

## 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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_