



# Joy in occupational therapy practice: reflective journaling to promote longevity in fieldwork educators and future practitioners



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We will collate your joyful moments and journaling prompts. Access after conference at:  
<http://rehab.washington.edu/education/degree/ot/>

## Joyful moments in your practice Add your moments!

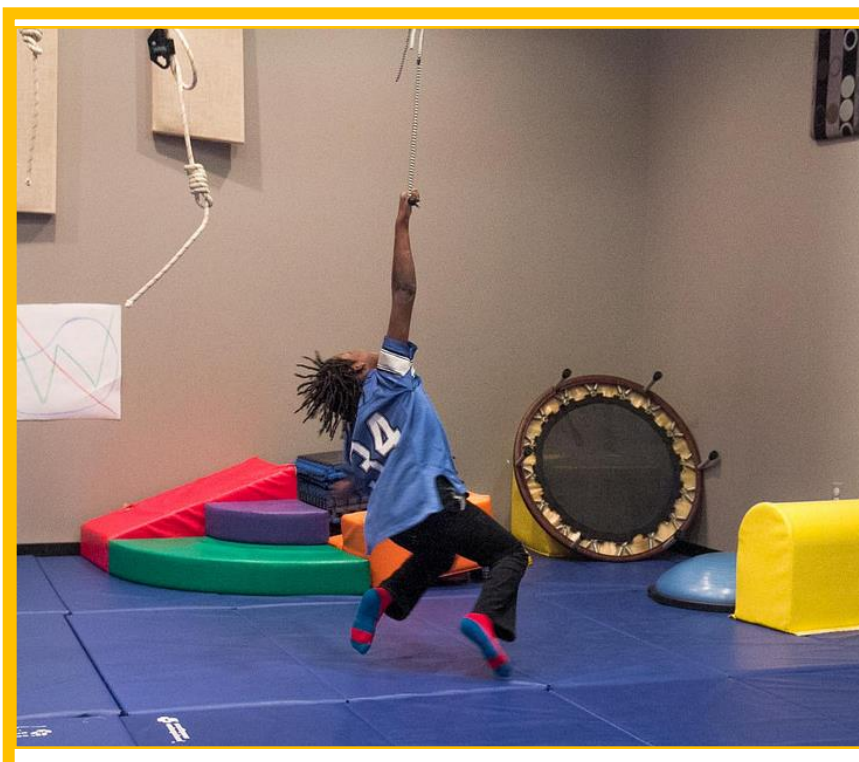
I knew I'd found a meaningful activity when a previously reluctant pt met me at the door of the tx room at 7 am fully dressed, ready to show me how he cooks breakfast.

A family's expression of gratitude after I had partnered with a PT to provide positioning to decrease pain for their terminally ill infant, allowing the family to share space and bond with her.

The look of relief in her eyes when shoulder mobilization relieved her pain

Watching the delight of a mother and speech therapist hear a non-verbal toddler w/ low registration finally say "apple" when prompted after participating in a sensory-enriched obstacle course I had orchestrated during a co-

## Background



### Why focus on joyful moments?

- Improve career longevity/avoid burnout by increasing job satisfaction
- Increase curiosity
- Heighten focus on successes, not failures
- Decrease stress
- Celebrate joyfulness in every day accomplishments
- Improve depth of learning throughout FW placement
- Enhance communication between student and FW Educator.
- Develop student-initiated skills of self-reinforcement

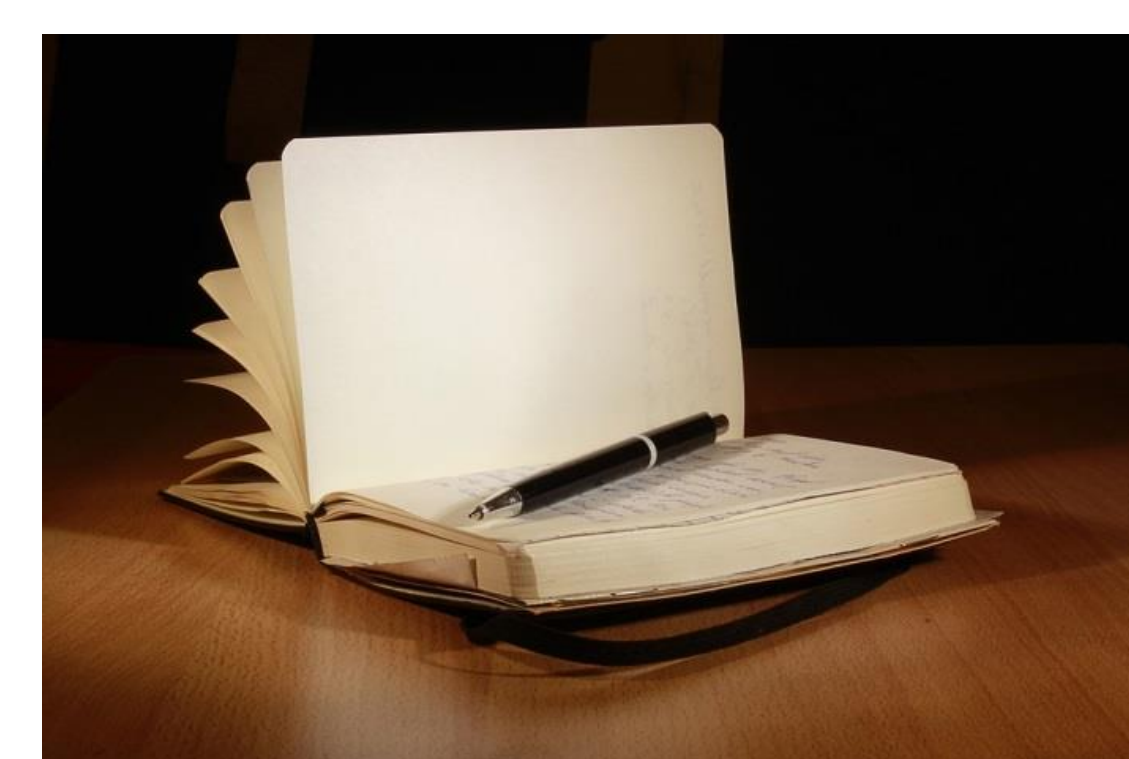


## Method

Reflective Journaling skill can focus on recognizing and celebrating joyful moments, equipping students to evaluate and support themselves intrinsically.

