

# Investigating the experience of Co-therapy in Early Childhood Intervention

## A collaboration between Uni SA and My Therapy House

### Aim

To investigate the experience of co-therapy in early childhood education.

#### Objectives

- I. To create a parent/caregiver information pamphlet about co-therapy
- II. To create a report for My Therapy House
- III. To report on primary research to expose new information surrounding co-therapy

### Background

We initially planned to produce a literature review, however after identifying a significant deficit in the literature regarding allied health, we opted to conduct our own research.

Many families at the practice were unsure of what co-therapy is, and therefore My Therapy House requested a parent handout.

My Therapy House consistently engages in quality improvement, and therefore requested a report that can be used as a tool to drive clinical practice and improve the quality of their services.

### Method

Created an observation proforma (figure 1)

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Observed each client who is accessing co-therapy and filled out the proforma during the session – in the therapy room (figure 2)

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Populated all data into a spreadsheet

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Conducted a thematic analysis of the data to identify trends/common themes

**Figure 2: therapy room**



**Figure 1: observation proforma**

General Q/s:	
Date:	
Observer:	Jacinta/Emily
Client name:	
Service/s accessed:	a) Speech Pathology b) Occupational Therapy c) Development Through Play
Diagnosis:	
Parent in session:	Yes/No
Level of support:	1 2 3 4 5
Areas of Observation:	
Goal of session:	
Behaviours (what, by whom)	
Conversation (what, by whom)	
Other general observations	

### Findings

*Experience of the client*

- o 66% required a high level of support
- o 46% required support to regulate, 57.1% to keep their body safe, and 57% sought movement
- o Approx. 61% required modelling to meet session goals

*Experience of the parent/caregiver*

- o 76% of families sought support from therapists by asking questions and/or voicing concerns
- o 68% of families engaged in parent coaching

*Experience of the staff*

- o Each session both clinicians collaborated on goals, a session plan, set up, etc.
- o Therapists communicated throughout the session
- o Therapists shifted focus between client and the parent/caregiver

### Conclusion

The findings show that the experience of co-therapy for clients, parents/caregivers, and staff is positive to an extent.

Staff at My Therapy House will use this data to drive their clinical practice and quality improvement. Participant experience will be used to introduce co-therapy to new families and deduce whether this form of therapy is appropriate.

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