

I am a senior occupational therapist working on an inpatient adolescent mental health unit. I completed my training on the Assessment of Motor and process skills in September 2017 with the Royal College of Occupational Therapists. Participation in the 5-day training course and successful completion of the calibration process is required to use the AMPS.

The *Assessment of Motor and Process Skills (AMPS)* is an observational assessment that is used to measure how well a client or young person performs familiar activity of daily living. I wanted to complete the training as the AMPS is a standardised tool that can use a young person's AMPS measures to plan occupation-based and occupation-focused intervention, develop occupation-focused goals, and write occupation-focused documentation. The AMPS measures can also be used as outcome measures for OT interventions.

During this course I learned the theoretical foundation for using the assessment tool to promote occupation-centered and client-centered practice. I learned how to administer the tool reliably, score and interpret the assessment tool in a valid and reliable manner. I also learned the practical skills needed to use the assessment results to plan intervention, set goals, document, and plan for re-evaluation — all while remaining occupation-centered.

Now the training course is completed I have to achieve rater calibration. Rater calibration requires that potential raters view and score videotaped AMPS observations during the course and then complete 10 live observations after the course. Rater calibration allows the creator of the AMPS to determine each rater's severity and whether or not he or she is scoring the AMPS in a reliable manner. Following my return to my clinical setting, I am now working towards integrating the assessment tool into my occupational therapy practice and completing my 10 live observations in order to be rate calibrated. Using this assessment tool I have felt it will expand my practice by helping me to deliver more occupation-centered services.

With the new skills and insights I developed during the course, my confidence is enhanced, and I feel more capable and proactive advocates for occupational therapy and the use of occupation as both a means and an end when providing occupational therapy services.