

Regaining Family Function Through Occupation-Based Family Therapy: Case Study

Dafna Hirschmann, Shani Volovic Shushan, Ofra Bareket-Srulevitch, Ilan Treves

Dafna Hirschmann, MA, OTR, BOT, Certified family therapist and family therapy supervisor, Candidate at the Israel Institute of Group Analysis. Occupational Therapist & Training Coordinator Shalvata Mental Health Center, Hod Ha'Sharon.

dafnahi@clalit.org.il

Shani Volovic Shushan, BOT, OTR, occupational therapist, Adult Department "B", Shalvata Mental Health Center, Hod Ha'Sharon. shamivo@clalit.org.il

Ofra Bareket-Srulevitch, BOT, OTR, Director of Occupational Therapy Services, Shalvata Mental Health Center, Hod Ha'Sharon. ofraba@clalit.org.il

Ilan Treves, MD, Director of Adult Department "B" Shalvata Mental Health Center, Hod Ha'Sharon. itreves@clalit.org.il

Key Words: occupational therapy, family intervention, rehabilitation, social context

Occupational therapy intervention processes target clients of all ages and various fields. In order to promote the therapeutic process and achieve clients' goals, interventions emphasize the clients' relationship with family members and caregivers. This article presents a new intervention program referred to as Occupation-based Family Therapy (OFT). Unlike most occupational therapy interventions that relate to the client's family members, Occupational-based Family Therapy (OFT) regards the entire family as its client. This new program is based on a family system perspective, according to which the entire family must be treated as a whole to address the problems of an individual member. Thus, family members who function together as a unit receive treatment. The goal is to promote improved family functioning using occupations that are meaningful to them as a family. Treatment involves five major steps: assessment, matching expectations and setting goals, practical exercises,

collecting the products and conceptualization, independent practice and measurement of change. The article describes an Occupational-based Family Therapy (OFT) intervention conducted at Shalvata Mental Health Center with a family of four. The case study presents the stages of treatment, the goals that were set and the means chosen to achieve them. Since OFT integrates knowledge from the fields of family systems therapy and occupational therapy, additional training is required to perform this type of intervention.