

# Any Setting Can Be DiverseOT!

Kirsty Stanley

# About Me (Professional)

## THEN

BSc (Hons) Occupational Therapy) St Loyes - Exeter 96-99

Physical Health Rotation

Stroke Unit

Community Rehabilitation

PG Cert Health and Social Care Education

Lecturing

Started PhD

Founding Member of #OTalk

Multiple Sclerosis Service

## NOW

Independent Practice

Long Covid Kids

Associate Lecturing

Associate Long Covid Work

Associate Thriving Autistic

Founding Member #AbleOTUK & Occupational Therapy for

Long Covid



# About Me ("Personal")

44

Single with doggos

Neurodivergent (late diagnosed ADHD and Dyspraxia  
and periods of depression)

Graves disease - treated with radioactive iodine

Severe Asthma

Long Covid

Obese

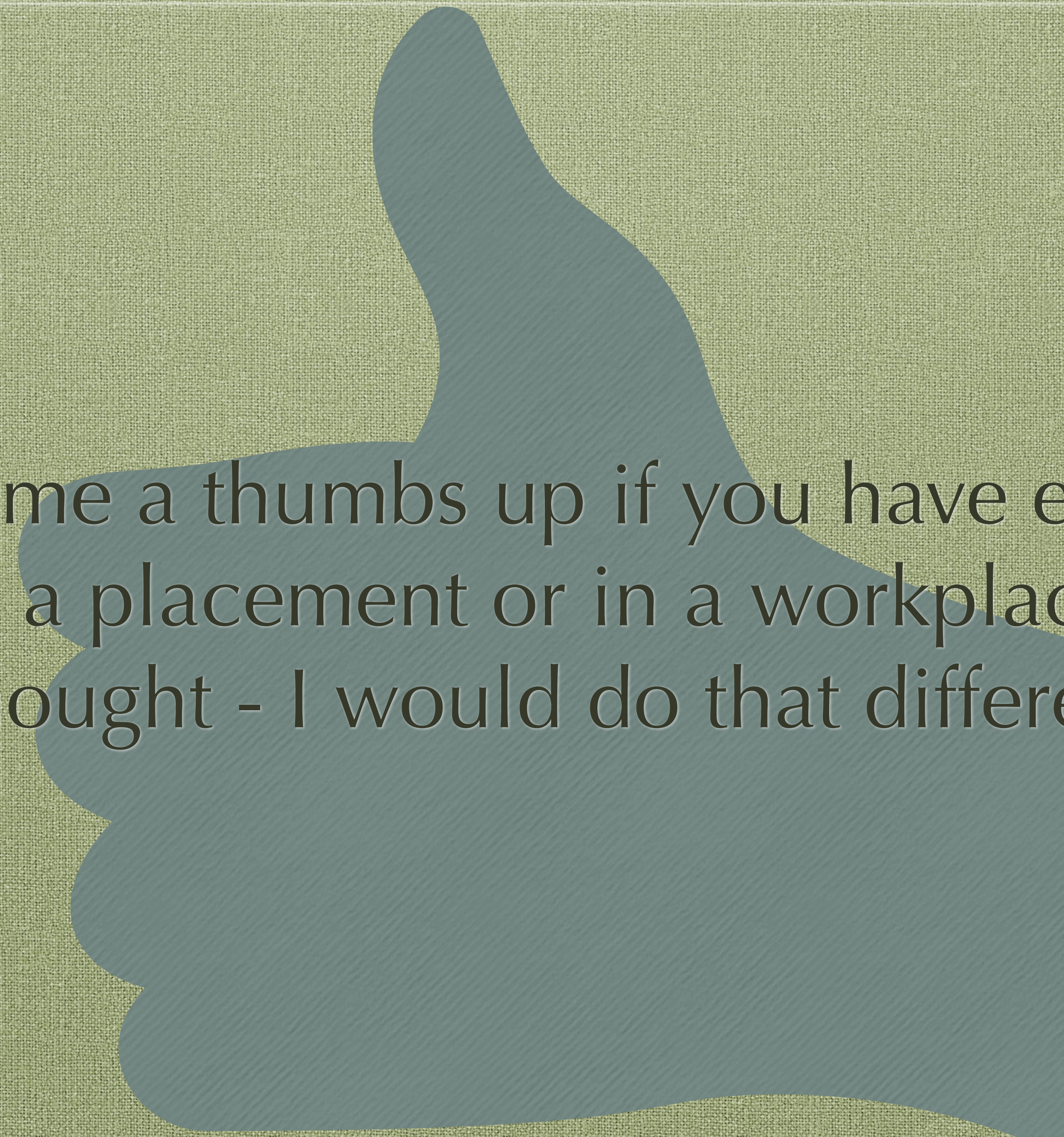
Did an English degree for fun!

