NHS definition:

Occupational therapy can help you with practical tasks if you:

* are physically disabled
* are recovering from an illness or operation
* have learning disabilities
* have mental health problems
* are getting older

Occupational therapists work with people of all ages and can look at all aspects of daily life in your home, school or workplace.

They look at activities you find difficult and see if there's another way you can do it.

**Mental Health:**

**Therapeutic Concepts related to the use of I-Pad Film Making**

Client has issue/Problem

This is Projected into Creative Media (Film making)

It is “Contained” and Distanced and establishes a Third Person Perspective

Creates a Paced (managed) approach to therapeutic working

Possible to be seen from another POV

Enables the issue to be-Explored/Expressed/Examined

The person’s relationship to the problem is changed in the process

A new viewpoint is established

Each new viewing heralds another discovery

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Revelation through Disguise (We discover more through being “another”)

We will learn more about ourselves if we are ‘in character’ or a role …

The question – ‘what’s your problem’ can be difficult to answer…’show me your problem’ can be easier….

“Aesthetic Distance” (Creative Media as container of difficult emotions)

**Other uses for film in OT practice:**

Filmmaking or other creative enterprises can be therapeutic in themselves.

Filmmaking is a team process, which reflects everyday life.

As an OT you can create short films which will help your client in a “how to” kind of ways or explore options as to which equipment is best for them.