

# Formal Training in the CO-OP Approach

---

The CO-OP Academy is dedicated to knowledge translation and quality assurance. Accordingly, the CO-OP Academy reserves the right to offer training in the CO-OP Approach, be it for research or clinical practice.

There are a number of educational vehicles available to those interested in the CO-OP Approach, each bringing a different level of proficiency with the Approach.

For those interested in doing research with the Approach or using the Approach in clinical practice, formal training in the Approach is highly recommended. This training is offered in one of two platforms: Web-based courses or face-to-face workshops.

*(From time to time, where appropriate, such as for research purposes, individualized training is also provided. For information about individualized training, please contact the CO-OP Academy at [coop.interacademy2@gmail.com](mailto:coop.interacademy2@gmail.com) or Dr. Polatajko, [H.polatajko@utoronto.ca](mailto:H.polatajko@utoronto.ca), directly.)*

## Web-based CO-OP Courses

A series of web-based CO-OP courses have been created to facilitate access to CO-OP training. These courses, created in a partnership between the CO-OP Academy and the Department of Occupational Science and Occupational Therapy at the University of Toronto, are offered through the University of Toronto. The series comprises four courses:

- CO-OP I – Introduction
- CO-OP II - The Basics
- CO-OP III – Consolidation
- CO-OP IV – Certification.

These courses take the learner from a basic introduction to the Approach, available free of charge to all, through to, and including, certification as a CO-OP therapist. To learn more about and to access these courses, please go to: <http://ot.utoronto.ca/clinical-community-alumni/continuing-education/>

## Face-to-face CO-OP Workshops

The face-to-face CO-OP workshops, held throughout the world, are led by certified CO-OP instructors and always occur in response to an invitation from a host organizer. *(NOTE: The Academy does not organize or run its own workshops.)* Workshops have taken a number of formats in the past, depending on the goals of the host organizer. These have included the 2-Day Basic Workshop, the 2-Part/3-Day Consolidation Workshop and the 2-Part/3-Day Certification Workshop (see below for descriptions). The Basic Workshop was the CO-OP workshops' initial iteration, and the Consolidation and Certification Workshops are recent additions.

In 2015, in keeping with the CO-OP Academy's dedication to Quality Assurance, The Academy decided to no longer offer the basic workshop – except in very exceptional circumstances. It also decided to offer the consolidation workshops in the face-to-face format and to reserve the certification workshops to the web-based platform. The Academy is aware that there may be circumstances where these formats are not practical, e.g., where there are issues of distance or language. In these circumstances, interested host organizers are encouraged to contact the CO-OP Academy at [coop.interacademy2@gmail.com](mailto:coop.interacademy2@gmail.com) or Dr. Polatajko, [H.polatajko@utoronto.ca](mailto:H.polatajko@utoronto.ca), directly, to work out a solution.

## ***I. The Basic Workshop***

The basic CO-OP workshop is designed to teach the basic elements of the Approach – the expectation being that those in attendance will gain an understanding of the Approach and leave with the rudimentary skill needed to apply the key elements of the Approach. It requires at least 16 hours of direct instruction. A number of formats have been used, depending on organizer and/or participants' preferences.

### **Format 1: Two consecutive, full days**

Generally, the basics of CO-OP are taught in two consecutive full days. However, this information can be offered in a more spaced out version.

### **Format 2: Series of spaced-out, half days**

The mornings are spent developing foundational knowledge of CO-OP, and the afternoons are spent trying out what has been learned. This format is optimal for in-house training.

Participants are issued a certificate of attendance by the workshop host organizers, on their letterhead, which are co-signed by the certified CO-OP instructor.

## ***II. The Consolidation Workshop***

The consolidation workshop is delivered in two parts, and is an extension of the Basic Workshop (Part I). It is designed to not only teach the basic elements of the Approach, but also to give the participants the opportunity to practice implementing the Approach in their client group, share their experiences with other participants and get feedback. The intent is to deepen the participants' understanding of and ability to implement the Approach.

### **Part I**

The basic 16-hour instruction, described above.

### **Part II**

Consists of a consolidation day that is held at least 6 weeks after initial instruction. Participants return with experience and case examples in hand after having used the approach. This day is devoted to reviewing experiences, deepening understanding, and providing feedback on performance.

Participants are issued a certificate of attendance by the workshop host organizers, on their letterhead, that is co-signed by the certified CO-OP instructor.

**NOTE:** *This is not the same as, or equivalent to, the Certification Workshop.*

## ***Certification as a CO-OP Therapist***

For those interested in becoming recognized as certified CO-OP therapists, there is a certification option. (*NOTE: This is strongly recommended for anyone wishing to conduct research on the Approach.*)

Historically, the certification option has been delivered in the face-to-face format, and was essentially an intensive version of the consolidation workshop, where Part 2 was delivered at a smaller student-to-instructor ratio (approx. 12:1) with a formal evaluation component. During Part 2 of the certification workshop, participants must present a case study demonstrating their skill at implementing the key features of the CO-OP Approach (video recordings showing the therapist in action are strongly encouraged), and must be evaluated by a certified CO-OP instructor. At the end of this section, participants are issued a formal certificate on CO-OP letterhead, which is signed by the

CO-OP instructor, indicating that they are now a certified CO-OP Therapist. Their name will also be included on the CO-OP website's directory of certified CO-OP Therapists. Organizers interested in this option are encouraged to discuss it with the CO-OP Academy through the Instructor.

As of January 2016, the certification option is only being offered in the web-based format. As indicated above, where circumstances make this option impossible, other arrangements can be discussed with the Academy. To learn more about and to access these courses, please visit the following site:

<http://ot.utoronto.ca/clinical-community-alumni/continuing-education/>