

WHAT A YEAR IT'S BEEN

Reflecting on amazing happenings in difficult times



Occupational Therapy - living my best life

What does an Occupational Therapist do? Well, this year I have done everything. And it has been rather incredible!

- direct assessments and interventions
- supervision and mentoring of OT's and other health professionals
- training courses locally, nationally and internationally
- collaboration with international colleagues
- investigations into a PhD ("What!?)
- Online membership creation for the Posture Care Management Special Interest Group
- Clinical Education for Spex Ltd, New Zealand.
- guest lecturer at University of Bedfordshire, Luton Campus
- A podcast (this was *so* much fun!)

It has been a phenomenal year. My personal and professional accomplishments are inspired by the people I serve, my colleagues and friends who remain part of it, challenge my perspectives and encourage me on.

To all of you who keep in touch who have subscribed to this newsletter and who reach out - THANK YOU!

WHAT YOU'LL FIND INSIDE:

- REFLECTIONS
- WHAT'S ON
- WHATS COMING



Coming in 2022

Posture Care Management Special Interest Group (PCMSIG)



Last year our subscribers grew to over 70 persons across industries, professions and countries. This year I've decided to build a membership area, currently free to anyone interested in postural care.

This is a global membership network where we can collaborate/learn/teach/discuss focusing on interventions, products, clinical evidence and outcomes for people of all ages with postural asymmetry.

Our members are part of other wider organisations and this platform is created to start conversations and create additional content covering various topics, classes and discussions. Join us or follow us on social media.



International OT Entrepreneurs



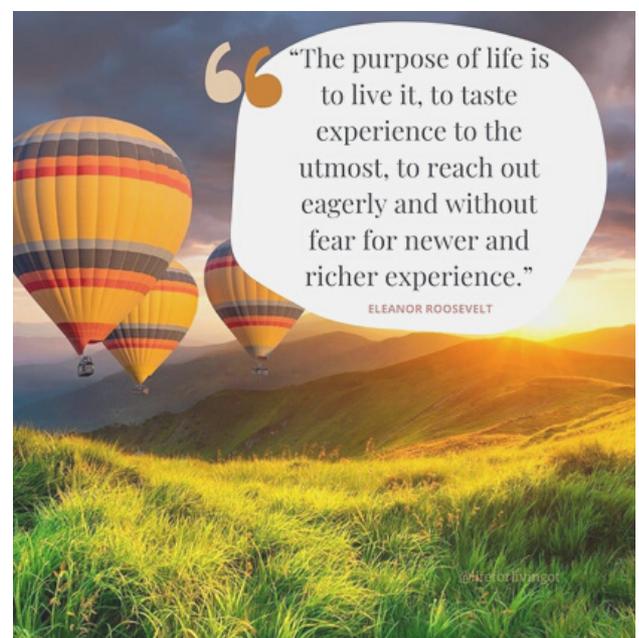
Life for Living has been temporarily hosting this amazing group, led by Zoe Brewer, Germany.

If you are an International OT Entrepreneur working across borders or thinking of doing this, come and join this amazing group. Zoe is incredible and our group is fun and informative.

You can sign up to this via:
www.lifeforliving.org/spotlights-login although this may move to an alternative platform in due course.

The next topic, which I will be presenting, is: "Maintaining continuing professional development compliance when working internationally: challenges and benefits of multiple professional memberships."

In the meantime the SPOTlights page is being built and hopefully will go live by the summer of 2022!



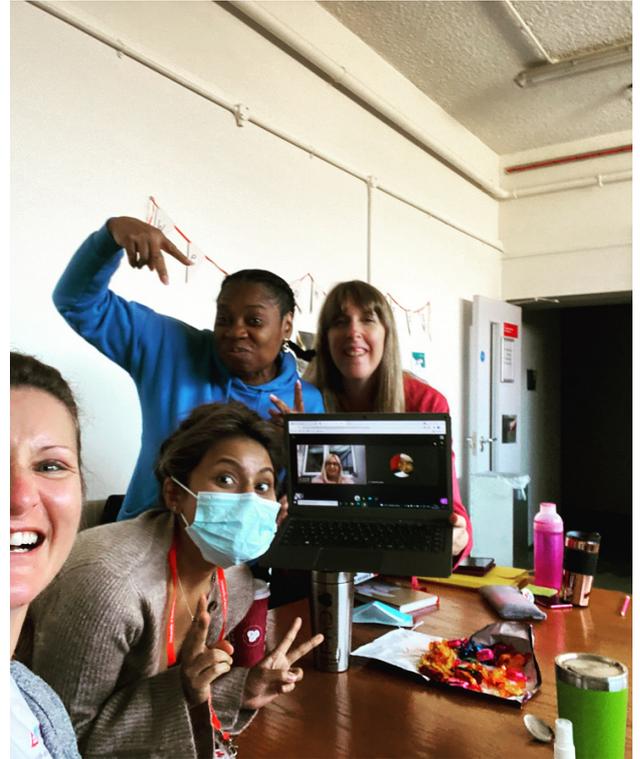
Podcasts and fun times



Earlier in the year I was invited to speak to Jenny Stephenson, Butterflies OT, as part of her podcast series "The OT World." It was both nerve-wracking and incredible. I had the opportunity to speak about my role as a clinical educator. If you're interested have a listen to the January 2021 session at:

<https://feeds.buzzsprout.com/1478452.rss> or
<https://open.spotify.com/show/3CRVdJltTpB3o2klcSjYJA>

Then in October 2021 I was invited to teach at the University of Bedfordshire, Luton Campus, to the first OT student cohort. It was so fabulous. I had an entire day to talk about what I love, why I love it and why I am still doing it.



