



School of Health Professions

After Work Lectures

Self management: to do and to be who you are!

A critical reflection about the possibilities of an upcoming concept for (multidisciplinary) programs

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Wednesday, 20th October 2010, 6 pm-7 pm
TN EO.54, Technikumstrasse 71, Winterthur



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Self management: to do and to be who you are!

Self management is 'hot' at the moment. Principles of self management are used in programs for rheumatoid arthritis, COPD, chronic pain, stroke etc. Although different self management programs are developed world wide, the question is what self management actually is and how this concept can be used in health care programs.

In the after work lecture Ton Satink will discuss the concept of self management and the way it is used in practice. He will show the challenges and possibilities for occupational therapists and how they can use this concept in their own practice and/or work together with other professions in order to design new programs.

The concept of self management can support occupational therapists' thinking and is helpful to get away from the 'biomedical focus' in their treatment. Self management as a concept can be used to discuss with a client not only what they want 'to do', but also who and what they want 'to be'! For clients an optimal self management program supports them ***'to do and to be who they are!'***

Ton Satink started working in the nineties as an occupational therapist with stroke clients and chronic pain clients. Along the way he got interested in 'the motives for occupations' and behavioral changes of clients. As a senior lecturer and researcher he studied and developed several programs for observation and coaching of clients with chronic pain and stroke clients. At the moment he is doing a PhD project about self management. Beside his PhD project Ton Satink is working as senior lecturer at the Hogeschool van Arnhem en Nijmegen and also as a senior lecturer at the European Masters of Science in Occupational Therapy.

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