**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Therapy Technician**

**Related unit of instruction:**

Occupational Therapy Treatment – Therapeutic Exercises

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP prepares the student to assist patients in performing therapeutic exercises. Exercise plans will be practiced in the laboratory setting.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapter 16 in *Introduction to Occupational Therapy 4th Ed,* O’Brien and Hussey, 2012.
2. Pass the test for the chapter.

**Learning Objective:**

Therapeutic Relationships Chapter 16

1. Explain the uniqueness of the therapeutic relationship.
2. Identify the stages of loss.
3. Describe how “use of self” is used by practitioners.
4. Understand the importance of self-awareness for effective therapeutic relationships.
5. Identify the three “selves” recognized in self-awareness.
6. Explain the skills needed for developing effective therapeutic relationships.
7. Describe the necessary skills for leading groups.