

CHAPTER FIVE

THE EXPLORATION MODULE STAGES AND STRATEGIES

As mentioned earlier, each level of the Remotivation Process contains a series of stages and specific strategies. Table 5-1 provides a brief overview of each of the four stages of the Exploration Module

- Validation
- Environmental Exploration
- Choice-making
- Pleasure and Efficacy in Action

In the following sections, these stages and specific strategies will be illustrated through a case discussed in detail.

Table 5-1 Stages and Strategies of the Exploration Module

STAGE	THERAPIST STRATEGIES	GOALS FOR CLIENTS
Validation	<ul style="list-style-type: none"> • Significant greeting • Introduce meaningful elements into personal space • Participate in activities of interest to client in close proximity to client • Generate interaction 	<ul style="list-style-type: none"> • A sense of personal significance • A basic sense of capacity • A sense of security with the environment.
Disposition for environmental exploration	<ul style="list-style-type: none"> • Move familiar routines into novel spaces • Facilitate observation of others engaged in activities of interest • Invite participation through doing things in the presence of a client 	<ul style="list-style-type: none"> • Exploration of interests in novel contexts • Self-initiated occupational behavior • Confidence in trying new things