Writer

Reading, Blogging, Crafting, Musicals, Films

I have left two places of work due to stress, depression,  
burnout and the perception of not being allowed to  
bring my whole authentic self to work





Give me a thumbs up if you have ever been  
on a placement or in a workplace and  
thought - I would do that differently!



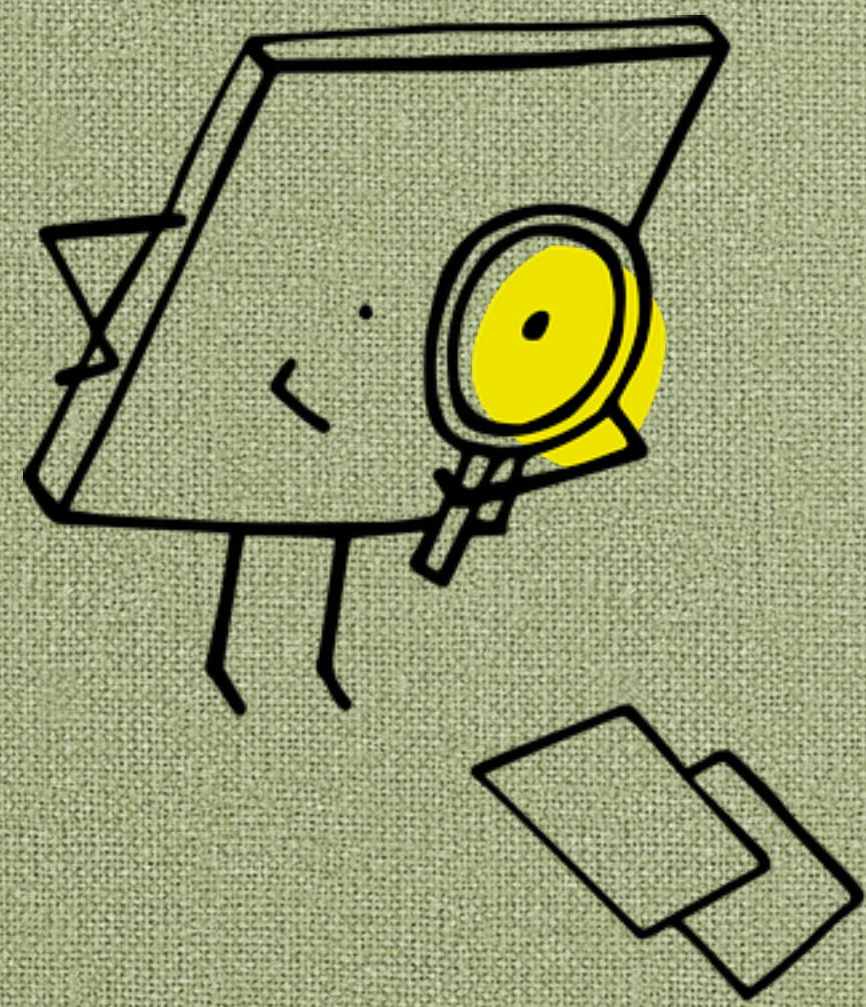
Share with me in the chat what either supported you or stopped you “doing it differently”

