



DOT(WA) Inc. MEETING Agenda

**PD TO BE HELD at 6:30pm and meeting to be held at approx 7:30pm
22nd August 2023**

PRESENTATION & PRESENTER- Utilising trauma-informed care in everyday practice
Presented by Isabelle Nash, Balance to Bloom

- 1. WELCOME**
- 2. CONFIRMATION OF PREVIOUS MINUTES**
- 3. AGM**
- 4. ELECTION OF NEW COMMITTEE**
- 5. MATTERS ARISING FROM PREVIOUS MINUTES**
- 6. OT ASSOCIATIONS**
- 7. NEW BUSINESS**
- 8. THE GOOD, THE BAD AND THE UGLY**
- 9. REGIONAL NEWS**

Following meeting: TBC
Chairperson: Fiona Kemp
Presentation by: TBC
Topic: TBC

Zoom video conference details:

Zoom instructions can be found in the DOT (WA) newsletter or on our website:
<https://dotwa.org.au/monthly-meeting/>



DOT (WA) Inc. MEETING MINUTES

**MINUTES of MEETING HELD on Wednesday 28th June 2023 AT 7:30pm
Via Zoom**

1.1 PRESENT

Lee Rogalasky, Amanda Drew, Ashlyn Macfarlane, Bernadette Wiegele, Carmen Ip, Casey Famiglia, Fiona Kemp, Gayle Hillen, Isabelle Nash, Jacqui Hunt, Jane Yeates, Janet Gowland, Shani Mattinson, Tom Burchfield, Susan Pierce, Louella Frost, Tennille Archer.

2. CONFIRMATION OF MINUTES

Jacqui Hunt.

3. MATTERS ARISING FROM PREVIOUS MINUTES

OT in Australian Education Group:

- The OT in Australian Education Group is looking for WA representatives for the national committee, so they can ensure a WA perspective in their work. The group was formed in September 2020 with 'the purpose of sharing information, ideas and opportunities pertaining to increasing the visibility, influence and impact of occupational therapists working within the education sector (excluding tertiary education).' They are independent of OTA, however, they work closely with them. The group meets approx. each 6 weeks, generally on a Tuesday at 10 AWST - Perth (12 noon AEST) by Zoom for about 60 - 90 minutes. If you work within schools, are a researcher, or have a general interest in this area and are keen to be involved or find out more information, please let DOT(WA) know via email at dotwa@outlook.com. It would be fantastic to have WA representation on this group, as some other states employ OTs in schools and there is much we may be able to learn.

4. OT ASSOCIATIONS

WAOTA

- WAOTA Inaugural Awards Ball was held on 6th May 2023 at Esplanade Hotel Fremantle, and was awesome! Lots of organisations attended on tables, mostly hospital departments.
- Trying to make connections between WA Division of OT Australia, WAOTA and DOT(WA); Jacqui discussing these with Chris Pearce, Chair of WA Divisional Council of OT Australia.
- WAOTA'S AGM was held and attended by our Chair, Fiona Kemp.

OTA

- National OT conference held last week in Cairns on 21–23 June 2023. Turia Pitts' keynote was reported to be very good, and she spoke very highly of OTS in her personal rehabilitation journey.
- OT Exchange will be held in WA on 13th and 14th June 2024.

5. NEW BUSINESS

DOT(WA) Annual General Meeting

Our next meeting is the AGM. All committee roles are available, and members are invited to consider joining us! We meet online, and occasionally face to face (which always includes yummy food!) Committee roles are as follows:

- Chairperson
- Vice Chair
- Treasurer
- Meetings Secretary
- Membership Secretary
- Email Coordinator / marketing / Facebook
- Bimonthly PD Coordinator
- Big PD Coordinator
- Rural and Remote
- Research Coordinator
- Mentorship Coordinator
- Website
- General Committee Member

DOT(WA) Award for Excellence in Paediatric OT

We are soon to invite nominations for this award, for a DOT(WA) member demonstrating excellence in paediatric OT. You don't need to be a DOT(WA) member to nominate someone. A list of past winners is available at <https://dotwa.org.au/about-dotwa/award-for-excellence/>

PD Opportunities:

- National Allied Health Conference will be held in Perth on 8th and 9th August – www.nahc.com.au/2023-preliminary-program
- Responsive Feeding Pro for children with picky / restricted eating, with eating disorders – Level 1 program will be held in September, on AWST – www.responsivefeedingpro.com. If interested, consider contacting DOT(WA) member Isabelle Nash at isabellenash@balancetobloom.com.au if would like to register as a group to access the group discount.

