

Fall 12-9-2021

The Path A Pilot Program Bringing the Hero s Journey to Occupational Therapy

Cole Milkovich

University of St. Augustine for Health Sciences, c.milkovich@usa.edu

Susan MacDermott

University of St. Augustine for Health Sciences, skmacdermott@gmail.com

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Recommended Citation

Milkovich, C., & MacDermott, S. (2021, December 9). The Path A Pilot Program Bringing the Hero s Journey to Occupational Therapy. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesfall2021/18>

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The Path: A Pilot Program: Bringing the Hero's Journey to Occupational Therapy

BACKGROUND

Hero's Journey is a powerful narrative therapy tool that uses the hero metaphor to help clients reframe their life circumstances^{1&2}. Occupational therapists utilize narrative reasoning to guide client-heroes through a rehabilitative rite of passage through the collaboration. As mentors, clinicians assist client-heroes to create their stories that will be acted out to reflect their identity³. Therefore, the therapeutic process aims to empower the client and enact a real positive storyline through meaningful occupation^{3&4&5}.

CHALLENGE

The problem was to create an empowerment program that addresses occupational identity and increase the number of tools OTs can use to address the psychosocial context

PURPOSE

The purpose of this capstone is to build that the Hero's Journey can be utilized in OT and to develop a program based on the Hero's Journey **Outcome Objectives:**

- Determine the differences and similarities of the Hero's Journey: Road to Wellbeing program® to occupational therapy process
- Test Pilot program on target population. Determine effectiveness and revise to meet population's needs
- Create a more structured program for future use

Cole Edward Milkovich OTS & Dr. Susan MacDermott OTR/L and Becki Cohill OTR/L

Acknowledgement: Special thanks to JoAnn Burton and Aaron Cantleberry

PROGRAM RESULTS

The Path Graphic:

Result of synthesis of Needs Assessment 1 and 2. Graphic represents the concept of the Hero's Journey within the occupational therapy process.

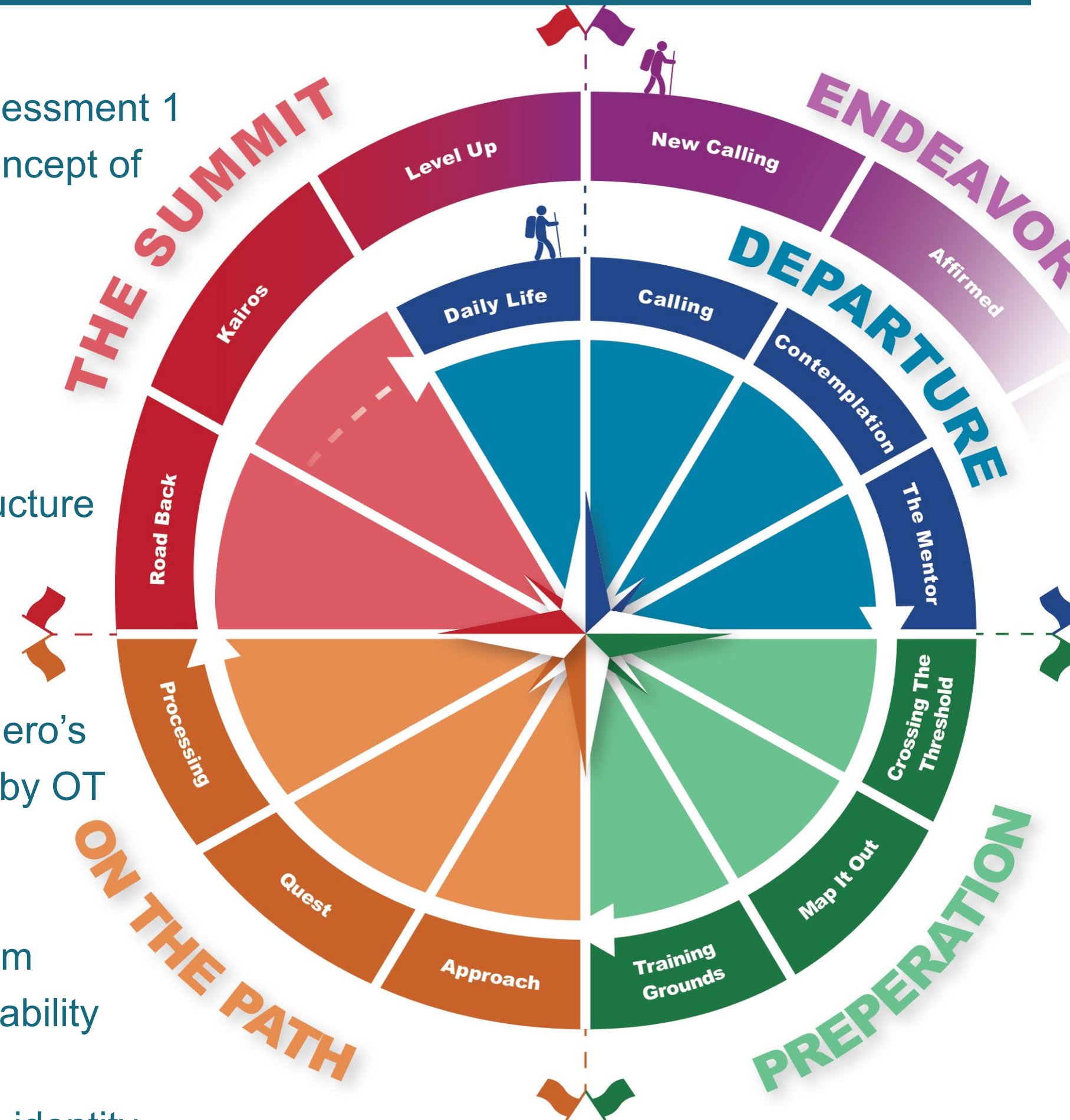
- Evaluation | Intervention
- Outcome

Function of Path Graphic:

