

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

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

| <b>Time (minutes)</b> | <b>OT-Specific Content to be Covered</b>                   | <b>Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)</b> |
|-----------------------|--|---|
| 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  |
| <b>120</b>            | <b>TOTAL RUN TIME</b>                                      |   |