Occupational therapy for alcoholism

December 27, 2017

Nice to meet you. My name is Tetsutaro Kosago, an occupational therapist at Kurihama Medical and addiction Center in Japan. I am working on using MOHO for alcoholism.

Patients who are discharged on the way without completing the 2 month hospitalization period are the subjects. So in order to look back on the hospitalization period, I had a narrative slope on patients who completed the program. By using the slope, I was able to understand the change of my mind. Based on the results in the future, we plan to consider individual interventions in addition to group therapy so far.

Treatment of addiction of hospitalization in Japan is a special system, but please let me know what other MOHO assessment and thought are taken into practice in dependence patients in other countries.

December 31, 2017

Hello Tetsutaro:

We find mostly useful the following MOHO assessments with people who have addictions of any type. In any case, I would encourage to select the proper assessments for the person carefully, according to the initial occupational needs you can observe and get that guides your reasoning. Also that non-standardized methods are very important too.

- The OPHI-II
- MOHOST
- The OSA (we use it in groups and individually)
- Interest checklist (we use it in groups and individually)
- The VQ (we have seen that many people have severe problems in volition to participate in other occupations that are not related with substance abuse.
- REIS (very important during hospitalization and for discharge and community interventions.
- WEIS (key self knowledge, environmental knowledge, planning with, and facilitating the right match between persons occupational aspects' characteristics and qualities of the work occupational environment
In addition, for programming if you do individual intervention, Interventions that appear in chapter 14 of 5th edition of MOHO Book: Mostly 1. MOHO individual Consultation, 2. Facilitation of exploration, 3. Integration process to meaningful roles and habits related development 4) Environmental management and, 5) Education with social networks. 2) Participation in meaningful activities related to occupations and in advanced stages of occupational change process participation in occupations linked to personal projects.

We also use the Remotivation Process as protocol of intervention. It has been very important. For many people, the change on habituation patterns of thinking & feeling about themselves is very difficult, and they need time and consistent support to do it well.

Group interventions: Mostly 1) Peer support educational groups; 2) Participation in meaningful occupations through group projects; 3. Occupational self-help groups; 4. These are also done with families; and/or with them and their families.

Care of the caregiver is crucial. Therapists using MOHO have helped caregivers to support their family member in the way they need and also to care about their occupational needs as people and see when to "let go", meaning when to not give the support they are used to because it is not under their control.

Families who have done the impossible for their family members need validation and company. Sometimes the principal carer needs a Remotivation Process.

If you don’t have the fifth edition of the MOHO Book yet, I strongly suggest you get it! :)

If you need anything more specific, let me know!

Much love to you and everybody!
Happy New Year

Carmen Gloria de las Heras, MS, OTR/L
Chile

December 31, 2017

Dear Tetsutaro,

That is really great you have specialised in this field. It used to be my specialty also back in the 1990’s, when I was the Occupational Therapist for an alcohol inpatient service in London, UK.

This work became my passion and I wrote a chapter about the specialism in the book by Jennifer Creek, “Occupational Therapy and Mental Health”.

Model of Human Occupation Clearinghouse – Archived ListServ Discussion
One of the key benefits I noted was the use of group-based occupational activities to help counteract one of the seven aspects of the alcohol dependence syndrome known as “salience of drinking”, in which a person with an alcohol addiction becomes increasingly focused on occupations that were centred around alcohol. Occupational therapy has a huge role in counteracting this.

I set up a group with a nursing colleague to teach male alcohol patients magic tricks. This helped many gain an interest which promoted their self esteem, facilitated interaction with others and for one at least, gave him a purpose with which he could have a positive interaction with his young son. This group was structured using the Model of Human Occupation, specifically the Human Open System.

At the time this was before Gary Kielhofner had developed the full range of MOHO assessments, but if I were running the group nowadays, I would use both the MOHOST and the OSA as outcome measures.

Incidentally, I worked with a visiting doctor from Japan called Dr. Megumi Gotoh. I wondered if you had come across her? She became quite interested in occupational therapy and sat in on some of my groups.

Good luck with your work! It’s so great that the role of occupational therapy in this field is being recognised and developed in Japan.

Kind regards,
John.

John Chacksfield MSc, DipCOT, PGCE, FRSA
PhD researcher / lecturer
Canterbury Christ Church University
UK.

January 3, 2018

Hello Tetsutaro,

Thank you for your email and your interest in MOHO. In addition to the valuable advice already received, there are a few functionality options on MOHO Web that I think may help identify the type of assessments you are looking for.

The first would be to scroll over the "Products" tab and select "Find the Assessment Tool": http://www.moho.uic.edu/resources/findTheAssessment/home.aspx. Here you will be able to search for appropriate assessments based on categories such as MOHO domain, purpose of assessment, and client factors.
It may also be helpful to utilize the "Search Scholarship" page on MOHO Web: http://www.moho.uic.edu/resources/scholarship.aspx. This search engine allows you to plug in keywords or search by assessment in order to generate a list of existing research on a given topic. While we do our best to keep this literature review resource updated, it may not include all recently published studies.

Lastly, the assessment manuals provide a comprehensive overview of MOHO theory and assessment administration for professionals that have therapeutic training. Additional information can be found in the Kielhofner, 2017 book.

Kind regards,

Andrew Morris
MS Student, Occupational Therapy
Research Assistant, Model of Human Occupation Clearinghouse
College of Applied Health Sciences
The University of Illinois at Chicago

January 3, 2018

Hello Tetsutaro,

To clarify, the Kielhofner, 2017 book mentioned in the previous email refers to Kielhofner’s Model Of Human Occupation, 5th edition, edited by Dr. Renee R. Taylor. The full citation is below.


Kind regards,

Andrew Morris
MS Student, Occupational Therapy
Research Assistant, Model of Human Occupation Clearinghouse
College of Applied Health Sciences
The University of Illinois at Chicago