



Psychosocial Occupational Therapy: An Evolving Practice

By Elizabeth Cara, Anne MacRae

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Designed to provide readers with the most up-to-date information on the clinical applications of psychosocial occupational therapy, the thoroughly revised Third Edition of PSYCHOSOCIAL OCCUPATIONAL THERAPY: AN EVOLVING PRACTICE is an important addition to any occupational therapy library. With a novice friendly approach focusing on diagnosis, this book is filled with case illustrations to demonstrate therapy in clinical practice so that readers are prepared for working with actual clients in real-life contexts. Seven new chapters have been added to the third edition and cover topics such as recovery perspectives, mental health research in occupational therapy, mental health of infants, managing pain in occupational therapy, assessment and outcome measurement, psychosocial occupational therapy in the school setting, and occupational therapy in the military. With contributions from experts in the field and discussions of current developments in the profession, this book is an excellent resource for anyone interested in occupational therapy.

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Editorial Review

Review

"This is an excellent text for helping OT students realize how their OT education has applicability not only to traditional mental health settings, but to the new practice areas of criminal justice, school-based practice, substance abuse, and the military. It is especially effective in clearly illustrating how an OT can identify and address the mental health issues that frequently arise in physical dysfunctions." Peter Talty, MS, OTR/L, Professor of Occupational Therapy, Keuka College, Keuka Park, NY

"This is a very well written, well organized text for the occupational therapy student. I have been teaching psycho-pathology, assessments and therapeutic approaches of wellness and psychiatric disability courses for 11 years. I have found that students generally approach this specialty area of occupational therapy with trepidation, fear and anxiety and stereotypical information. Stigma against the mentally ill is common. I am charged with teaching the truth, creating an atmosphere of comfort and understanding, and then building a students' empathic ability to see themselves as a therapeutic agent of change. Students should be able to complete their study in this domain with a solid understanding that occupational therapy treats holistically, and is focused on facilitating a clients' participation in meaningful occupation. Knowledge is power, and I believe this book will give student a thorough knowledge and the skills that will empower her to be an empathic professional who will be able to treat all clients, regardless of physical or mental illness, across the lifespan with dignity, respect and expertise." Patricia A. Donovan EdD, MSOT, OTR/L, Assistant Professor, Department of Occupational Therapy Worcester State University

About the Author

Elizabeth Cara received her Certificate of Proficiency in occupational therapy from the University of Pennsylvania. She also holds a Bachelor of Arts degree in History from Santa Clara University, a Master of Arts degree in Clinical Psychology from John F. Kennedy University and a PhD in Clinical Psychology from the Fielding Graduate University. For the last twenty years, she has been a Professor of Occupational Therapy at the undergraduate and graduate levels. Dr. Cara's clinical experience is in the rehabilitation of people with mental disabilities. Her scholarly interests include psychobiography, clinical supervision, infant and family mental health, group dynamics, interpersonal communication, and psychosocial disorders. She is the co-creator of a successful vocational program, Community Vocational Enterprises, in San Francisco, California. Dr. Cara is a native of California.

Anne MacRae received her B.A. degree in education from Antioch College, Yellow Springs, Ohio, and her M.S. degree in occupational therapy from San Jose State University. She also has a PhD in Human Science from Saybrook Institute, San Francisco. Dr. MacRae is a professor at San Jose State University in California. In addition to teaching, she also supervised the campus-based psychosocial occupational therapy clinic for 20 years. Her other clinical experience includes inpatient acute psychiatry, partial hospitalization programs, and home health care. She is also a recipient of multiple Fulbright Fellowships and engages in international consultation about occupational therapy and mental health care. Her current research and scholarly interests include cultural diversity, phenomenology, occupational justice, recovery perspectives, environmental issues in intervention, community mental health, and functional deficits of psychiatric symptoms. Dr. MacRae is currently on a pre-retirement tract from the university, which provides a reduced role at the university and is therefore she is able to pursue additional personal and professional opportunities.

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