



Brattleboro Retreat

MENTAL HEALTH AND ADDICTION CARE

Occupational Therapy: The Neuroscience of Meaning

Daniel Lang, OTR/L

Tuesday, February 4, 2020 12:00 PM to 1:00 PM
Brattleboro, Vermont

This workshop will contextualize the field of occupational therapy in mental health treatment. The presenter will focus on key aspects of the field from its history to the philosophy and science behind its approach, with brief forays into how and why we place focus on occupation and the sensory system.

At the end of this learning event, participants will be able to:

1. Explain the origin of occupational therapy in the context of psychiatry, nursing, and social work.
2. Describe the neurological ramifications of “doing” and the basic philosophy behind using occupation therapeutically.
3. Describe how OT focuses on the nervous system and why we approach sensory items scientifically and occupationally.

Daniel Lang, OTR/L, has worked at the Retreat for five years and is currently focused on adult inpatient services. He specializes in severe and persistent mental illness using non-linear science, creativity, evidence-based practice, and a client-centered approach. He studied in New Orleans post-Hurricane Katrina, which allowed him to focus on collective experiences of trauma. Daniel adds to the holistic, functional base of occupational therapy (OT) with a combination of lessons learned via studying the arts.

Occupational Therapy: The Neuroscience of Meaning

History

Moral Treatment Movement

Growing interest in occupation as a form of treatment

Observations about the effect of doing things, manual labor

CONTENTS	
	PAGE
HISTORICAL	11
HOBBIES AND THEIR VALUE	21
PSYCHOLOGY OF OCCUPATION	24
MECHANISM OF RECOVERY BY OCCUPATION	27
THE NURSE IN THE HOSPITAL	34
PUZZLES, CATCHES, ETC.	38
READING	42
PHYSICAL EXERCISES	51
CARD GAMES	55
STRING WORK	59
WEAVING	101
PAPER WORK	110
WOOD WORK	119
PICTURE PUZZLES	128
BASKETRY	131
CHAIR CANING	154
BOOKBINDING	156
COLLECTING	166
GARDENING	174
NATURE STUDY	178
STENCILING AND BLOCK PRINTING	179
PLASTIC WORK	185
DRAWING AND PAINTING	192
METAL WORK	200
PYROGRAPHY	210
NEEDLEWORK	211
PHOTOGRAPHY	222
MUSIC	225
CONCLUSION	226
BIBLIOGRAPHY	229
INDEX	237

9

Key players in the creation of the field:

William Rush Dutton, Jr., M.D.

Adolph Meyer, Psychiatrist

Eleanor Clarke Slagle, Social worker

Susan Edith Tracy, Nurse

From war to rehabilitation and pediatrics.

For a profession that took root in psychiatric treatment, the numbers of mental health practitioners in the field dropped precipitously over the course of recent decades.

2000: 5.2% (OTAs 5.4%)

2014: 2.4% (OTAs down to 1.4%)

Occupation and the senses

Motor & praxis

Doing. Occupation as life or air.

Intention, Meaning, Perception.

Cognitive disabilities model → identification of that which we cannot easily see.

Case example, psychosis

Case example, mania

8 Senses

The 5 we know + proprioceptive, vestibular, interoceptive.

Practical approaches, therapeutic approaches.

CNS system: approaching cautiously with respect for basic needs.

The core value at the root of what we do.

References

- Champagne, T. (2011). *Sensory modulation & environment: Essential elements of occupation : handbook & reference*.
- Dunton, W. R. (1918) *Occupational therapy, a manual for nurses*. Retrieved from: <https://archive.org/details/occupationalther00duntuoft/page/10/mode/2up>
- Dunton, W. R. (1924) *Archives Occupational Therapy, Vol. I-III*. Retrieved from: <https://www.aotf.org/Research-Resources/Resources-for-Occupational-Therapy-Research/Archives>
- Lazzarini, I. (2004). Neuro-Occupation: The Nonlinear Dynamics of Intention, Meaning and Perception. *British Journal of Occupational Therapy*, 67(8), 342–352. <https://doi.org/10.1177/030802260406700803>
- Swift EM, Beach M: Brattleboro Retreat 1834-1984. 150 Years of Caring. Brattleboro, VT., Brattleboro Retreat, 1984.
- Tracy, S. E. (1910) *Studies in Invalid Occupation: A Manual for Nurses and Attendants*. Retrieved from: https://books.google.com/books?id=VhM4AAAAMAAJ&printsec=frontcover&source=gs_ge_summary_r&cad=0#v=onepage&q&f=false
- Willard, Helen S.Schell, Barbara A. Boyt. (Eds.) (2014) *Willard & Spackman's occupational therapy*. Philadelphia : Wolters Kluwer Health/Lippincott Williams & Wilkins, 2014.

Conflict of Interest Disclosure

Occupational Therapy: The Neuroscience of Meaning

Daniel Lang, OTR/L

Tuesday, February 4, 2020

12:00 PM – 1:00 PM

The Brattleboro Retreat, Brattleboro, Vermont

The American Nurses' Credentialing Center's Commission on Accreditation Guidelines and the Accreditation Council for Continuing Medical Association require providers, presenters and content reviewers of continuing education hours to disclose any real or apparent conflicts of interest (COI) that may have related to the content of this presentation. Providers, presenters, and content reviewers must disclose any financial interest/arrangement or affiliation with a corporate organization that may impact his/her presentation (i.e. grants, research support, honoraria, member of speakers' bureau, consultant, major stock shareholder, etc.). In addition, the faculty member must disclose when an unlabeled use of a commercial product or an investigational use not yet approved for any purpose is discussed during the educational activity.

Members of **the Brattleboro Retreat's Continuing Education Steering Committee** do not have a financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

Mark Anagnostopoulos, PhD
Gwynn Yandow, LICSW
Kurt White, LICSW, LADC
Gay Maxwell, LICSW
Angela Rowan, MSW, LICSW

Simha Ravven, MD
Katharine Bak, MSN, RN-BC
Megan Becker, LMFT
Nayeli Hernandez, PsyD

Interest to Disclose/Conflict of Interest/Bias Resolved*:

Daniel Lang, OTR/L, does not have a financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

Daniel Lang, OTR/L, does not anticipate discussing the unapproved/investigative use of a commercial product/device during this activity or presentation.

Does this activity have commercial support or sponsorship? Yes No

If yes, commercial support/ sponsorship has been provided by the following:

*Having a financial interest or other relationship with a corporate organization, or discussing an unlabeled use of a commercial product, may not prevent a speaker from making a presentation. However, the existence of the relationship must be made known to the planning committee prior to the conference, so any possible conflict of interest may be resolved prior to the talk.

How to receive credit:

- 1) Be sure to sign in at registration. If you don't, you cannot receive CE credit. All professional disciplines must sign out.
- 2) Complete the electronic evaluation which will be sent to your email within 24 hours of the end of the conference.
- 3) Upon submission of the electronic evaluation, you will receive a link to a PDF of your **2-page** certificate. **Save that PDF to your own computer files.**