**Toolkit for self-directed learning**

RCOT Casson Memorial Lecture 2020

Re-engineering truth and certainty in occupational therapy

Introduction

This learning resource is a reflective toolkit that will assist you in to widen your learning from the RCOT Elizabeth Casson Memorial Lecture 2020. It was delivered by Dr Jenny Preston MBE. Dr Preston is Consultant Occupational Therapist and Clinical Lead for Neurological Rehabilitation within NHS Ayrshire and Arran.

Dr Preston challenges our underlying assumptions of truth and certainty and how we generate, create and interpret knowledge within the occupational therapy profession. Through the principles of re-engineering she considers the impact of occupational therapy, including what impact is and how we define occupational therapy to a range of audiences. She envisions a future state in which we are no longer required to explain, justify and articulate the real meaning and value of occupational therapy.

The Toolkit supports the Evidence, Research and Development Pillar of the [RCOT Career Development Framework](https://www.rcot.co.uk/cpd-rcot). It is suitable for people at all career levels. Although it is designed to support groups of friends or colleagues, it can be adapted for use by individuals. If you are using it on your own, spend more time on the Individual Initial Reflection after watching the lecture. The Follow up reflection and application will be especially important for individuals. Consider sharing your learning in supervision or with colleagues.

This Toolkit event has several elements and for a group, will take about two hours to follow. There is a separate reflection and application activity to complete a few days after the group meeting. You may also wish to discuss your learning in your supervision sessions.

A Facilitator Guide is provided separately.

The Royal College of Occupational Therapists is grateful to Dr Preston for her input on this resource.

Reflective Toolkit

**INTRODUCTION** (Takes about 10 mins)

This section is led by your Facilitator.

**RCOT ELIZABETH CASSON MEMORIAL LECTURE 2020** **SCREENING** (Takes about 50 mins)

“[Re-engineering truth and certainty in occupational therapy](https://www.rcot.co.uk/2020-elizabeth-casson-memorial-lecture-dr-jenny-preston-mbe)” (lecture starts 7:54min into the recording)

A [transcript is available](https://www.rcot.co.uk/node/264) in the British Journal of Occupational Therapy. Click on the BJOT button, then search for ‘Casson Lecture 2020’.

**INDIVIDUAL INITIAL REFLECTION** (Takes about 15 mins)

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| Immediately after the screening, record your thoughts and questions in response to the following points. If you are writing on paper, add as many sheets as you require. |
| 1. Examine and explore your own version of the truth.  Click or tap here to enter text. |
| 2. What can we do as individuals and as a profession to create safe spaces to enable this exploration to happen?  Click or tap here to enter text. |
| 3. How does this lecture impact your conceptual framework in relation to equity, equality, inclusion and diversity?  Click or tap here to enter text. |

**PAIRED DISCUSSION** (Takes about 15 min)

Find a partner to work with. Share your answers and discuss your thoughts.

How do your truths impact on your experiences? Can you see where this has a specific impact on your practice? How similar or different are your views and experiences?

Record the key points of your discussion that you feel comfortable sharing with the whole group.

**GROUP DISCUSSION** (Takes about 25 mins depending on group size)

Share and discuss your key summary points with the whole group.

Do any themes emerge? Are any key practice problems or learning gaps identified?

When all pairs have fed back, have an open discussion.

**FINAL INDIVIDUAL REFLECTION** (Takes about 5 minutes)

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| Jot down some ideas that you will take into your practice. What actions might you need to take to implement them? |
| Click or tap here to enter text. |

**THANK YOU AND CLOSE** (Takes about 5 mins)

Follow-up reflection and application

Revisit this resource in the next few days. Review your answers to questions on pages 2 and 3 and your notes. You might want to discuss your reflections in your next supervision. Save this page in your CPD Portfolio.

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| Reflect on and record your answers to the following topics. |
| 1. The impact of my learning from this lecture on my practice has included:  Click or tap here to enter text. |
| 2. I would now like to learn more about:  Click or tap here to enter text. |

Links to RCOT Elizabeth Casson Memorial Lectures 2019 and 2018

If you have enjoyed this event, you may want to view previous recent lectures. You can use most of the questions in this Toolkit to reflect on their content.

2019:

[Shifting our focus. Fostering the potential of occupation and occupational therapy in a complex world](https://www.youtube.com/watch?v=HYgWV-U91NM&t=1s) , delivered by Dr Sarah Kantartzis

2018:

[Occupational stories from a global city](https://www.youtube.com/watch?v=brLv9p7lCpI), delivered by Dr Nick Pollard

Feedback

Your views are important to us! Please send us your feedback about this resource so that we can make improvements for future participants. You can get in touch in any of the following ways:

* Click to fill out our [feedback form](https://forms.office.com/Pages/ResponsePage.aspx?id=7-ghQ1rN2Eadr3VQBbQNOWV-zdEtQytAgGHq4NY2vXhUMFZSV0NIUElVRjhJNDE3OERXVE1EVFFMUC4u)
* Find the feedback form at <https://bit.ly/3oEmgPT>
* Get to the feedback form through the QR Code.



* Email your suggestions to [Prof.Dev@rcot.co.uk](mailto:Prof.Dev@rcot.co.uk).

If you have any complaints or constructive comments about the resource, please send an email to: [RCOTApprovedLearning@rcot.co.uk](mailto:RCOTApprovedLearning@rcot.co.uk).