6. THE GOOD THE BAD AND THE UGLY

- DOT(WA) member Bernadette Wiegele recently attended the 10th World congress for Cognitive Behavioural Therapy in Seoul South Korea (June 2023). Bernadette shared the following ideas from this conference, that relates to us as OT's and the children we treat – *Thankyou Bernadette for providing the following information to DOT(WA) -*

- 1) Childhood Anxiety- the first line of treatment was CBT which is effective in 50% of cases. Other children's treatment then had to be more personalized to suit the client.
- 2) The invited address by Judith Beck from the Beck Institute initially discussed her late father Aaron's distinguished career.

She also discussed when working with clients the use of relevant questions to Strengthen the Adaptive Mode.

I think this relates to children as well i.e.. getting them to think about how they are going with the tasks/ activities/ their achievements in your therapy sessions.

- What does this say about you? (e.g., you don't give up, you keep trying even if it gets hard)
- Does this show that you are capable? (e.g., you can get dressed all by yourself now- you are growing up and learning to look after yourself)
- Did you enjoy that more than you expected?
- Did you have enough energy to do that?
- Were you able to help other people?
- How did others treat you / view you?
- What could that mean for your future?

I think it encourages self- monitoring and developing confidence in child's skills and self-belief . As OT's we can set the "just right" challenges with our activities so the child gets this.

3) Symposium on Discrete emotions in Social Anxiety Disorder

I have seen a big increase in anxiety in children generally over the last few years. Social Anxiety Disorder affects 2-7% of adults.

Studies were done to see how emotions such as anger, shame and pride affected anxiety levels in adults with Social Anxiety Disorder (SAD).

- Higher levels of anger on a given day were associated with higher levels of anxiety on the following day above and beyond usual levels. The researchers were suggesting that anger may play a role in maintaining / exacerbating anxiety for people with SAD.
- Pride was seen as a feeling of satisfaction, contentment, pleasure and joy.

Individuals with SAD experienced less pride than people without SAD.

Women generally experience less pride than men.

Research showed that experience of feeling pride is associated with subsequent reductions in anxiety among individuals with SAD.

- Pride is important in developing self- esteem and leads to adaptive functioning.
- Greatest pride or highest levels were felt when associated with situations that were: highly negative and positive e.g., an exam
: highly meaningful and positive e.g., a dance concert
: things that are perceived as hard or that you may be scared to do

e.g., child with coordination difficulties learning to ride a bike or hanging upside down on the trapeze bar.

As OT's it is important to help the child acknowledge and feel pride in their achievements in a positive way to help enhance their self-esteem (not bragging- more like an inner coach saying "Yay me! – I did it!").

- 4) Triple P Parenting- Mathew Sanders from Queensland University has been researching parenting programmes since the 1980's. It is useful to know that parents can access many of these online modules for free as the Australian Government now subsidises this programme.
 - Some new developments include : Parenting Teenagers, Stepping Stones for children with disabilities, Fearless Triple P for children with anxiety, Baby Triple P and Resilience Triple P.

- 5) Symposium on Advances in Understanding the Relationships Between Attention and Worry.

Worry forms a core component of a range of anxiety and mood disorders.

Dr Lies Notebaert from UWA talked about:

Adaptive worry- that helps us to prepare for future events and makes things better for us. She explained that people need to become good worriers to make changes for the better e.g., identify dangers and prepare for it

Maladaptive worry- worry that focuses on future events that are uncontrollable.

Good worriers worry about what they can control- but don't worry about things they cannot control.

The idea is to align our attention bias depending on the activity e.g. high attention while riding a bike to work and switch off high levels of alertness when you get there.

7. REGIONAL NEWS

- Nil

8. PRESENTATION

KKIND Keeping Kids in No Distress – Paediatric medical trauma in the acute care setting & KKIND ASD – Supporting patients with ASD in the acute paediatric setting.

Presenters: Ranita Sidhu and Chelsea Pforr

Next Meeting: 22nd August 2023
By Zoom

Presentation: Utilising trauma-informed care in everyday practice
Presented by Isabelle Nash, owner Balance to Bloom

Minutes completed by:

Louella Frost

DOT(WA) Secretary

Meeting Chaired by:

Fiona Kemp

Chairperson