

# Occupational Therapy

## in Psychiatry and Mental Health

Edited by

Rosemary Crouch

Vivyan Alers



WILEY Blackwell

# Occupational Therapy in Psychiatry and Mental Health

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FIFTH EDITION

Edited by

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# Curbside Consultation in IBD

## 49 Clinical Questions

*Curbside Consultation in Gastroenterology*  
**SERIES**

**SERIES EDITOR, FRANCIS A. FARRAYE, MD, MSc**

## ***Dedication***

This book is dedicated to my parents, Paulette and Sheldon Rubin. Mom, thank you for teaching me the importance of listening carefully, and Dad, thank you for teaching me the value of asking good questions in order to find better answers.

*David T. Rubin, MD*

This book is dedicated to my supportive and loving husband, Jerry, and to my wonderful children, Sam and Angela. It is also dedicated to my parents, who encouraged me daily to work my hardest and who are always there for me when I need them.

*Sonia Friedman, MD*

This book is dedicated to my loving and devoted family: my wife, Renee M. Remily, MD; my children, Jennifer Farraye, MN, ANP and Alexis Farraye; and to my parents, who taught me that perseverance and commitment can result in great accomplishments. Finally, I thank my patients and their families for their confidence in allowing me to care for them.

*Francis A. Farraye, MD, MSc*

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We are also indebted to the SLACK Incorporated team, including Carrie Kotlar, Senior Acquisitions Editor, and April Billick, Managing Editor. We thank you for your patience and guidance to help us see this second edition through to completion.

A special thank you to Sarah Goeppinger, who has been our point of contact for all the authors, an unfailing proofreader, and impeccably organized. Sarah, without your help, we could not have crossed the finish line!

Finally, we thank you, the reader, for your interest in the field of inflammatory bowel disease, and to your patients, who need your help. We hope that this edition adds to your armamentarium of treatment options and approaches.

## About the Editors

*David T. Rubin, MD* graduated with honors from the University of Chicago Pritzker School of Medicine in Chicago, Illinois, and completed his internship, residency, and fellowships in both gastroenterology and clinical medical ethics at the University of Chicago.

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Dr. Rubin is a fellow of the American Gastroenterological Association, American College of Gastroenterology (ACG), and American College of Physicians and is an active national member of the Crohn's and Colitis Foundation of America. Chosen by his peers as a member of Best Doctors (recognized for superior clinical ability) and America's Top Physicians (gastroenterology), he received the ACG's Governor's Award of Excellence in Clinical Research (2003), the Cancer Research Foundation Young Investigator's Award (2004), and the University of Chicago Postgraduate Teaching Award in recognition of significant contributions for fellowship education (2006). In 2012, Dr. Rubin received the CCFA's Rosenthal Award, a national leadership award bestowed upon a volunteer who has contributed in an indisputable way to the quality of life of patients and families.

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# Part 1

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## **Theoretical Concepts in Occupational Therapy**

- Chapter 1 Creative Ability: A Model for Individual and Group Occupational Therapy for Clients with Psychosocial Dysfunction
- Chapter 2 The Relevance of Occupational Science to Occupational Therapy in the Field of Mental Health
- Chapter 3 Ethics, Human Rights and the Law in Mental Health Care Practice
- Chapter 4 Cultural Considerations in the Provision of an Occupational Therapy Service in Mental Health
- Chapter 5 Clinical Reasoning in Psychiatric Occupational Therapy



# 1

## Creative Ability: A Model for Individual and Group Occupational Therapy for Clients with Psychosocial Dysfunction

Patricia de Witt

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### Key Learning Points

- An understanding of the theory that supports the Vona du Toit Model of Creative Ability
- The focus on motivation on each level of action
- Occupational behaviour and skills characteristic of each level of action
- Treatment outcomes and principles/guidelines to support and facilitate growth within the levels of action during occupational therapy

The purpose of this chapter is to provide updated information about the Vona du Toit Model of Creative Ability (VdTMoCA) and its application to clients with psychosocial dysfunction. It is intended for students and novice occupational therapists working in a variety of mental health care settings. This chapter can be used in conjunction with other chapters in the book and is based on the 4th edition of Crouch and Alers (2005).

Throughout this chapter, the term 'individual' will be used when referring to people in general, and 'patient' is used when referring to a mental health care user in a hospital setting in an occupational therapy process. Throughout the chapter, the masculine pronoun is used, but the term also includes the feminine.

### Introduction

The Vona du Toit Model of Creative Ability (VdTMoCA) was described in a series of academic texts between 1962 and 1974 (du Toit 1980). This model fits well into a practice model, the criteria for which are described by Reed and Sanderson (1999, p. 71) and Creek (2010, p. 43). It provides a framework to assess and treat a patient's performance in the occupational performance areas (OPAs) of personal, interpersonal, recreational and work spheres. du Toit described this as a living profile (du Toit 2009).

This model is useful for occupational therapists working with large groups of patients in mental health settings, as well as in many other areas of