

VdTMoCA

FOUNDATIONAL LEARNING PROCESS

for individuals and small numbers of staff

Guided by Dr Wendy Sherwood,
Co-author and editor of the VdTMoCA (Van der Reyden et al, 2019)

1 DECISION

The VdTMoCA is a complex occupational therapy practice model. Understanding the VdTMoCA requires long-term experiential learning supported by reflection, further study and engaging in discussion/learning opportunities with those with expertise. Therefore, the VdTMoCA requires a different approach to learning the MOHO, KAWA, CMOP-E and many other OT models.

The first step in the process is acknowledging this (even if you're unsure why the above is required), and making the decision anyway to embark on a long journey of discovery. The reward is that the VdTMoCA will fascinate, fulfil and sustain you throughout your career.

2 RESOURCES AND SUPPORT

CHECK
YOU CAN!

The ICAN VdTMoCA training is comprehensive online training, requiring on average 3 days of time. You need to be supported by your employer to take **STUDY LEAVE**, have **URL access** to the narrated Power Point teaching and videos either at work or at home via <https://icancreativity.ispringlearn.eu/> and <https://vimeo.com/>, and be able to **download resources**, and **print** a large workbook and some smaller documents.

Post-training OTs definitely need **the VdTMoCA full text** by Van der Reyden et al, (2019) *The Vona du Toit Model of Creative Ability: Origins, constructs, principles and application in occupational therapy*. Available at: www.vdtmocaf-uk.com

3 PLAN AND TRAIN - DOS AND DON'TS

You will have an agreed 4-week period in which to do the training (starting on the 10th of one month, ending on the 8th of the next). It is best if you start applying your learning as soon you have completed the training, therefore **avoid training before holidays** or when you know you will be particularly busy at work.

Engage in the training. There are learning tasks to do in the workbook (for your use, not to be submitted or assessed). These are questions to think about and answer. Many don't manage their time and skip over the learning tasks, but the tasks are included for good reason.

Try and **plan to complete the training in advance of the end-date** so you can go back over some content if you need to when starting to apply the model in practice. **DO NOT** leave the training until the last minute. Rushed through training will be flagged up by the system and you may not receive a completion certificate but have to train again. OTs can only be supplied with the assessment form if they have fully undertaken the training in assessing creative ability.

A [Creative Ability OT Model YouTube video](#) shows you how the online training works.

4 TRAIN AND PLAN CPD

On completing the training, it's usual for OTs and OTAs to be excited to start using the VdTMoCA. This is great - but...it's important to understand that you are likely to see the importance of applying the VdTMoCA to the whole OT process. This takes a lot of time to work out and it's not easy - the VdTMoCA takes a long time to properly understand.

Plan to embark on a proper CPD process of applying theory, reflecting-on-practice, going back to notes and the full text, record learning, take action to further your knowledge, and repeat.

Plan to dedicate time to the CPD process, either on your own or as a team, e.g. have study/case sessions with colleagues / discuss aspects of doing the assessment, etc.

5 EXTEND YOUR VDTMOCA WORLD

Post-training, you will need opportunities to learn from those with greater knowledge and experience - this is true for individuals and for OT teams in different services.

Access those who have been where you are now - access those who can advise, educate, support and encourage you. There is a huge amount of practice-based information, templates and ideas in the 'Perspectives' book as well as OT News articles and VdTMoCA Conference presentations. **Engage** with available literature and opportunities!!!!

Perspectives on the Vona du Toit Model of Creative Ability: practice, theory and philosophy. Can be ordered from me directly to be invoiced, or order via <https://www.ican-uk.com/>

Join for Free the ICANcreativity community of OT practice with shared interest in the VdTMoCA. By doing this, you ensure that you are 'in the loop' regarding VdTMoCA updates, CPD opportunities, discussions, info on field-specific networks etc. Many VdTMoCA resources available too, all supported by Dr Wendy Sherwood and the ICAN international network.

After 6-12 months of practice, you can deepen your knowledge through ICAN CPD modules, especially including recorded case supervision sessions and teaching by a South African expert OT. See ICAN information <https://www.ican-uk.com/>