No More Mini-Mes

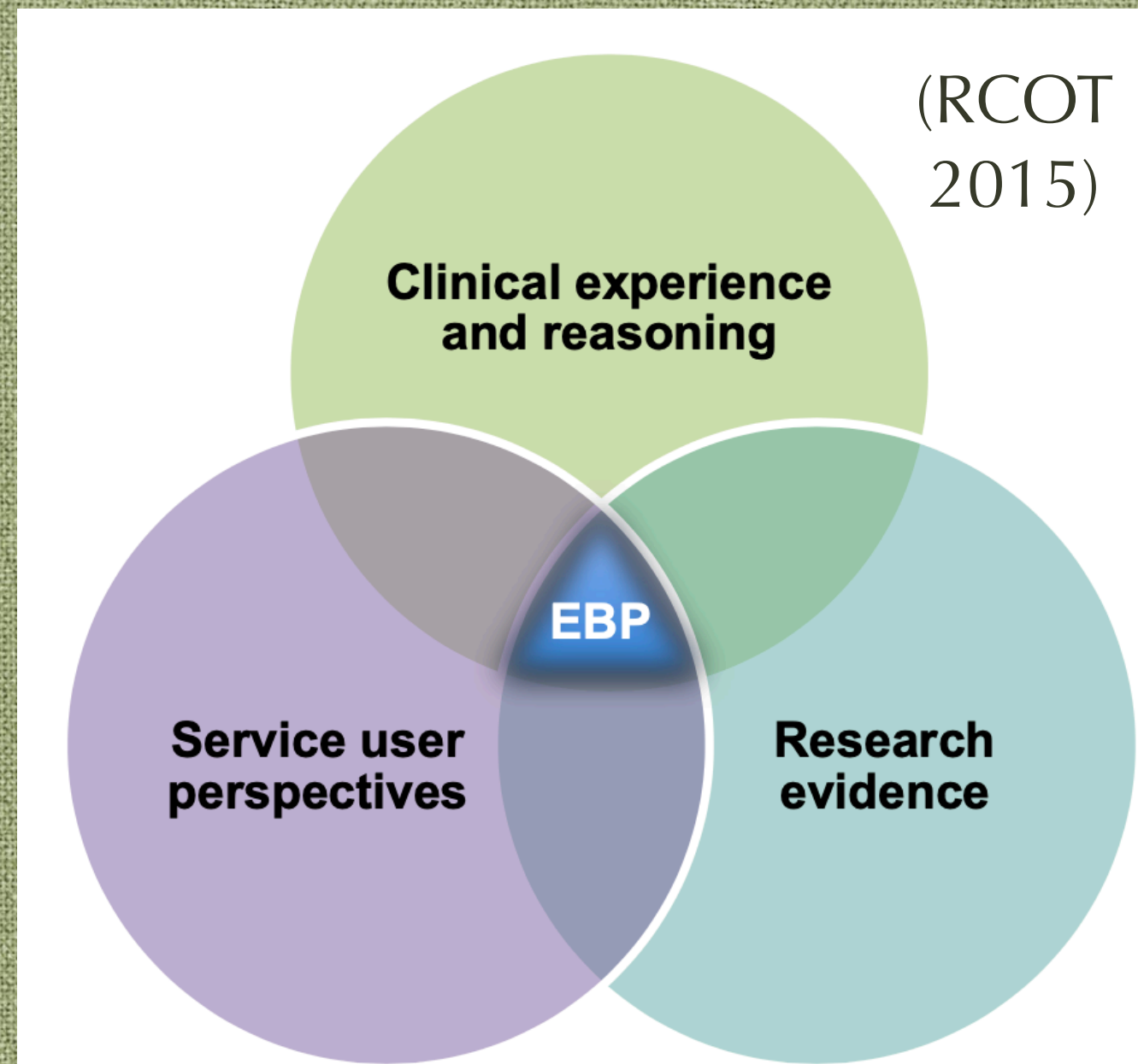


There is more than one way

ME



# Evidence Based Practice



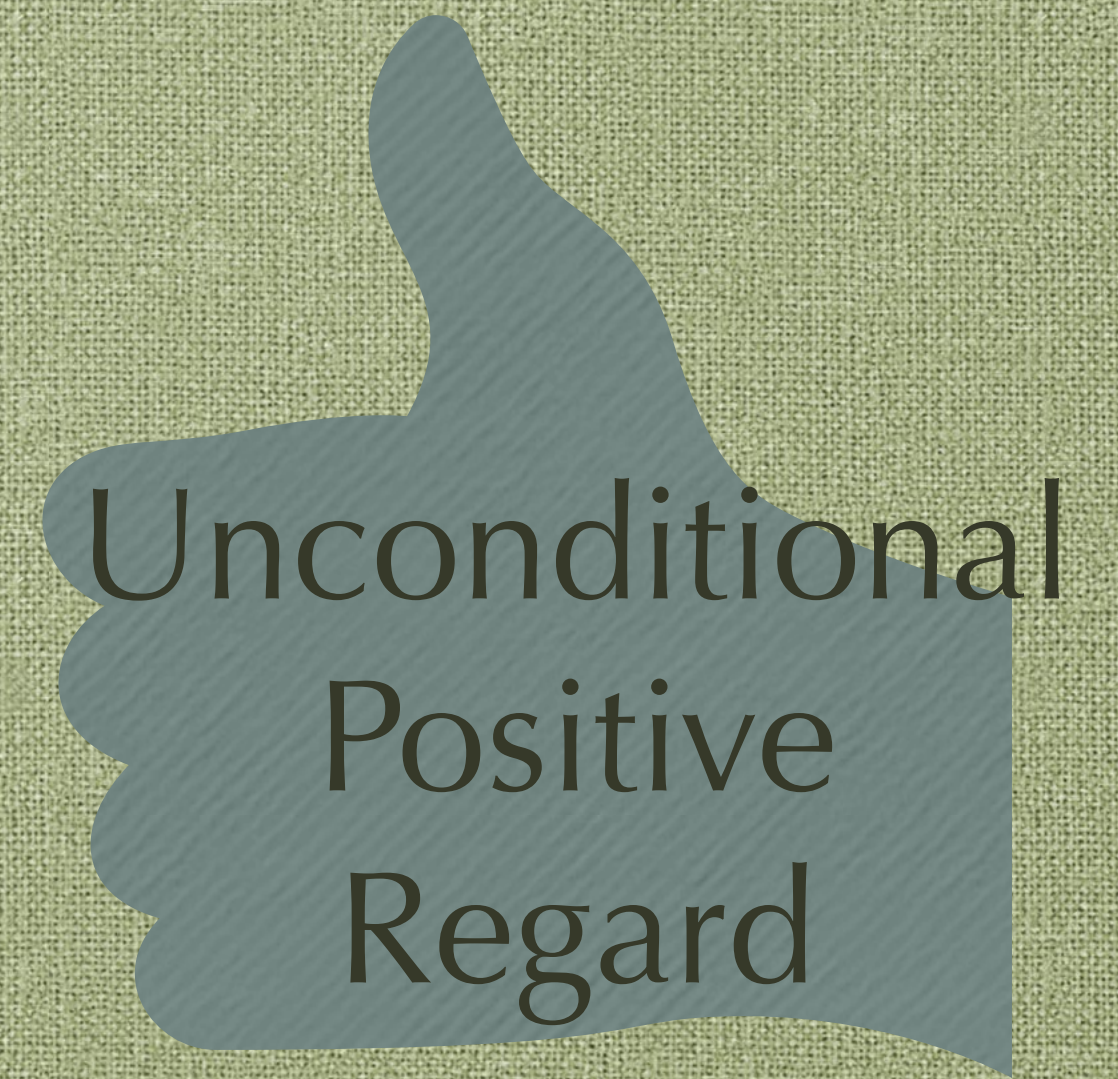


# Valuing Lived Experience





Attunement

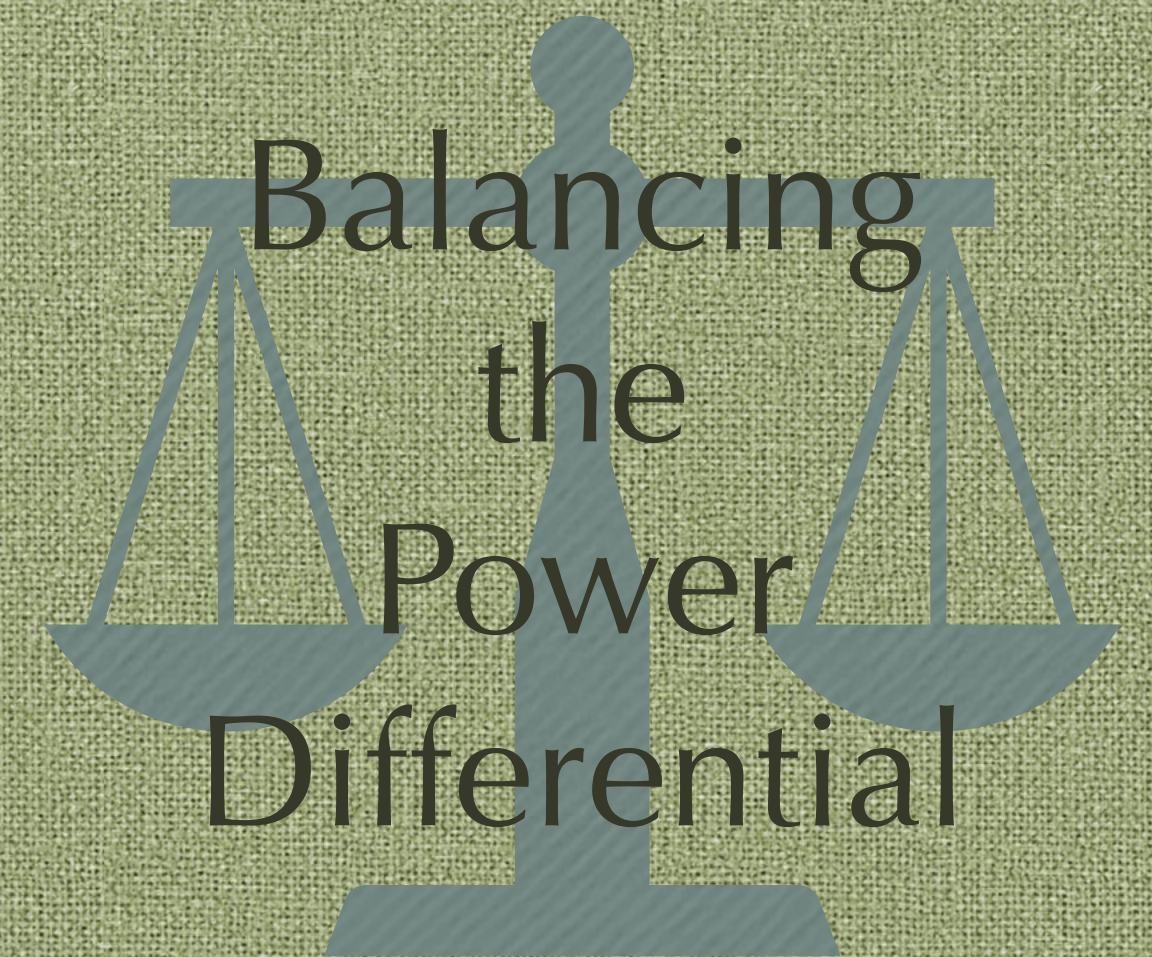


Unconditional  
Positive  