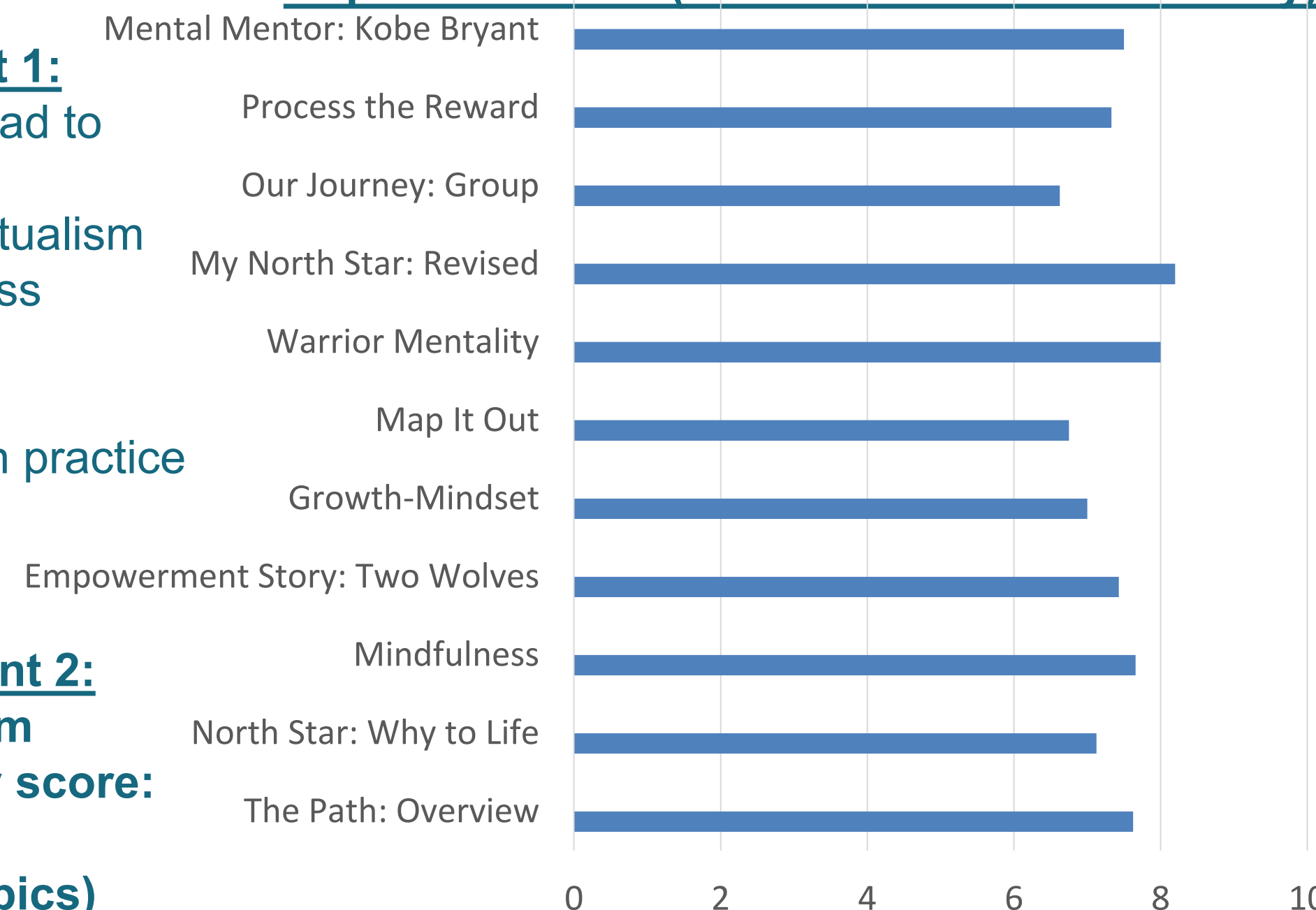
Provide positive life narrative structure for the client to subscribe to

Pilot Program Goals:

- Observe Hero's Journey in psychology to determine if The Hero's Journey concept Can be utilized by OT
- Test pilot program with At risk high school students
- Create more structured program
- To increase the staff member's ability To address their student's needs
- Increase student's occupational identity



11 pilot activities (Student Satisfaction Survey)



Results from Needs Assessment 1:

Observation of Hero's Journey: Road to Wellbeing®

- Mental health | Holism | Contextualism
- Connections to models + process
- MOHO | KAWA | EHP |

Transtheoretical

- OT can utilize Hero's Journey in practice
Example: Zones of Regulation

Results from Needs Assessment 2:

The Path: Kairos | Pilot Program

- Average satisfaction survey score:
- 7.39 out of 10
- The Path Workbook (See topics)

PROCESS

1. Needs Assessment 1: Observation of Hero's Journey: Road to Wellbeing

- Consisted of 6, 2-hour sessions
- Make connections to occupational therapy scope of practice

2. Needs Assessment 2: The Path: Kairos | Pilot Program

- Observe target population within the existing structures
- Identify the needs of the target population
- Test various (11) activities to address their needs
- Run satisfaction surveys
- Revise activities and create a new, structured program based on results

3. Create graphic to represent the Hero's Journey concept within the occupational therapy process. (The Path) See results.

WORKBOOK TOPICS

- Purpose and identity formation
- Empowerment and resiliency (growth mind-set)
- Life skills (such as goal development | Time management | Communication tips | Mindfulness | Archetype
- Identify role models and build social context
- Emotional regulation (perspective building)

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