

## School of Health Professions

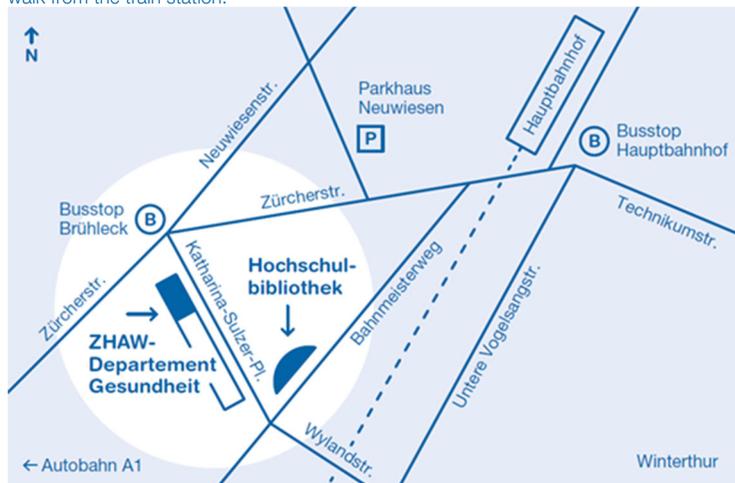
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### Location

Courses usually take place at the School of Health Professions, which is a few minutes' walk from the train station.



Continuing Education in Physiotherapy

**COPCA® hybrid**

COPing with and CARing for Infants  
with special needs

**CPD**

# COPCA® hybrid

COPCA® (abbreviation of COPing with and Caring for infants with special needs) is a family-centred program.

This module focuses on the planning, implementation and evaluation of family-centred early intervention in infants and toddlers exhibiting neuromotor developmental impairments. Students learn how to challenge these children to a behavior that is more active, exploratory and varied. Trial-and-error experience is applied as a method fundamental to motoric learning. Students focus on communication skills (e.g. active listening, asking the right questions) for coaching and learn how to accompany families in their everyday lives. The child who is affected as well as the whole family should be able to participate optimally in everyday life. COPCA® aims to empower the family in decision-making processes and support the motor capacities of the child. The module can be followed as stand-alone module or as part of the CAS Specialities in Pediatric Physiotherapy (specialising in COPCA®).

## Content

- from current practice to COPCA®
- the coaching approach in COPCA®
- the neurodevelopmental component of COPCA®
- the family-centred component of COPCA®
- framework conditions and practical implementation
- communication in the context of COPCA®
- demonstration of COPCA® through videos
- individual coaching and peer feedback on your own COPCA® treatments

## Objectives

Upon completion of the COPCA® module, students are able to:

- explain the two basic theoretical components of the COPCA® early intervention program and put them into practice
- explain to parents how the two basic theoretical components of COPCA® are put into practice
- use the COPCA® assessment to observe the dynamics of a family
- apply the communication principles of coaching

# Facts & Figures

## Target audience

Graduates in physiotherapy or occupational therapy from a university of applied sciences or a vocational college

## Admission

- prior completion of the course on Current Clinical Topic Infant Motor Profile – hybrid
- prior completion of the course on Current Clinical Topic Normal Development of the Child or proof of an equivalent qualification (admission by dossier is possible)
- current employment in paediatric physiotherapy (infant treatment) is necessary
- good command of English

## Methodology

We offer a blended learning system with the option of using standard online tools in conjunction with traditional learning methods and media. For each course block, there are preparative and follow-up self-study assignments. Students also benefit during the course from two online coaching sessions with lecturers.

## Languages of instruction

English, German:

- English: contact days, individual coaching, peer feedback
- German: option for individual coaching, peer feedback

## Costs

CHF 2100

CHF 75.- fee for online participation

The course material is included in the course fee and provided in electronic form. The purchase of further specific technical literature is optional and at the expense of the student. Prices are subject to change.

## Application

You will find the application form and information on our web page [zhaw.ch/gesundheit/weiterbildung](http://zhaw.ch/gesundheit/weiterbildung)

## Enquiries and contact

Dr. Schirin Akhbari Ziegler, PT, MSc  
Neurorehabilitation, Head of DAS (Diploma of Advanced Studies) in Pediatric Physiotherapy

## Offered in cooperation with

The curriculum of the COPCA® module was developed together with the Department of Developmental Neurology at the University Medical Center Groningen (Netherlands), in particular with the founders of COPCA® Tineke Dirks and Professor Mijna Hadders-Algra.