Regard

# Therapeutic Use of Self



Self  
Disclosure



Balancing  
the  
Power  
Differential

Upholding the  
status quo

Focusing  
on the wrong  
things & losing  
good OTs in the  
process

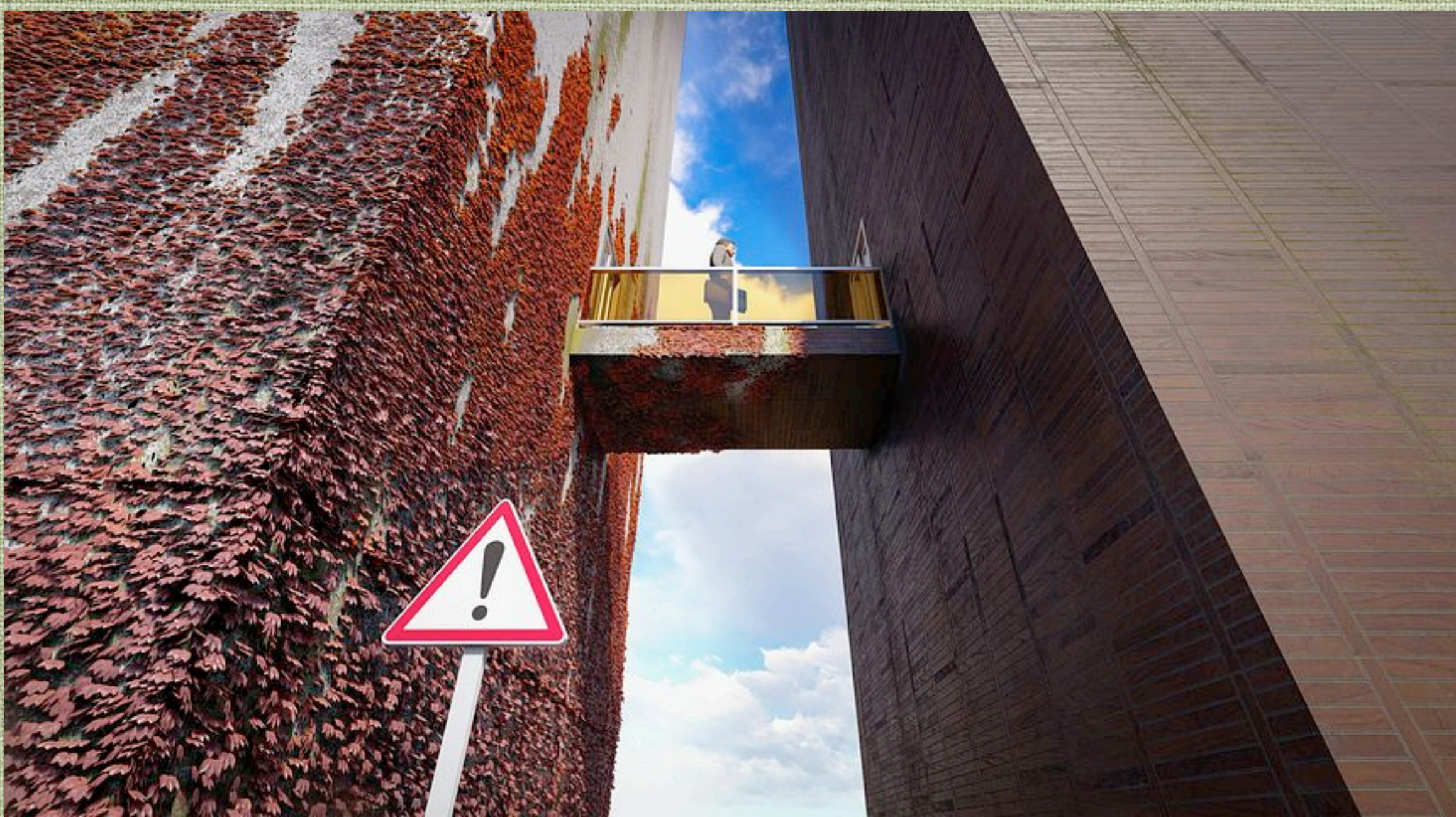
Always going the  
extra mile

## What if “Professionalism” is a barrier to Person-Centred Care?

Does /should  
occupational  
therapy look the  
same for  
everyone?

Who is the  
'expert'?

Professional  
Cultures (Hall,  
2005)



Bridging the two sides

# Advocacy & Activism

Need vs service remit

Co-production



Collaborative Ideas

# Novice to Expert - Where are you?

- As an Occupational Therapist working at the micro level
- As someone within a specific team/service
- As someone with lived experience of disability
- As an activist
- As an Occupational Therapist working at the meso or macro level

