

The Canadian Inter-Relational Practice Process: Inspiring anti-oppressive practices in everyday occupational therapy

Objective:

To describe an approach to addressing the challenges of unjust and oppressive systems and structures embedded in settler colonial societies by inspiring action toward anti-oppressive occupational therapy through integration of justice-based processes.

The Canadian Occupational Therapy Inter-Relational Practice Process (COTIPP):

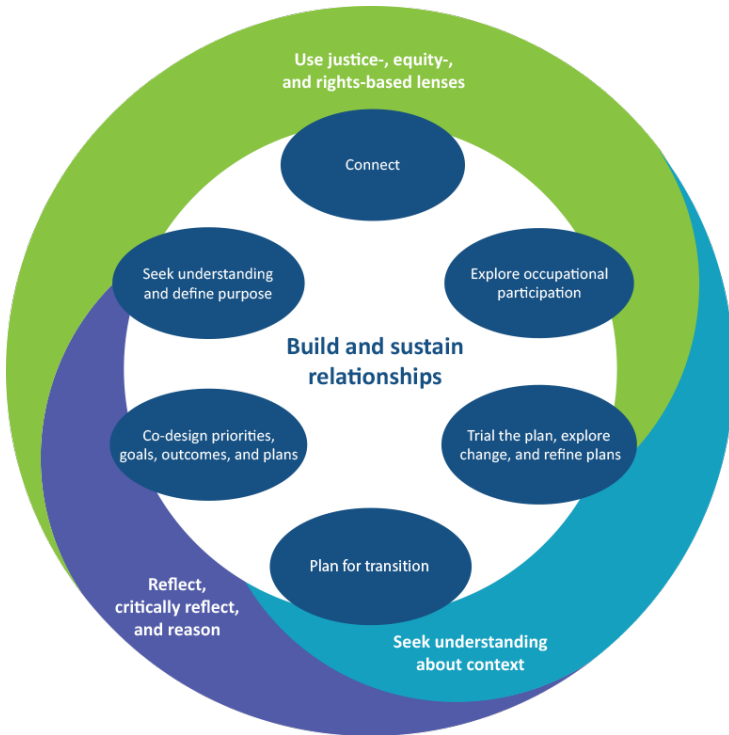
- is an integral part of the development of the Canadian Association of Occupational Therapists newest guidelines for occupational therapy in Canada
- identifies processes that centre justice, equity and rights within the purview, expectation and accountability of occupational therapists' practices.

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The COTIPP



Includes:

- The essential process of building and sustaining collaborative relationships with individuals and collectives
- Six action domains

To inspire anti-oppressive practices:

1. Reflect, critically reflect and reason
2. Seek understanding about context
3. Use justice-, equity- and rights-based lenses

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Implication for Practice

These foundational processes challenge occupational therapists to take action to address oppressive practices and develop more collaborative and safer relationships



Examples:

Critical reflection requires examination of the inequitable systems and structures challenging therapists not to blame individuals and families for choices and behaviour that are structurally determined.

Sustained curiosity that **seeks understanding about contexts** challenges therapists to learn about the historic and sustained traumas of colonization on Indigenous Peoples and their own role in sustaining oppressive colonial systems.

Using **justice-, equity- and rights-based lenses** requires therapists to examine the ways occupational therapy services are structured, delivered and evaluated.

For more information see: <https://caot.ca/> and gayle.restall@umanitoba.ca

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