

This article not only gives ideas of ways for a patient who is in rehabilitation to learn problem solving and self-determination, but it also walks through the journey that the patient will go through. This is helpful for the therapist to understand how their patient will feel in order to best provide services to them. Although problem solving and self-determination are very good life skills, the article did not have a good way to measure the progress of the patients. This can be reasoned through assessments, detailed observations, and progress reports. This article is very helpful in giving ideas and detailed explanations of how to implement this program.

Journal Critique #1

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Summary

In Dattilo and Rusch's conceptual paper exploring the effects of teaching problem solving and self-determination to those in rehabilitation, the reader is taken through the steps to logically implement these ideals and the benefits associated with the after effects. It is explained that those in rehabilitation will learn self-determination if they are given opportunities to use real life problem solving. This is done through having patients identify leisure options that appeal to them and then going forward practicing problem-solving by identifying complications that come between accomplishing this activity and handling their handicap. This allows patients to take ownership of the goal at hand and develop the skill of problem solving while simultaneously practicing self-determination in accomplishing this very goal. (Dattilo & Rusch, 2012)

Strengths

This paper has vast strengths throughout the read, one of which being that realistic implementation examples are given. Some of the examples of problematic leisure activities touched on in the paper are staying fit, lifting weights, using electronics and walking. Each of these categories are given a realistic walk through of what this journey for the patient might look like to show the validity and logic of the author's ideas. This is a strength because the reader is able to realistically see this implementation take place- taking the abstract and translating into actuality. Another strength in the article is that the steps of implementing problem solving and self-determination for a patient are given clearly. In a list of items one through eight, the authors successfully break down what the implementation of the ideals of the entire paper would look like and how to respond to the real life reactions of patients. This is a strength because it shows

that the authors have not only realized characteristics that are vital for those rehabilitating (self-determination and problem solving), but they are experienced in the field being analyzed and can clearly explain what this looks like in an authentic field experience. The last major strength of this paper is that the authors give a rounded look at the ideals as a whole. The authors did not simply state, these skills are important so professionals should see to their development, but they instead considered who should be involved, when it should be implemented and why it is so important.

Weaknesses

Although this conceptual paper has many strengths, there are points of weaknesses as well. A weakness that persists throughout the paper is that of confronting the fact that problem solving and self-determination and “invisible” skills. This means that although these abstract ideas are important for those in rehabilitation to develop, they cannot necessarily be measured or weighed, so it was be nearly impossible to collect evidence proving certain strategies more effective than others. Another weaknesses found in the paper is the lack of actual recorded evidence of these strategies proving useful. Although there are clear examples of situations and how they would most likely play out, there were not clear real examples of times that this method has been used followed with clear explanations of the results. It is implied throughout that the authors have taken part in and seen the fruits reaped from focusing on developing these skills, but it was never explicitly stated.

Application

Those in the recreational therapy field can easily apply this article to their work. It can guide those in this field to have a deeper understanding of suggested strategies by experts on

what is most important to focus on with patients' rehabilitation. It can also serve as an instrument on specifically how to work towards accomplishing the goals of problem solving and self-determination in patients, instead of simply arguing that they are important. It can help recreational therapists better understand the steps needed to be taken for patients to be prepared to make decisions, solve problems and develop ongoing lifelong skills to better their lives.

Personal Response

My personal reaction to this article was that it was laid out in an order that made a lot of sense to me and I was able to follow the thoughts of the authors as I read it. I feel that I gained a great perspective on something that I had not before considered for recreational therapy. The article not only helped me to understand what was important to the author, but it also caused personal reflection within myself to determine what was important to me. After reading the article, I was interested in further researching the qualities of self-determination and problem solving in those in rehabilitation and perhaps finding something more research based so that I could see the results of these practices.

References

Dattilo, J., & Rusch, F. (2012). Teaching Problem Solving to Promote Self- Determined Leisure Engagement. *Therapeutic Recreation Journal*, XLVI(2), 91-105.