

School of Health Professions

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Location

The courses usually take place at the School of Health Professions which is a few minutes walk from the train station.



Certified by



Continuing Education in Physiotherapy

COPCA®

COPing with and CARing for Infants

CPD

COPCA®

COPCA® (abbreviation of COPing with and Caring for Infants with Special Needs) – a family centred program.

This module focuses on the planning, implementation and evaluation of family-centred early intervention in infants and toddlers with neuromotor developmental impairments. During the module, students will learn how to challenge these infants and toddlers to exhibit active, exploratory and varied motor behaviour with trial-and-error experiences (important foundations for motor learning). Students will be introduced to communication principles applied in coaching (e.g. active listening, asking the right questions) and learn how to accompany families in their everyday lives. COPCA® aims

- a) to empower whole families in decision-making processes and
- b) to support the motor capacities of the child so that families can participate optimally with their child in everyday life.

The module can be followed as stand-alone module or as part of the CAS Specialities in Paediatric 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

Methodology

The COPCA® module uses blended learning. Blended learning is an integrated learning concept that makes optimal use of the networking options available today via the Internet and the Intranet in combination with traditional learning methods and media in a meaningful learning arrangement. In addition, during the course of the module 2 coaching sessions (via Skype) will be offered.

Objectives

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

- Explain the two basic theoretical components of the COPCA® early intervention programme (family focusing / theory of neuronal group selection) and put them into practice
- Explain to parents how the two basic theoretical components of COPCA® are put into practice: coaching the actively involved family in their everyday lives and challenging the child with neuromotor developmental disorders to develop active and self-produced movement
- Use the COPCA® assessment to observe the characteristics of a family
- Apply the communication principles of coaching (e.g. active listening, ask the right questions)

Facts & Figures

Target audience

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

Admission

- Prior completion of the course on Current Clinical Topic Infant Motor Profile
- Prior completion of the on Current Clinical Topic Normal Development of the Child or proof of an equivalent further education (“Admission sur dossier” possible)
- Current employment in the field of paediatric physiotherapy (infant treatment) is necessary

Data

Generally, the COPCA® module is held every two years. Prevailing data see: zhaw.ch/gesundheit/weiterbildung

Languages of instruction

German, English
English (contact days, individual coaching, peer feedback), German (option for individual coaching, peer feedback)

Costs

CHF 2100.-
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 on our web page zhaw.ch/gesundheit/weiterbildung

Enquiries and contact

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

Offered in cooperation with

The curriculum of the COPCA® module was developed in collaboration with the Institute of Developmental Neurology at the Faculty of Medical Sciences of the University of Groningen (Netherlands), in particular with the founders of COPCA® Professor MD Mijna Hadders-Algra and Mrs. Tineke Dirks.