

# THE UNTYPICAL OT

WHAT IS OT?  
AND WHAT IS IT YOU DO?



hello@the-untypical-ot.co.uk

# CONTENTS

What is Occupational Therapy?

The important bits about OT

Why do you specialise in behaviour and emotional regulation?

What services do you offer?

A bit about Liz

How to find me

# WHAT IS OCCUPATIONAL THERAPY?

You will often see Occupational Therapy or Occupational Therapist abbreviated to just OT. Some of you may never have heard of OT before, some of you may have come across it but not really sure what it is we do, and some of you may know OT well.

Basically, an OT works with people of all ages to identify their strengths and what they may be finding difficult, how it is impacting on the occupations they need and want to participate in and, then working together to find a solution to enable the person to be as independent as possible within those occupations.

OT's look at occupations such as self care (being able to look after your self care needs). Work/school/learning and leisure.



I often explain my role to kids as:

“MY JOB IS TO FIND ALL THE THINGS YOU ARE AMAZING AT AND THEN FIND A WAY TO MAKE THE THINGS YOU FIND TRICKY A BIT EASIER”



# THE IMPORTANT BITS ABOUT OT

OT's work alongside the person in a partnership. They are holistic in their approach. Considering the whole person and not looking at them in parts. We work to establish what they want to achieve and find ways to do that.

OT's are uniquely placed to search for the reasons behind something that the person finds challenging. That could be regarding their physical/motor skill needs, sensory needs, mental health needs, and cognitive needs. While considering their environment.

We have the skills to break down tasks or occupations and analyse the reasons behind the challenge.

Challenges could be going home after a hip replacement and how the person will manage their self-care, work and leisure needs.

Other needs could be mental health needs that make it challenging to access the community, work or take care of themselves.

And then most likely why you are here, could be about the development of the skills your child might need to be able to grow up to become independent as an adult and making their way through their learning journey, whatever that might look like. This could be in relation to their physical, sensory, mental health and wellbeing and learning needs.



# WHY DO YOU SPECIALISE IN BEHAVIOUR?

Behaviour and emotional regulation has always been my special interest. Learning to understand our behaviour and regulation and, what support we need in place to is an essential skill to be able to navigate our way through life and our occupations.

The specialist skill set I have lends itself to thinking about kids from a holistic viewpoint. Our behaviours are very rarely due to one thing. Human beings are complex and so are our behaviours.

OT for me is always about supporting the kids and the network around them to develop skills and independence so they can do the things they want and need to do. My Facebook community 'Get Curious About Behaviour' was formed to help support the adults in kids lives. To help through the tough times until you feel confident to go off and do it on your own. Knowing that there is a way back and support still available should you hit another bump in the road. So you know you've got a back up team!



# WHAT SERVICES DO YOU OFFER?

- Free Facebook community - 'The Untypical OT - Get Curious About Behaviour' and 'The Untypical OT - Get Curious About Behaviour (Professionals)
- Supervision for OT's
- Supervision and consultation for other professionals wanting to reflect on behaviour in their work.
- Consultancy for Schools and other providers
- Training for schools and other service providers
- One-to-one work with families



COURSES  
MEMBERSHIPS  
WEBINARS  
MINI TRAININGS

# A BIT ABOUT LIZ

Liz is an occupational therapist with 25 years of experience. She is dyslexic and lives as part of a neurodiverse family.

During her career, she has worked across a diverse range of settings such as CAMHS, adult mental health, trauma and attachment, community paediatrics, within schools and now works independently.

Having collaborated with hundreds of children, young people, families, schools, and colleagues, Liz focuses on uncovering the underlying reasons for behavior and supporting children in managing their emotions. She understands the vital role that adults play in a child's life and is committed to providing them with the support they need, free of judgment.

Liz's mission is to create a non-judgmental, safe space where parents, carers, professionals, friends and relatives can learn more about why kids might do the things they do and to support them to discover individualised regulation strategies needed for a calmer life. She believes in meeting kids where they are and not where we think they should be.

In Liz's spare time, you mostly find her by the sea or dreaming of a glittery green Harley Davidson



# How to find me?



Liz Evans - The Untypical OT



[Parent community - Get Curious About Behaviour](#)



[Professionals community - Get Curious About Behaviour](#)



hello@the-untypical-ot.co.uk