

**Time-Ordered Agenda for
Dr. Aditi Mehra, DHSc., OTR/L**

**Instructor: Journaling in OT:
A Reflective Practice to Address Anxiety and Sensory Regulation**

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
10	Introduction and current research on the mental health	Lecture
5	Benefits and myths about Journaling	Lecture
15	Negativity bias	Lecture
20	Principles of Acceptance Commitment Therapy (ACT)	Lecture
15	Application of ACT in Journaling	Lecture, video demonstration
5	The power of gratitude	Lecture, video demonstration
10	Evidence of the efficacy of ACT	Lecture
10	Using ACT for children	Lecture
15	Case study: how to take data on social and emotional goals	lecture
10	Using the Standard Celeration Chart to take data	Lecture, video demonstration
5	Resources and Q&A	Lecture and discussion
120	TOTAL RUN TIME	