This practical workshop is designed for occupational therapists that wish to expand their knowledge of the CO-OP approach. Participants should possess at least basic knowledge of client-centered practice, motor based disabilities, and learning theory. Participants will have the opportunity to learn the rationale for using a cognitive 'top down' approach in intervention and the basics of how to use it. Participants will learn how to complete a dynamic performance analysis of everyday occupations. Participants will gain an understanding of the rationale for using the CO-OP approach and apply the framework to examples from clinical practice.

**Learning objectives:**

- Be introduced to an evidence based approach for use in intervention with individuals who have motor-based occupational performance problems. * Learn the rationale for using a cognitive 'top down' approach.
- Learn how to conduct a dynamic performance analysis to uncover performance issues.
- Be introduced to the theoretical foundations and the key features of the CO-OP approach.
- Become familiar with specific cognitive strategies that enable task performance.
- Learn the framework necessary for the development, application, and generalization of cognitive strategies.
- Learn the skills necessary to be 'top-down' in their clinical reasoning.
- Learn techniques that guide strategy acquisition and use.
- To learn about the potential application of the COOP approach to a number of client populations including children with DCD, young children, ADHD, ABI, Epilepsy, Asperger’s, CP and Stroke.