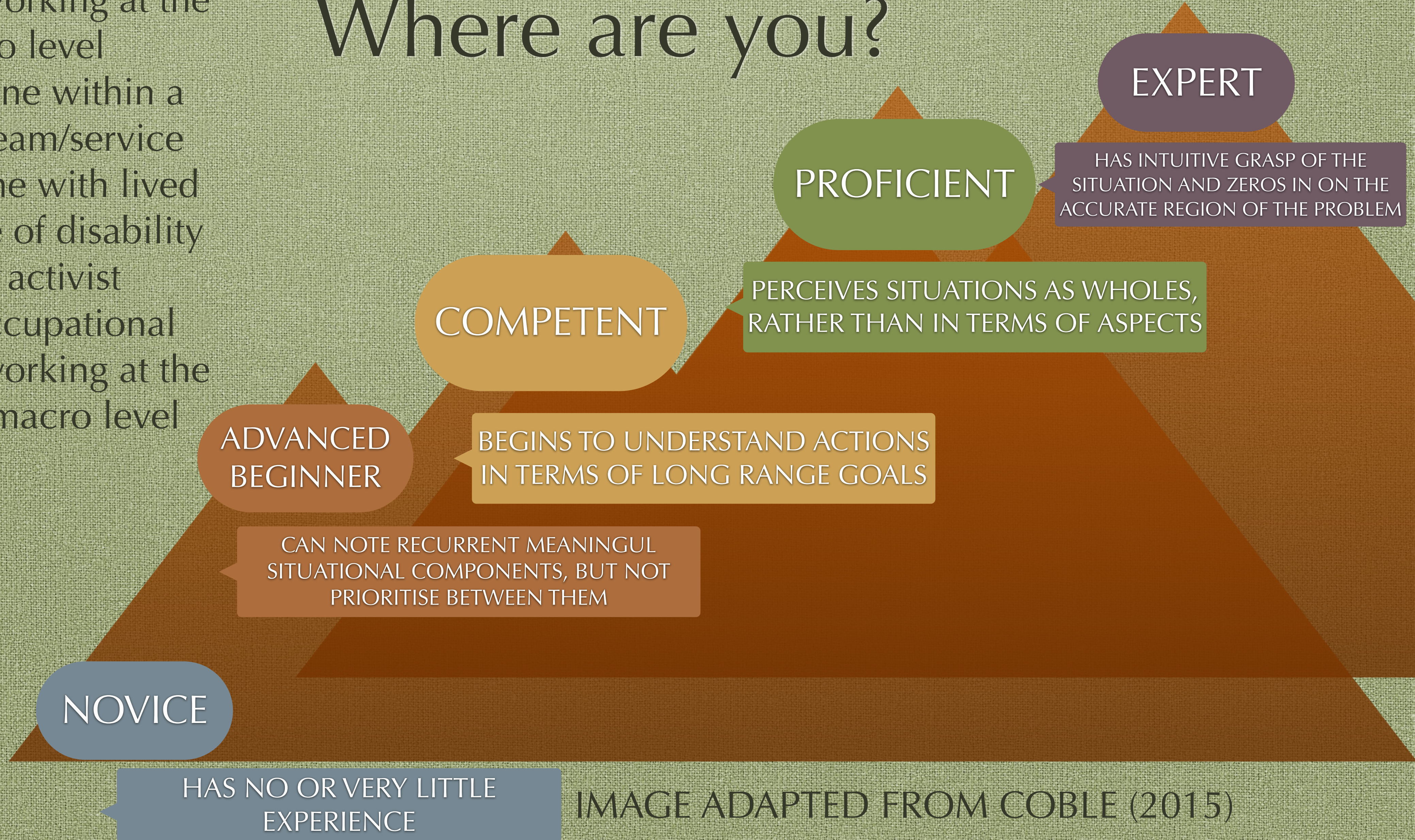


IMAGE ADAPTED FROM COBLE (2015)

# Difference & Diversity



Am I as anti-ableist as I could be?

Am I as anti-ageist as I could be?

Am I as anti-racist as I could be?

## Personal and Professional Development

Am I as affirming of people's gender identity as I could be?

Am I as affirming of people's religion or beliefs as I could be?

Am I as affirming of people's sexuality as I could be?

Do I have any lived experience that would be relevant to my practice?

Am I as authentic and accepting of myself as I could be?

How do people's experiences differ to mine?

## Personal and Professional Development

How can I challenge inequity in my service/society at large?

Take time to see the value in the different.

How can I develop my critical thinking in all areas of life?





# Boundaries and Burnout



Stay Curious & Be You!

# References

- Abson, D (2019) Therapeutic Use of Self. The OT Hub. Retrieved [Nov 22] from <https://www.theothub.com/article/therapeutic-use-of-self>
- Coble, R (2015) Pedagogy for Professional Schools and Students. Vanderbilt University Center for Teaching. Retrieved [Nov 22] from <https://cft.vanderbilt.edu/guides-sub-pages/pedagogy-for-professional-schools-and-students/>
- [Hall, P \(2005\) Interprofessional teamwork: Professional cultures as barriers. Journal of Interprofessional Care, 19:sup1, 188-196.](#)
- RCOT (2015) Evidence-based/ Evidence-informed Practice. RCOT Research Briefing. Retrieved [Nov 22] from <https://www.rcot.co.uk/sites/default/files/Evidence-based-practice-Briefing-September2015.pdf>

# Resources

- AffinOT - home of ABLEOTUK, BAMEOTUK and LGBTQIA+OTUK - <https://affinot.co.uk/>
- Long Covid Kids - Charity - <https://www.longcovidkids.org/>
- Occupational Therapy for Long Covid - <https://otforlc.com/>
- OTalk - a place to talk occupation and to level the playing field - <https://otalk.co.uk/>
- We Are OT - A brief history and personal narratives of diversity within Occupational Therapy - free download from <https://occupation4life.co.uk/books-by-occupation4life/>

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