



Model of Human Occupation

Archived List Serv Discussion

MOHO, CAM, AAAT modalities. Can these be integrated into clinical practice? Is anyone using these modalities?

April 28, 2008

I am very interested in learning about what other OT's COTA's use in practice settings - for instance, in the physical rehabilitation settings; I am especially interested in knowing if the use of Complementary and Alternative modalities are being incorporated in practice - either in the mental health and the physical domains. How about Animal Assisted Activities and Therapy (AAAT) approaches as a tool for practice? And how could MOHO philosophy be combined with AAAT, and if this is possible, can or do OT's use this as a billable service for treatment interventions.

Thank you for your responses to my questions.

Sincerely,

M. Collette Brandt

April 29, 2008

Hi Collette,

I can respond to part of your question. I have worked for a number of years with the use of horses in therapy (therapeutic riding and hippotherapy). For many clients this is an important volitional medium and I have personally seen great benefits with clients. There is one published paper that relates MOHO to hippotherapy; you should be able to find it on the website. We are also working on a project now using the volitional questionnaire to document change in children with autism over the course of hippotherapy and are anticipating further projects in this area. To the extent that animals are part of people's values and interests, they can be important adjuncts to therapy. Also the role of being a caretaker for animals is an important occupational role for many people and this is an under-documented area along with the extent to which involvement with animals structures our habit patterns. I have two horses and two cats and a fair amount of my day gets structured to their care, etc. I live in a rural area where much of the occupational life of people revolves around animal husbandry. These creatures are a big part of our occupations!

Gary Kielhofner

April 29, 2008

Collette-

MOHO is a set of ideas for thinking in a systematic way about the personal and environmental factors that may impact an individual's occupational participation. In this way, MOHO concepts can be applied in many situations and in many contexts, and alongside other approaches or therapeutic "tools", including Animal Assisted Activities and Therapy. For example- you could use MOHO and the PVQ/VQ to document the impact that AAAT has on an individual's motivation for engagement in an activity! MOHO can help you to systematically think about the skills that AAAT is seeking to improve. MOHO also helps you to systematically think about the environment, and to modify objects, spaces, and tasks so that animal based activities are accessible, safe, and provide opportunities for individuals to explore! In some cases, AAAT provide individuals with an opportunity to enact roles and fulfill role responsibilities (feeding and grooming animals).

When I was working in the schools, we received small grants to fund in-school "pet pals" (dogs who received special certification to be with children) and also sponsored a "horsey day" event (kids did not ride, but fed, groomed, and learned about horses). These events built on children's interests in animals and provided opportunity to explore new experiences (children that were scared were not required to participate, and had a separate "party"), provided opportunities to practice motor/process/communication & interaction skills, and forced us therapists to think creatively about modifying the environment and activities to make it accessible!!

I cannot speak to billing, as we did not bill in school system practice, but I am under the impression that billing is about progress made towards goals. If using AAAT as a sort of "modality" helps children practice skills and reach goals, I would think that would be billable. Also, the new assessment for children being released at the end of the summer, SCOPE, contains an extensive table of goals based on MOHO concepts like volition and habituation. The 4th edition of the MOHO text also includes a table that demonstrates how goals, intervention activities (therapist actions) and clients can work towards goals based on each MOHO concepts.

Best to you-

Jessica