem-Based Learning

Susan Cahill & Kathy Preissner

Therapeutic Use of Self and Fieldwork Education

Renée Taylor

Integrating Evidence and Practice: Clinical Implications of the Model of Human Occupation Research

Jessica M Kramer, Patricia Bowyer, Gary Kielhofner

AOTF Research Colloquium and Tea: The Significance of Population Research for Occupational Therapy

Moderator: **Gary Kielhofner**

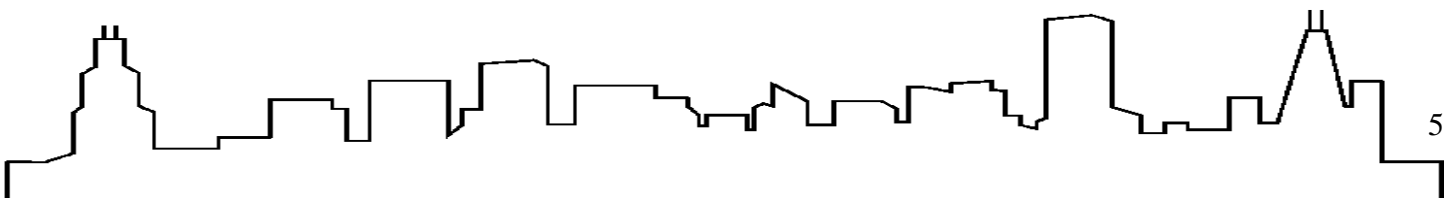
Speaker: **Renée Taylor**

Occupational Therapy's Role in Response to Intervention: The Pre-Referral Process and Special Education

Susan Cahill

(Res) Enabling Self-Determination in People Living With AIDS: Outcomes of a Controlled Study

Brent Braveman, Gary Kielhofner, Mara Levin, Jennifer Josefson



Carolyn Baum Visits UIC

On April 30th, Dr. Carolyn Baum (immediate past President of AOTA), spoke here at UIC to help us celebrate OT Month. The title of her presentation was: "Fostering Participation in Persons with Stroke: A Critical Role for Occupational Therapists." We were honored to have her speak at UIC. She also spent the day consulting with faculty.



CE credit. For more information, please contact Susan Cahill at smcahill@uic.edu.

Conferences and Workshops

Education Special Interest Section Meeting:
Creating Communities of Scholars

- Elizabeth Francis-Conolly, **Gary Kielhofner**, Gretchen Reeves, Jyothi Gupta, Roger Ideishi

School-based Therapy for Students with Intellectual Disabilities: Making the Most of Your Minutes

- **Susan Cahill**

5½ hour workshop presented to the occupational therapists and physical therapists of the Chicago Public Schools covering the therapy needs of children with ID, the impact of legislation on their services, means of assessment, as well as coaching and collaboration strategies for teaming with teachers and paraprofessionals.

Using the SCOPE to Support School System Practice

- **Jessica Kramer, Patricia Bowyer & Susan Cahill**

5 hour workshop presented to the occupational therapists of Community Consolidated School District #15 regarding the use MOHO and MOHO-based assessment tools to support occupational therapy services provided under Part B of IDEA.

Occupational Therapy Makes the List of 25 Best Careers in 2007!

The outlook for occupational therapy as a career choice is bright, according to U.S. News & World Report, given current economic and workplace trends. Aging baby boomers seeking to live fuller, more active lives are expected to drive the demand for health, wellness, and rehabilitation services for decades to come.

Coming Summer 2007!

OT 594 – Special Topics in Occupational Therapy: Foundations in School-based Practice, No Therapist Left Behind! The following are dates on which the course will meet: June 25, June 26, June 28, July 10, July 13, & July 17 from 9:00 am to 3:00 pm (plus 10 additional on-line hours to be completed before July 27). 3 credit course; course offered for



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