



BLOCK BUILDING
THERAPIES

Re-engage your slow-to-progress client through our

BEHAVIOURAL ACTIVATION



Behavioural Activation offers:

- Objective assessment of physical, cognitive and mental functioning by an occupational therapist
- Use of Motivational Interviewing techniques using the “Stages of Change” model in order to develop appropriate therapy goals
- 12 sessions with a therapist to implement the program which may include:
 - daily function logs
 - gradual exposure to everyday tasks
 - review and implementation of fatigue and pain management techniques if applicable
 - 1-1 work with a Rehabilitation Support Worker to implement therapy goals
- Providing education about behavioural activation principles and techniques to increase activity
- Formal report with recommendations for Behavioural Activation

For more information or to make a referral to the Behavioural Activation program, contact one of our therapists at 204-231-0785.
Find our referral forms online at www.blockbuilding.ca

Ideal for clients who are:

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



Block Building Therapies

830 St. Mary's Road, Winnipeg, MB R2N 3X2

Email: info@blockbuilding.ca

Phone: 204-231-0785

Fax: 204-231-4442

Website: www.blockbuilding.ca