



Activity Groups in Family-Centered Treatment: Psychiatric Occupational Therapy Approaches for Parents and Children

Laurette Olson

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Get the tools for practical family-based interventions for children or adolescents with mental illness

Providing parent-child occupation-based interventions can be one of the most important therapeutic services offered to children or parents with mental illness and their families. *Activity Groups in Family-Centered Treatment: Psychiatric Occupational Therapy Approaches for Parents and Children* provides useful in depth “how to” strategies into the processes of providing family occupation-based group intervention when a child has a mental illness. Occupational therapists working with children or parents with mental illness can learn valuable practical interventions to apply in their own clinical work.

Cherished activities that strengthen parent-child bonds are many times lacking in families that include a child or parent with mental illness. *Activity Groups in Family-Centered Treatment* describes valuable parent-child occupation-based interventions with detailed examples of how they have been provided in therapy. This text provides an overview of the literature related to providing family-based psychiatric OT treatment for children and their families, a framework for providing services, rich descriptions of a parent-child activity group, a parent-adolescent activity group, and case studies of inpatient and home-based occupation based interventions.

Topics in *Activity Groups in Family-Centered Treatment* include:

- an overview of theory and research literature on the nature of the interaction between parents and children with emotional disorders
- detailed case studies of family challenges with mental illness
- a framework for parent-child activity groups
- a qualitative study of a parent-child activity group
- analysis of the barriers that can arise in a parent-child activity group
- clinical experiences leading a parent-adolescent activity group
- analysis of the influences of culture within a parent-child activity group
- a case study of the intervention for a depressed mother and her family
- issues between parents and professionals when children are psychiatrically hospitalized

Activity Groups in Family-Centered Treatment provides occupational therapists and other professionals who lead parent-child groups or who work with families that include a child or parent with mental illness with integral tools to effectively treat their clients.

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