Goals of utilizing journaling to teach skill of celebrating joyful moments:

- Encourage student and FW educator curiosity about student's development
- Build student's respect for self, team, pts, process of tx
- Develop student's ability to self-evaluate and self-motivate, thus supporting independence in practice

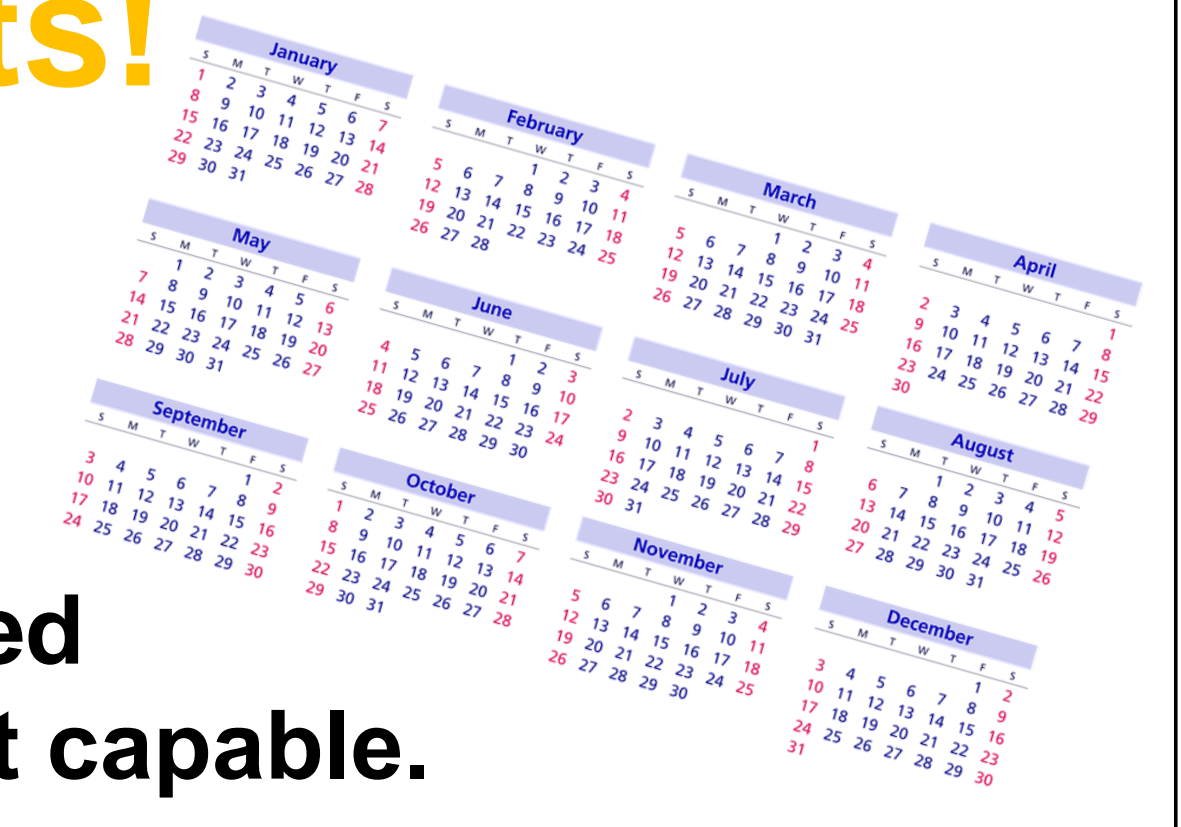


Process of using reflective journaling to increase sensitivity to joyful moments:

- Model awareness of joyful moments in your own practice by articulating specific examples
- Structure journaling questions for student during FW II
- Provide progressive journaling prompts
  - Adjust content of prompts to student's individual learning curve
  - Evolve prompts to require deeper/more complex reflections as FW progresses
- Encourage student to regularly record reflections, then summarize or find highlights at end of each week
- Discuss intermittently with student how the process of discovery of joyful moments has deepened or broadened and how this focus has influenced FW success.

## Reflective and Graded Journaling Prompts Related to Joy in OT Practice

Add your ideas for specific prompts on handouts!



### First third of FW

(Focus on student perception)

Prompts can focus on: student "ah-ha" moments; what successes they observed while others' treated; when students felt capable.

### Middle third

(Focus on Awareness of Pt. experience)

Prompt students to: Progress to first-notice patients' reactions when observing tx, then when student is providing tx; develop awareness of accuracy of observations; celebrate growth of skills in self-evaluation and in treatment.

### Last third

(Focus on systems and integration of layers)

Expand prompts to notice success in: working with systems; caregiver reactions; accuracy of observations; growth in clinical reasoning skills; abilities compared to first month.

## REFERENCES/RESOURCES

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