

Title: Using the OPHI-II to support people with mental illness in their recovery

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Major Finding: Narrative data collected through administration of the Occupational Performance History Interview (OPHI-II) may be helpful for therapists working with clients in recovery to better understand and support them.

Participants:

- One female occupational therapy client from Australia
 - 54 years old with schizophrenia
- The client's occupational therapist
 - Therapist had been seeing the client for 12 months at a local community mental health service

Method: The OPHI-II was used by the client's occupational therapist to conduct a narrative interview with the client, resulting in creation of a narrative summary and slope.

Analysis: The client's narrative reports were analyzed for themes and to determine ways that the themes might be understood and used to create a supportive therapeutic context for recovery. The client and the occupational therapist completed interviews in which they discussed their experience of the OPHI-II interview process.

Findings:

- Key themes in the client's narrative reflected her volitional thoughts and feelings, including feelings of a lack of control, hope for a better future, and a desire to care for others.
- The client's occupational therapist addressed the narrative themes in their therapeutic relationship in ways such as joint construction of the narrative summary and narrative slope to facilitate an increased sense of control by the client.
- The client's occupational therapist felt that the process of completing the OPHI-II with her client allowed her to attend more closely to her client's story and occupational life.

Conclusion: The OPHI-II may be a useful tool for occupational therapists to better understand and support clients with mental illness during the recovery process as well as to focus on the occupational lives of their clients.

Implications for future research: Future research should investigate the ways that mental health occupational therapists in different setting can integrate recovery principles with their use of occupational therapy tools, as well as examine clients' experiences of the process and outcomes of occupational therapy focused on recovery.

Evidence-based practice implications:

- **The OPHI-II may help therapists gain knowledge about their clients on which they may base intervention that is oriented toward both occupational and recovery goals.**
- **The narrative summary and narrative slope resulting from the OPHI-II may be a tool for facilitating discussion or reflection with clients on important life themes and for collaborating on identification of issues or challenges to be addressed in therapy.**