

Perryman, Michelle ORCID: <https://orcid.org/0000-0003-4462-2154> and Morris, Karen ORCID: <https://orcid.org/0000-0001-9272-4994> (2018) Occupational therapist perspectives on the potential of performance profiling in practice. *American Journal of Occupational Therapy*, 72 (4_Supp). 7211520325p1.

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/4224/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
 - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.

Occupational Therapists' perspectives on the potential use of Performance Profiling in Occupational Therapy Practice

Michelle Perryman; Doctoral Researcher & UWM Visiting Scholar
 Dr. Karen Morris; Principal Lecturer University of Cumbria
 Contact: michelle.perryman@cumbria.ac.uk ; Karen.Morris@cumbria.ac.uk

Introduction
 Client centred practice is seen to be vital to the occupational therapy profession (COT 2010). However, there are on going challenges to promote our professional values and meet the expectations of services and organisations. There is still a significant shift needed from therapist led sessions to truly collaborative therapy (Sumson & Law 2006). As a result, the research considered an alternative method in the form of Performance Profiling utilised within sporting psychology (Butler & Hardy 1992).

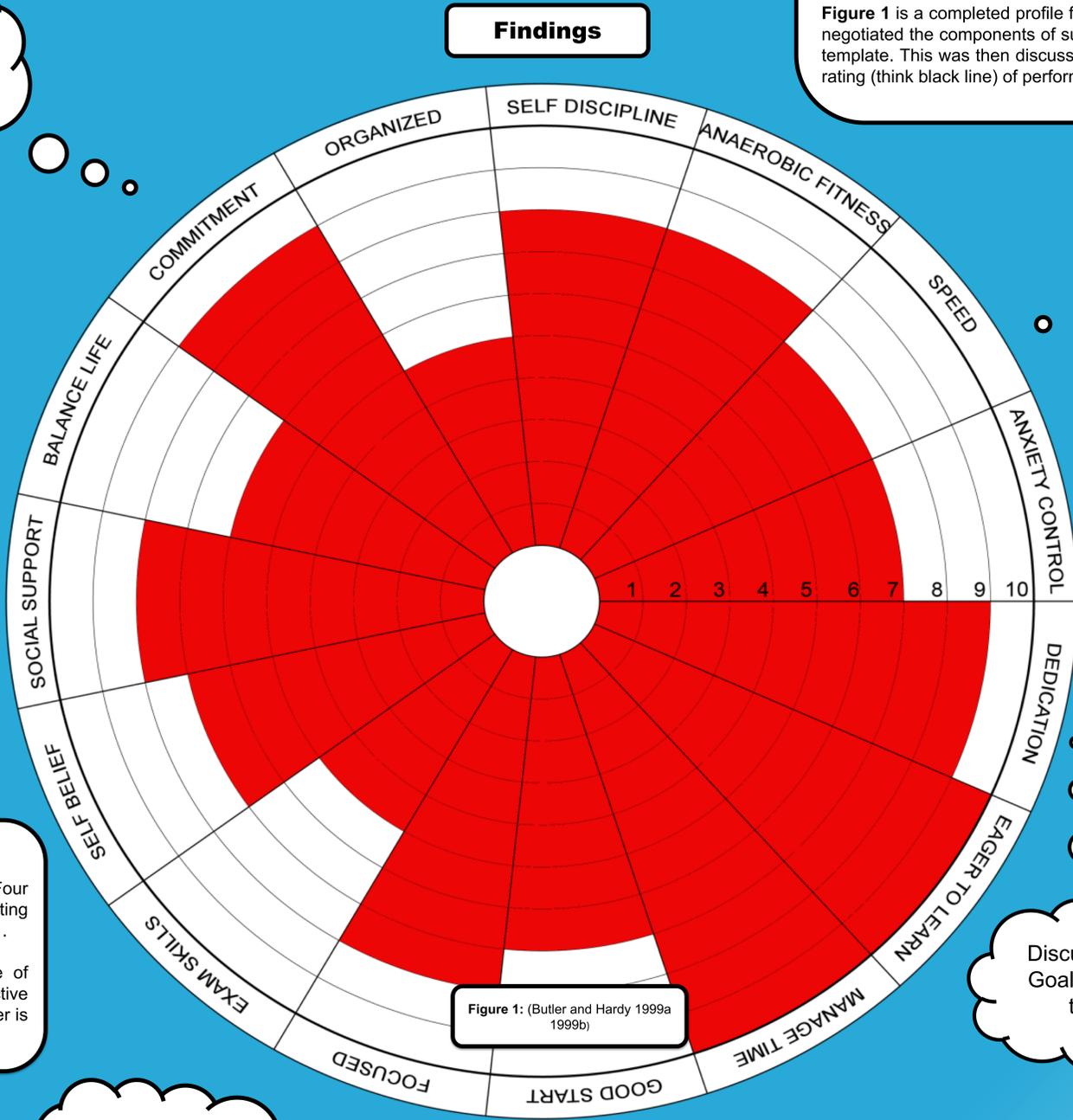
Method
 The research used a social constructionist methodology (Burr 2003) to investigate expert occupational therapists' perceptions of the potential of Performance Profiling within occupational therapy practice. Ethical approval was granted by the University of Cumbria. In accordance with the constructionist approach of 'learning by making', methods used included a workshop on Performance Profiling followed by either a focus group or an unstructured interview depending on the number of participants. Participants were asked two questions – 1. To share their thoughts about Performance Profiling and 2. Whether they thought it could support OT practice. The data were analysed thematically.

