



**MONASH**  
University

**Occupational  
therapists'  
experiences of  
using occupational  
formulation:**

***It makes it so  
much easier to  
work with patients***

**Lorrae Mynard**

Anne Williams

Ellie Fossey

Louise Farnworth

Genevieve Pepin

# Occupational formulation and goal setting



Introduction



Occupational Identity



Occupational Competence



Key Occupational Needs



Summary

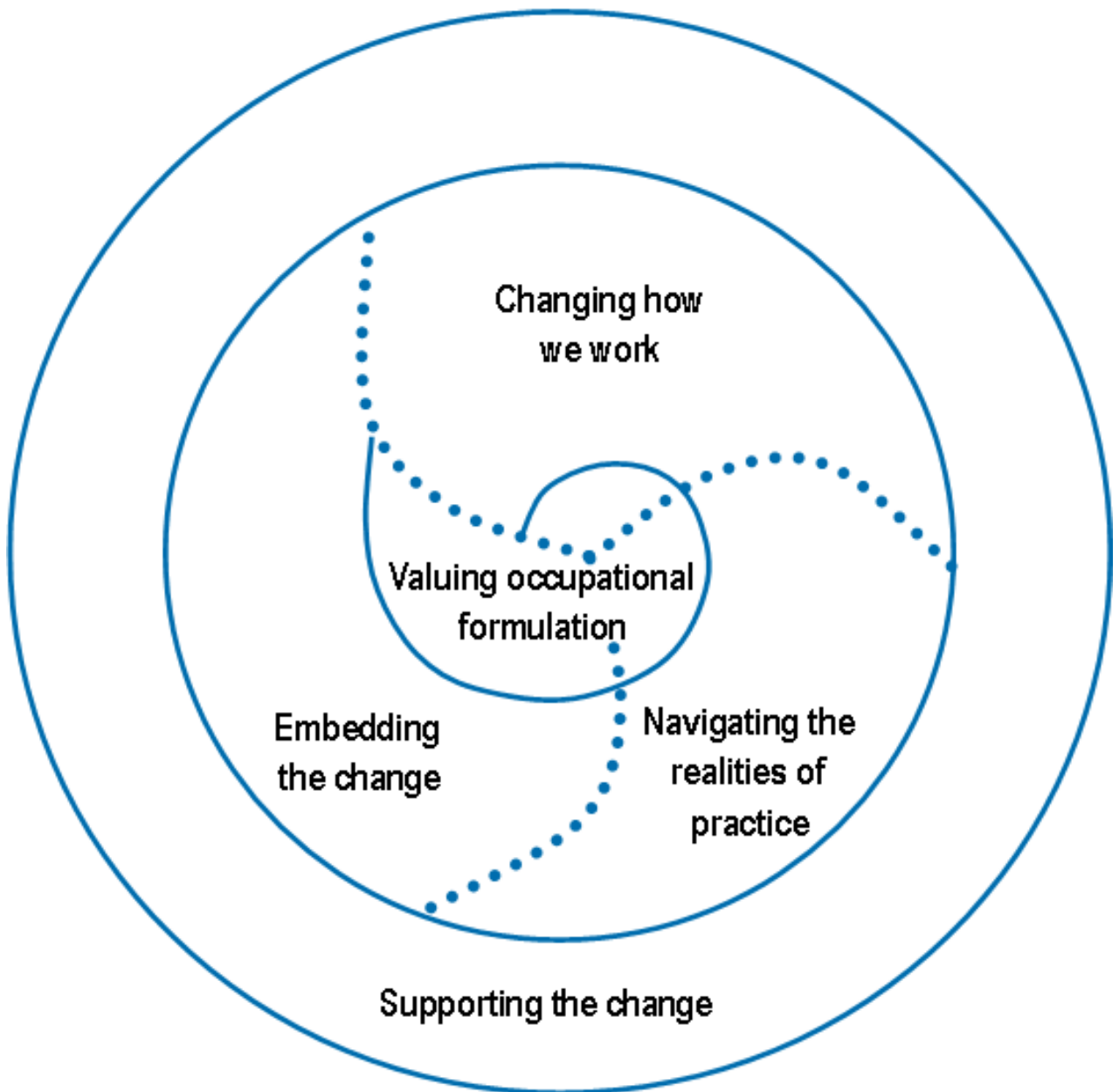


Measurable occupational  
goals

Parkinson & Brooks, 2021



# Experiences of implementing occupational formulation



## Valuing occupational formulation

- Enhances the therapeutic relationship through collaboration
- Strengthens communication about occupational participation
- Aligns practice with principles





**It makes it so much easier to work with patients...having that, the process of writing the formulation I think helps me understand them a lot better...it's just a really easy way of like, getting all our ducks in a row about what we want to do and then I know what I'm doing. - Scout**



**[Lorrae.Mynard@Monash.edu](mailto:Lorrae.Mynard@Monash.edu)**

## References

Braun, V. and V. Clarke (2021). *Thematic analysis: A practical guide*. London, UK, SAGE.

Parkinson, S., & Brooks, R. (2021). *A guide to the formulation of plans and goals in occupational therapy*. Oxon, UK: Routledge.

## Disclosures

Lorrae Mynard's PhD candidature was supported by an Australian Government Research Training Program (RTP) Scholarship. An OTA research fund grant contributed to the data gathering for this study.

Lorrae Mynard is the founder of OccupationalFormulation.com, which provides occupational formulation training. This research commenced prior to the business being founded in response to training requests.

