Psychosocial Approaches to Deeply Disturbed Persons

Peter R. Breggin and E. Mark Stern (Eds) (1996)
Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580
231 pp., $34.95, ISBN 1-56024-841-6

This book reviews current theory and research regarding the use of a psychosocial approach to treat persons with severe mental illness. The series of articles chosen by the editors challenge mental health professionals to approach severe mental illness from a psychosocial approach rather than a medical approach. They provide diverse views of severe mental illness and social and psychological approaches in the treatment of persons with these disorders.

Although the articles chosen by the editors are not specific to occupational therapy, I believe that occupational therapy practitioners practicing in mental health will find the text worth reading and a useful reference tool. Of particular interest are those articles written by Janet Foner, Louis Birner, Julian Leff and Ruth Berkowitz, and Robert F. Morgan. Each of these authors provide case histories to illustrate a social or psychological treatment approach.

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Task Analysis: An Occupational Performance Approach

Diane E. Watson, MBA, OTR/L, BCP (1997)
American Occupational Therapy Association, Inc., 4720 Montgomery Lane, PO Box 31220, Bethesda, MD 20824-1220
454 pp., $25.00, ISBN 1-56900-065-4

Task Analysis: An Occupational Performance Approach is designed to provide a framework for the development of task analysis skills among occupational therapy practitioners and occupational therapy assistant students. Ms. Watson begins by defining and differentiating between the concept of activity analysis and task analysis. Task analysis is viewed as going beyond activity analysis to examine the “dynamism” and interdependent relationships between people and their chosen occupations and performance contexts. (preface). The volume focuses on the person—occupation—environment interface of the Human Performance Model.

This oversized text is presented in workbook format. Each chapter includes objectives, a brief text section, assignments, and learning activities, a resource list, study questions, and references. The text section is brief but well researched and are sprinkled with definitions, case examples, tables, and charts. Two Occupational Performance Analysis Forms are provided and are the central focus of the text and activities.

The book is divided into an introduction, six major sections, and appendices. The Introduction discusses the overall organization of the book, reviews models of occupational performance, historical background, and the relationship of occupation to the health of individuals and communities. To this end it uses the World Health Organization disabling model.

Section One includes task analysis, the development of Occupational Performance Profiles, and exploration of their specific elements, performance components (sensorimotor, cognitive, and psychosocial), and performance context (temporal, physical, and socio-cultural). Also discussed is the use of an Occupational Performance Analysis Form and the modification and adaptation of occupations. The student is guided through this form in a progressive manner, completed models are provided, and students complete increasing portions of the form as they move through the text.

The major highlights of the text are the developmental case studies which make up the body of Sections Two (Children), Three (Adolescents), Four (Adults), and Five (Seniors). These cases explore task analysis in occupational therapy evaluation and treatment with a wide range of disabling conditions, occupational performance areas, and issues. Each case has objectives, an introduction to the issues being addressed, a case and context description, discussion questions, activities, and Occupational Profile and Goal Forms to complete. Resource sections provide synopses of information on the relevant disabling condition or thera-