

# Fall 2022 Newsletter

Welcome to the inaugural Think Self-Management newsletter! These quarterly newsletters are designed to keep you, the Think Self-Management community, up to date on the latest news, events, and research findings related to self-management. The past few months have been a busy time for us here at Think Self-Management, and we are thrilled to be able to share some of the milestones with you. If you have anything you'd like to add to our future newsletters, please contact us at [info@thinkselfmanagement.ca](mailto:info@thinkselfmanagement.ca).

Sincerely,

Tanya and Michelle

## Introducing... Think Self-Management

As many researchers and clinicians know, the knowledge to practice gap is wide. Think Self-Management was founded to help address this gap, specifically as it pertains to self-management research. Beginning with our flagship occupational therapy program, the Packer Managing Fatigue Program, Think Self-Management will create streamlined access to the training, resources, and tools clinicians need to provide evidence-based self-management interventions.

Starting a company as two occupational therapists has been a daunting task, but we are thrilled to finally be able to begin building the Think Self-Management community, and are grateful for your support along the way!

## News, Events, & Articles of Interest

### World Occupational Therapy Day

Today, October 27th is World Occupational Therapy Day! This year's theme, from the WFOT, is Opportunity+Choice=Justice. Join us in celebrating everything that OTs have to offer on this special day!

### Living Guideline for the Rehabilitation of Adults with Post-COVID-19 Condition

This new document from the WFOT provides guidelines and recommendations for managing Post COVID-19 Condition in adults. The full document can be found in chapter 24 of the WHO COVID-19 Clinical Management: Living Guidelines at <https://www.who.int/publications/i/item/WHO-2019-nCoV-Clinical-2022.2>



## WFOT 2022

Think Self-Management CEO and Co-Founder, Michelle Lehman, was honored to be able to present at the World Federation of Occupational Therapy Congress 2022. Michelle presented the journey that the Think Self-Management Team, and our research colleagues around the world, have been on to improve access to the Packer Managing Fatigue Program. Michelle shared that "this adventure to Paris was once in a lifetime. I came home more inspired than ever after having met so many incredible occupational therapists from around the world!".

## Packer Managing Fatigue Program Launch

Since the original paper-copy manual went out of print in the early 2000s, the Packer Managing Fatigue Program has been largely locked in the research world. However, we are pleased to announce that the second edition of the Packer Managing Fatigue Program group protocol is now available through the Think Self-Management website.

Occupational therapists can now purchase a 1-year license, which includes access to the online training modules, webinars, group protocol manual and intervention materials, and first access to additional delivery methods and translations as they become available.

**Visit our website,  
[thinkselfmanagement.ca](http://thinkselfmanagement.ca), to  
register today!**



*Opportunity + Choice =  
Justice*