What is Performance Profiling?
 Performance Profiling (Butler, 1989) has been devised as an application of Kelly's (1955) Personal Construct Theory to sporting psychology (Doyle & Parfitt, 1997). Kelly's (1955) Personal Construct Theory predicated on the notion people use their experiences to interpret the world, a process called construing.
 Performance Profiling offers a systematic method to enhance the understanding of how athletes rate their physical, psychological and technical skill development to achieve optimum performance. This supports collaboration to build optimal interventions based on the athlete's own perception of need (Doyle & Parfitt 1997). The performance profile is utilised for the evaluation and planning of any component of performance. The technique provides understanding and quantifying perceptions of both the client and therapist.
Figure 1 is a completed profile for a University student who values their sport and education. The athlete and therapist negotiated the components of successfully engaging within their sport. These were inserted into the outside ring of the template. This was then discussed to determine the athlete's valued outcomes, current ratings (red shading) and ideal rating (think black line) of performance. Collaborative goals are then developed aimed at athlete's ideal performance

what makes the OT client centred?

Performance Profiling is not for everyone

Helps Identifies goals in a visual format



How do you resolve differences of opinion?

Explores the nature of occupation

Discussion / Goal setting tool

Findings
 Nine participants from three countries were involved in the research. Four themes were found: theoretical perspectives, practice settings, promoting communication and education. These are illustrated in the quotes in Figure 1.
 There was agreement that Performance Profiling had potential the use of supporting occupational therapy practice philosophy and promoting effective communication with clients. However, future research would need to consider is benefits to the client centred relationship.

Next steps

- This research was the pilot study of a UK PhD Study at the University of Cumbria. Data is currently being collected within the USA as a visiting scholar of the University of Wisconsin Milwaukee. The research next steps concern the meaning of communication within the therapeutic relationship.
- The research intends to be validated and formally introduced to occupational therapy practice

Empowers the client in discussion

References
 Burr, V. (2003) Social Constructionism. London & New York: Routledge
 Butler, R. & Hardy, L. (1992) 'The Performance Profile: Theory and Application'. *The Sport Psychologist* 6(3), pp253-264
 Butler, R. J. (1999a) Sport Psychology in Performance. Butterworth & Heinemann, Oxford.
 Butler, R. J. (1999b) Performance profiling. National Coaching Foundation, Belfast.
 College of Occupational Therapists (2010) Code of Ethics and Professional Conduct. London, College of Occupational Therapists
 Doyle, J. & Parfitt, G. (1997) 'Performance Profiling and Construct Validity'. *The Sports Psychologist* 11 (4), pp411-425
 Kelly, G. (1955) *The psychology of personal constructs*. Vols 1 & 2. New York: Norton
 Mortenson, W. & Dyck, I. (2006) 'Power and the client centred practice: An insider exploration of occupational therapists experiences'. *Canadian Journal of Occupational Therapy*, 73(5), pp281-71
 Sumson, T. & Law, M. (2006) *Client-centred practice in occupational therapy: a guide to implementation*. 2nd edn. Philadelphia:Churchill-Livingstone

