Learning Activity 6-3: Interventions in Mental Health—Frames of Reference

For each of the following occupational therapy groups, list the frame of reference you will utilize and three activities appropriate for adult clients with depression. For these exercises, assume that you have collaborated with the OT.

Activity Group
Frame of reference:___________________________________________________________________________
List three craft projects that the client can choose from and explain why you chose each craft. For example, is the craft a quick-success project, or does it allow the client to express emotions? You will also need to decide if tasks will be performed individually or as a collaborative effort.
1. _______________________________________________________________________________________
2. _______________________________________________________________________________________
3. _______________________________________________________________________________________
According to the frame of reference, this particular activity was chosen because________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Expressive Group
Frame of reference:___________________________________________________________________________
List three discussion topics or activities for this group and explain why you chose each one. For example, does the activity facilitate interpersonal skills or exploration of feelings?
1. _______________________________________________________________________________________
2. _______________________________________________________________________________________
3. _______________________________________________________________________________________
According to the frame of reference, this particular activity was chosen because________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

IADL Group
Frame of reference:___________________________________________________________________________
List three possible IADL activities for this group and explain why you chose each one. For example, does the activity facilitate role performance or promote healthy habits?
1. _______________________________________________________________________________________
2. _______________________________________________________________________________________
3. _______________________________________________________________________________________
According to the frame of reference, this particular activity was chosen because________________________
__________________________________________________________________________________________
__________________________________________________________________________________________