Course Description
Do you have clients who can’t seem to make their bodies move the way they want to? Clients that can’t coordinate their movement, produce the right amount of force, or perform with fluidity…even after you have instructed them how to? Shift gears and apply the CO-OP Approach!

Cognitive Orientation to daily Occupational Performance (CO-OP) is an evidence-based approach designed for Occupational and Physical Therapists to enable performance success for children and adults with motor skills difficulties! Originally developed for children with Developmental Coordination Disorder (DCD), the CO-OP Approach has also demonstrated efficacy in children and adults with a variety of diagnoses, including: Autism spectrum disorder (ASD), Attention deficit hyperactivity disorder (ADHD), Cerebral palsy (CP), Acquired brain injury (ABI), Developmental disabilities, Dyslexia, Dysonnia, Parkinson’s disorder, Stroke, and Traumatic brain injury (TBI).

The goal of the CO-OP Approach is to enable individuals with performance difficulties, be they physical, cognitive, or other, to succeed in everyday tasks that are important to them (e.g., bike riding, jump rope, handwriting, shoe tying). CO-OP engages the individual at the meta-cognitive level to solve performance problems using the Goal-Plan-Do-Check framework. As Certified CO-OP Instructors, Erin and Patti, will teach you CO-OP’s structured intervention format that includes collaborative goal setting, dynamic performance analysis, cognitive strategy use, guided discovery, and enabling principles. Case discussions will enrich your ability to apply CO-OP to various diagnoses. Multiple dedicated practice times during the course will allow you to leave the course with the skills needed to use the CO-OP Approach in your practice the next day you return to work.

Learning Objectives
At the completion of this course, attendees will be able to:
1. Identify 3 client populations that would benefit from the CO-OP Approach
2. Explain at least 3 of the 7 key features of CO-OP
3. Use the Performance Quality Rating Scale (PQRS) to rate baseline performance on a given case study
4. Implement the global strategy of Goal-Plan-Do-Check in a therapy activity with a partner
5. Implement 2 domain-specific Strategies to facilitate creation of a motor plan for a client’s goal with a partner
6. Create a plan to apply the structured intervention format CO-OP Approach on a selected case study

This course qualifies for 12 hours of continuing education. For more info about this course, as well as registration & cancellation policy, visit or contact: ApplyEBP.com | applyebp@gmail.com | 646-269-9039

Agenda
Day 1
8:30 am CO-OP Foundations (lecture)
• Evidence for Developmental Coordination Disorder (DCD) & Other Diagnoses
• CO-OP Framework
10:00 am Break
10:15 am Neuroplasticity & Motor Learning (lecture)
11:15 am Tools for Client-Centered Goal Setting (lecture)
12:00 pm Lunch (on your own)
12:45 pm Using CO-OP (lecture & group activity)
• Setting Performance Baseline
• Dynamic Performance Analysis
• Global Strategy: Goal-Plan-Do-Check
• Intro to Guided Discovery
2:15 pm Practicing CO-OP (group activity)
3:30 pm Adjourn

Day 2
8:30 am Using CO-OP (lecture, group activity)
• Domain-Specific Strategies
• Guided Discovery
10:00 am Break
10:15 am Practicing CO-OP: Teach a New Task (group activity)
11:30 am Implementing CO-OP (lecture)
• Enabling Principles
• Significant Others
• Intervention Format & Modifications
12:30 pm Lunch (on your own)
1:15 pm Applying CO-OP in Your Own Practice (lecture, group activity, case discussions)
3:30 pm Adjourn

Who Should Attend: OTs, PTs, OTAs & PTAs
Register at ApplyEBP.com
Full Price: $499  Early Bird: $469  Group Early Bird: $449

This course is brought to you in partnership with the CO-OP Academy