



Pre-Conference Workshop – Occupational Formulation and Measureable Goals

(Course Code:HKOTA-O-00-25-0030)

Organized by: *Hong Kong Occupational Therapy Association Ltd*

Date: 5th December, 2025

Time: 08:45am to 04:45pm

Venue: Function Room I, 3/F South Tower, YMCA, Tsim Sha Tsui, Kowloon, Hong Kong

Target Participants:

Occupational Therapists

Capacity:

80

Speaker:

Dr Rob Brooks, Head of School of Allied Health Professions and Midwifery and an Associate Professor of Occupational Therapy at the University of Bradford.

Course Fee:

HKOTA members	HKD 750
Non-HKOTA members	HKD 1000

For enquiries and registration, please contact:

Ms. Lydia Yip (contactus@hkota.org.hk)

Deadline for application: 30th November 2025

Enrollment confirmation date:

Deadline of application 30th November 2025

HKOTA CPD: 6 points

Remarks:

Programme Rundown:

Day 1 - 5 December 2025

Time	Presentation Topic	Speaker
08:45 – 09:00	Registration	
09:00 – 09:15	Welcome, introductions and outline of the day Sharing current knowledge of occupational formulation and measurable goals	Dr Rob Brooks
09:15 – 10:15	Situating occupational therapy in youth mental health and disabilities. Using models of occupation to inform the occupational therapy process Review of the Model of Human Occupation (MOHO), Review of the Canadian Model of Participation (CanMOP)	Dr Rob Brooks
10:15 – 10:45	Break	
10:45 – 12:15	Introduction to Occupational Formulation History and theoretical background, Formulation and the occupational therapy process, What assessments inform a formulation, How to structure a formulation, Examples of formulation with young people & Reflections on own practice setting	Dr Rob Brooks
13:00 – 13:15	Sign in (PM)	
13:15 – 14:15	Doing formulation Opportunity to practise using case studies and a writing guide, Formulation checklists	Dr Rob Brooks

14:15 – 15:00	Application to practice and occupationalformulation.com – Lorrae Mynard, Monash University, Australia	Dr Rob Brooks
15:00 – 15:30	Break	
15:30 – 16:30	Measurable Goals Performance-based vs. person-centred goals, TICKS, Practise writing goals	Dr Rob Brooks
16:30 – 16:45	Summary, review and questions	Dr Rob Brooks

Appendix I Speaker Information



Dr Rob Brooks is the Head of School of Allied Health Professions and Midwifery and an Associate Professor of Occupational Therapy at the University of Bradford.

Rob is a collaborative and experienced healthcare educator, researcher, and leader with a passion for improving health outcomes through evidence-based practice and student experience through innovation in education.

His teaching interests are occupational science, complex therapy interventions and qualitative research and his research is in the fields of children and young people, neurodisability, mental health and occupational formulation.

Rob has an interest in teaching and learning approaches, particularly problem-based learning. He has secured funding for academic projects and research and his work has contributed to advancing practice and education locally, nationally, and internationally.

Rob serves on an editorial board, and is an experienced external advisor, examiner and research supervisor. Supporting his teaching and research Rob has published in books and journals and has been delighted to work with colleagues from the UK, Sweden, Canada and Australia and speak nationally and internationally.

Important Notes to Participants

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. Should there be any exceptional personal circumstance(s), please kindly appeal in writing. It is subject to the Association's discretion. In such occasion, an administrative charge equivalent to 15% of the application fee will be charged. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, can be arranged.
3. Fees on courses cannot be transferred. Once accepted to a course, the studentship cannot be changed to another one. In case of exceptional personal circumstance(s), please kindly apply in writing and refund is subject to HKOTA approval.
4. Should the applicant fail to comply with the payment and refund policy, his/ her enrollment to subsequent HKOTA courses will be affected.

Bad Weather Arrangement

<p>If the training session has not yet started: If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following hours of the day, the training will be cancelled as indicated below.</p>	
6:00 a.m.	Morning session that starts before 2:00 p.m.
11:00 a.m.	Afternoon session that starts between 2:00 p.m. & 6:00p.m.
3:00 p.m.	Evening session that starts from 6:00 p.m.
<p>For workshop or seminar that have already started:</p>	
When Typhoon Signal No 8 or above is hoisted	Immediately suspended
When Black Rainstorm Signal is in force	Continue