



THE COGNITIVE ORIENTATION TO DAILY OCCUPATIONAL PERFORMANCE (CO-OP) APPROACH

Presented by Erin Iverson and Patti Sharp, ICAN

- Have you ever treated a student/patient that just didn't seem to understand how to make their bodies do what they wanted?
- Even with great effort they could not coordinate their movements, produce the correct amount of force, or perform familiar activities fluidly?
- Ever dealt with frustration when your student/patient does not seem to listen to or understand a single instruction you give?
- Ever felt like working on balance, strength, and coordination just didn't seem to make the big functional improvement you were hoping for?

It's time to shift gears from instructing how to do things to working collaboratively with clients to help them acquire new skills and develop effective strategies to problem-solve functional deficits they may experience throughout their lives. The Cognitive Orientation to daily Occupational Performance (CO-OP) is a performance-based treatment approach for children and adults who experience difficulties completing the skills they want to, need to, or are expected to perform.

CO-OP is a specifically tailored, active, client-centered approach that engages the individual at the meta-cognitive level to solve performance problems. Focused on enabling success, the CO-OP Approach employs collaborative goal setting, dynamic performance analysis, cognitive strategy use, guided discovery, and enabling principles.

More information: [ICAN website](#)



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