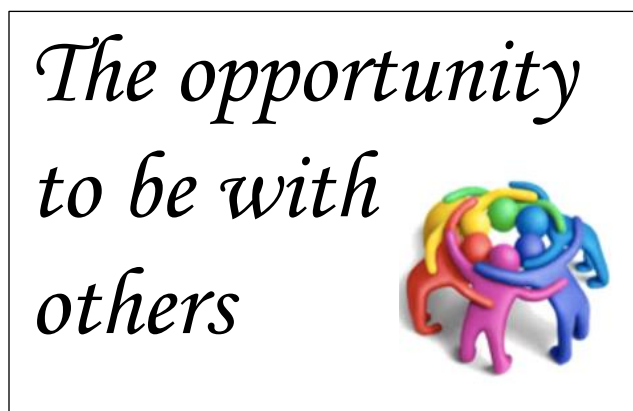


## The « Do Live Well » Model in group intervention: Activity ideas and client impressions

A team of occupational therapists from Montreal adapted the eight dimensions of experience of the “Do Live Well” model to create two group intervention activities with their clients living with mental health issues. Thank you to Catherine Denis, erg. for sharing her ideas and her impressions with us.

**Activity #1:** Session about the theme of life balance with a group of clients going back to work.

The eight dimensions were written on small cards with an adapted definition at the back.



**Connecting with others, developing relationships with family members, friends, colleagues, and people from my community, maintaining an intimate relationship or taking care of a pet.**

The exercise was to identify the dimensions which were fulfilled by work and to put aside the ones that were not. This exercise was repeated a second time, but work was replaced by daily routine.

### **What are the positive consequences of this activity?**

“ I thought it was interesting that it made them talk about a more positive self that was not in terms of symptoms, incapacities or capacities. It was just me, my interests, my needs. “

“Teaching not in the way of: “ here is what is good for you”. More in the way of giving value to the activities. It is often “ well, we know we should eat well, we know we should do physical activity”. But to go beyond that.”

“ This allows to reconnect them with the meaning of work [...]. Often, they will anticipate going back (to work) because they are very anxious, but to know what I can hold on to when I will be back to work. Will it be my colleagues? Will it be to be in contact with some clients? Is it the fact that it allows me to move and this makes me feel good?”

### **What did your clients think?**

“Every time, I find that this brings the clients into a positive energy. “ I had never thought that my work would bring me so much.”

### **Did you only talk about the positive aspects?**

“Not necessarily, but often, that’s what comes up. (The clients) will also say things (like): “ I don’t have any meaning into doing this work”, “I don’t know, I don’t have fun”. I would say that they are often surprised that there is a certain meaning in what they do. It is not because we want to avoid talking about the bad sides, because we have a lot of space for that.

### **Activity #2** : session of projective activity through a collage

“They had to choose the dimensions of experience that are the most important to them in that moment, one or two. They did a collage spontaneously through that. After that, they could express themselves about the needs that were emerging in the different dimensions of experience that they had chosen.”

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