



Model of Human Occupation

Archived List Serv Discussion

MOHO and PD

April 28, 2009

I wondering did anyone used/using MOHO with PD patients? If so, please give me some suggestions..

Yuvaraj

May 6, 2009

There are a couple good papers that discuss MOHO with Personality Disorder. See the papers by Neville-Jan and by Cheryl Salz in our bibliography

Gary Kielhofner

May 6, 2009

Dear Yuvaraj,

I work as an occupational therapist in the Leeds Personality Disorder Clinical Network (England), and MOHO provides the overall background structure for occupational intervention for service users of the Clinical Network.

The Clinical Network uses the description of personality disorder articulated by Livesley (2003) to provide a practical framework to inform the work of all disciplines and agencies in the Clinical Network. These are broadly divided three domains, general health / social, psychological, and occupational. In brief Livesley describes personality disorder as (i) having problems establishing a stable and integrated sense of oneself and others, (ii) having problems developing and maintaining relationships, and (iii) having problems functioning adaptively in the social group. I think what is so useful about this description is that it opens and broadens thinking about the experience of personality disorder beyond the usual narrow psychiatric grounds. As occupational therapists it allows us to assert the essential role of occupational participation as a way of managing and facilitating adaptation to the problems identified above. It is acknowledged that the experience of personality disorder is complex and multi-layered, presenting many challenges both to those experiencing it and those who work with people with personality disorder. On this basis if we are to develop effective occupational intervention with people with personality disorder, we need to use theory that facilitates our ability to embrace and work with the immense complexity associated with personality disorder – MOHO allows us to do this.

So for us, MOHO is used to facilitate an occupational understanding of service users, inform direct and indirect occupational intervention, and facilitate the development of outcome data. Perhaps most fundamentally it has allowed us to work with service users and our professional colleagues in developing an understanding of the function of occupational participation for people with personality disorder, in terms of 'controlling and regulating' their emotional status, and how this interacts with peoples' sense of occupational identity. This work utilises the many 'tools' that MOHO offers us, theory, assessment tools, outcome measure, strategies, processes of change, etc. Our experience has been that we don't have to 'reinvent the wheel', and the better we get at using MOHO, the more able we are to focus on developing effective occupational intervention for people with personality disorder and integrating occupational intervention into peoples' overall intervention plans.

The results / outcomes from the variety of occupational interventions – which includes an occupation based day service, individual work, horticulture project, walking group, indicate that occupational engagement for some people depending on their stage of change and recovery is a fundamental and ongoing intervention. At its most basic level occupational engagement allows people to develop 'physical evidence' of occupational competence, which facilitates reflection and development of occupational identity – who am I? who do I want to become? something which people with personality disorder tend to avoid.

In terms of promoting occupational intervention, our use of MOHO has allowed us to articulate effectively the necessity and usefulness of occupational intervention for people with personality disorder, in an area that is currently largely informed by medical and psychological thinking.

I hope these thoughts are of some use.

Alan Hirons

May 20, 2009

Dear All

I would like to thank especially David Griffiths, Alan Hirons, Gary Kielhofner, Amrita Sinha & to all people who had replied to my quires, I really appreciate and it was extremely useful.

Yuvaraj