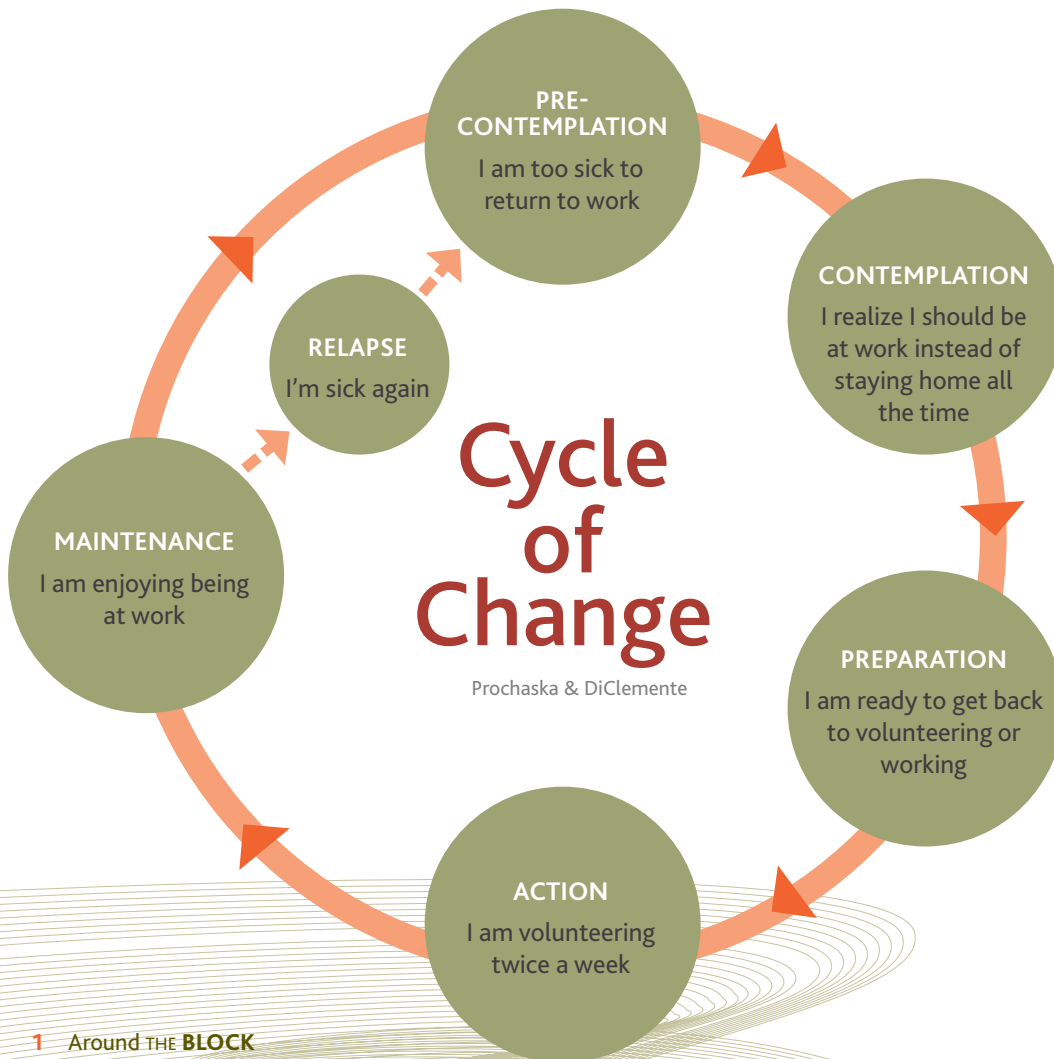


The Importance of *Motivational Interviews*

Occupational Therapists at Block Building Therapies (BBT) strive to provide the highest quality of care to our clients by using evidence-based practices such as Motivational Interviewing (MI). By using the MI framework we are able to establish rapport, build trust and explore the importance of change with our clients. Reflective Listening Skills are used to help clients understand discrepancies in behaviors and resolve their ambivalence in making positive life changes. Motivational interviewing is defined as "a *directive, client centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence*" * Miller & Rollnick 1991.

The use of MI techniques provides a framework for clients to move through the Cycle Of Change.



Reactivation Program

Block Building Therapies Reactivation program is ideal for clients who are:

- "slow to respond" to active rehabilitation.
- have minimal function in home and community based activities.
- may be resistant to moving forward despite recommendations from professionals.
- unsuccessful at return to work attempts.
- continually supported by health care professionals to be off work until "symptom free or well".

Our program offers an objective assessment by an Occupational Therapist or Physiotherapist followed by 8 one-on-one sessions with the therapist and one-on-one work with a Rehabilitation Support Worker as required to implement therapy goals. A formal report with recommendations is also included.



Staff Update

SERVICES	Nicole	Ashlyn	Gloria	April	Alison	Tanya	Stephen	Lauren	Suzanne	Cristabel
Personal Care Assessments	✓	✓	✓	✓	✓	✓	✓			
Worksite Assessments/Ergonomic Assessments	✓	✓		✓	✓	✓				
Physical Demands Analysis	✓	✓		✓	✓	✓				
Percentage of Duties/Job Demands Analysis	✓	✓		✓	✓	✓				
Return to Work	✓	✓		✓	✓	✓				
Housing Assessments	✓	✓		✓	✓	✓	✓			
Equipment Assessments	✓	✓	✓	✓	✓	✓				
Child Care / Dependent Care Assessments	✓	✓		✓	✓	✓				
School Assessments	✓	✓	✓	✓	✓	✓		✓		
Hospital Discharge Assessments	✓	✓		✓	✓	✓	✓			
Wheelchair & Seating Assessments	✓	✓		✓	✓		✓			
Permanent Impairment Assessments		✓		✓					✓	
Progressive Goal Attainment Program (PGAP)		✓				✓				
BrainFx 360 Assessment	✓	✓								
Pediatric Therapy			✓							
Educational Workshops	✓		✓		✓		✓	✓		✓
French Language Services	✓									
Low German Language Services			✓							
Physiotherapy Assessments/Therapy									✓	✓

Contact Us

Nicole Beauchesne, O.T. Reg. (MB) - Owner/Manager
E: nicole@blockbuilding.ca

Ashlyn Bohonos, O.T. Reg. (MB) E: ashlyn@blockbuilding.ca

Gloria Dueck, O.T. Reg. (MB) E: gloria@blockbuilding.ca

April Mickelson, O.T. Reg. (MB) E: april@blockbuilding.ca

Alison Reiger, O.T. Reg. (MB) E: alison@blockbuilding.ca.
Currently on maternity leave, returning April 2018.

Tanya Neuert, O.T. Reg. (MB) E: tanya@blockbuilding.ca

Stephen Johns, O.T. Reg. (MB) E: stephen@blockbuilding.ca

Lauren Casey, O.T. Reg. (MB) E: lauren@blockbuilding.ca

Susanne Boyd, BMR (PT) E: susanne@blockbuilding.ca

Cristabel Nett, BMR (PT) E: cristabel@blockbuilding.ca

Office Relocation

Please note that Block Building Therapies relocated our clinical practice to 830 St. Mary's Road, Winnipeg, MB R2M 3P4. Phone and Fax numbers remain the same.

Referral forms for new assessments are available on our website at www.blockbuilding.ca

We thank you for your continued business!

Nicole Beauchesne

Nicole Beauchesne, O.T. Reg. (MB), BSc (OT)
Owner & Senior Occupational Therapist

Block Building Therapies

Email: info@blockbuilding.ca

Phone: 204-231-0785

Fax: 204-231-4442

Website: www.blockbuilding.ca