

Title: Canadian Therapists' Experiences While Implementing the Model of Human Occupation Remotivation Process

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Major Finding: Implementation of the Remotivation Process by a team of occupational therapists in a mental health facility resulted in positive outcomes for the clients as well as the therapists.

Participants:

- Three senior therapists
 - One male, two females, each with over 20 years of experience
- One female junior therapist with 5 years of experience

Method: Narrative inquiry was used to collect data during group discussions over a 2-year period. Practitioners discussed their perceptions of the implementation process of the Remotivation Process and its influence on the recovery process of their clients.

Analysis: Descriptive analysis was performed and emerging themes became topics for discussion in meetings, continually validating the themes and their content.

Findings:

- Therapists reported increasing skill in identifying initial signs of change, appreciation for the intervention's detailed structure, and a deepening understanding of volition despite initial challenges.
- Therapists felt that the clients who benefited from the Remotivation Process changed the most in their motivation to make choices.
- Identified strengths of the intervention included its usefulness in learning to identify even small signs of change and its client-centeredness. Challenges included a need to understand MOHO and its concepts and the time it took to become familiar with the intervention and its related assessment tools.
- Therapists reported increased interest from other health professionals about occupational therapy due to their recognition of the intervention's results. A research protocol for evaluating and comparing the intervention's effects on clients with depression to those of receiving typical psychiatric treatment.

Conclusion: The Remotivation Process can lead to positive changes in clients with challenges in volition. Theory-based intervention use can increase the confidence of occupational therapists as professionals.

Implications for future research: Partnerships between academics and practitioners can be successful and are critical for improving both theory and practice.

Evidence-based practice implications:

- **Implementing use of a common language can lead to a greater understanding and appreciation of occupational therapy by other professionals.**
- **Intervention and assessment tools that are sensitive to small changes are helpful for therapists who deal with challenging populations.**
- **Clients with volitional challenges may benefit from motivation-focused interventions like the Remotivation Process.**