**Saying "Yes,"
is sometimes the bravest thing you can do.**

International & National Collaboration



I meet amazing clinicians and had the privilege of hosting a webinar with Dr. Maria de Mello, Tehcnocare, Brazil, titled,

"How to write a clinical case study: Demystifying the process."

This set the scene for a dream of applying for a PhD and so the process has begun - watch this space.

I have plans to rekindle this collaboration in the New Year and expand on our previous webinar.

life for living 24th April 2021


**How to write a clinical case study:
Demystifying the process**


Dr. Maria de Mello


Bridget Churchill



Working together to demystify the process of clinical case studies, building confidence to add to the evidence base for complex postural care

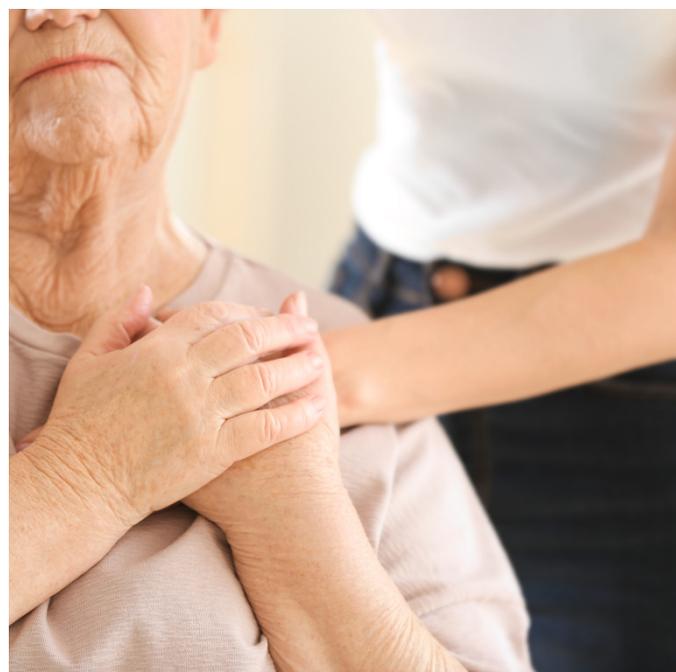
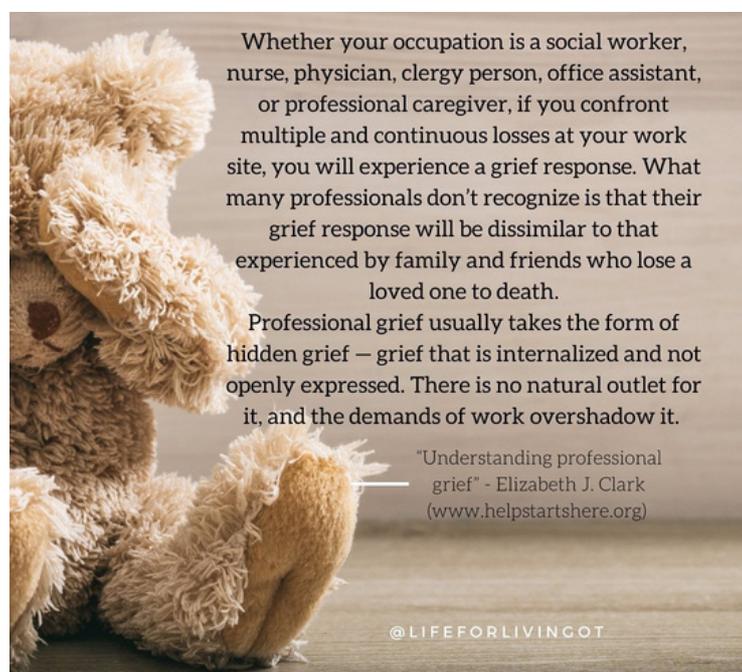
Let us not forget - our lives as therapists are shaped the people we serve



All of the people I work with impact on my own life. I learn, I grow, I problem-solve, I value, I reflect.

Many people lost loved ones during the COVID-19 pandemic and from other ailments and injuries. Grief is such a complicated emotion and takes time to process. I lost two clients within weeks of each other and it totally threw me. I feel that being able to grieve *with* families is one of the greatest privileges we can have as therapists - it means that the individual had a profound impact in the time that I knew them, which is far less than family members and friends.

This year has also made me far more cognizant of the hidden grief that healthcare professionals hide when the next day they are back at work.



So what's next ...?

Considering this is my first newsletter in ... forever, I hope that this will not only become an annual occurrence.

For my colleagues, thank you for encouraging development and collaboration and for encouraging me to say "Yes!" If you're wanting to collaborate, let's chat - get in touch!

For my clients reading this, thank you for being the reason why Life for Living Ltd has been shaped as it has.

2022 is going to be about maintaining high standards of client service and building "SPOTlights." The community that breaks down boundaries, borders and cultures to share, collaborate and help therapy succeed for the people we serve.

- Bridget Churchill, Director & Specialist Neuro OT