

# “REHABRACADABRA”

## Using Magic as a Therapeutic Modality-Course Outline

### “Interventions for the Clinic, School, and Home Settings”

By Debbie M. Fisher MS OTR CHT / Cody S. Fisher BA, PM

#### **Course Objectives**

- Gain an in depth understanding of the therapeutic use of “magic therapy”
- Examine how to apply magic as a therapeutic modality to a variety of clinical settings and populations
- Discover how magic can be used to motivate clients to new skill levels, empower the provider as a new tool for treatment and help restore function
- Assess how to effectively document for insurance reimbursement
- Discover how to incorporate magic into your therapeutic “tool bag” to create individualized client centered treatment with little to no additional expense

In this day and age, health care providers are often presented with developing treatment for very diverse caseloads. Finding truly dynamic treatment techniques that can travel with you to all types of settings and populations can be a daunting search for health care providers, counselors and teachers. Many Providers seek a creative boost to meet their client’s unique needs while having fun and remaining motivated at the same time.

#### **Who Should Attend**

- Certified Hand Therapists
- Occupational Therapists
- Occupational Therapy Assistants
- Physical Therapists
- Physical Therapy Assistants

#### **What You Will Learn**

1. How using magic therapy as a therapeutic modality is not only effective but efficient
2. The history of magic therapy and current programs used around the world to address a variety of physical and psychological dysfunction
3. How magic therapy can:
  - Distract from obstacles such as pain, frustration, boredom
  - Improve self-image and self esteem
  - Provide visual positive reinforcement and biofeedback for the client
  - Be used as a treatment tool or simply for an ice breaker
  - Help to build patient rapport

- Challenge and entertain the client
4. Treatment techniques to enhance
    - Gross & Fine Motor Skills
    - Cognitive Skills
    - Sensory Motor
    - Communication
  5. Demonstrate and explain at least five ways to integrate magic & juggling as a tool for treatment

## **Course Content**

### **HOW MAGIC CAN BE USED AS A THERAPEUTIC MODALITY**

- Definition of “magic therapy”
- Overview of the tricks that will be taught
- How magic therapy is used to address physical and psychological dysfunction

### **USE AND EFFICACY OF MAGIC IN HEALTHCARE AND SCHOOLS**

- Historical use of magic and juggling as a type of therapy
  - Quotes throughout history regarding the use of magic in therapy
  - Project Magic
- Magic Therapy used in a variety of clinical settings

### **SCIENCE AND THEORY BEHIND THE PRACTICE**

Recognition of magic therapy as an authentic method of achieving therapeutic goals

- AOTA
- Current Research and other publications

Why Magic works within Multidisciplinary settings

- Magic Therapy as the “Swiss army knife” for treatment allowing your treatment more effective and efficient
- Motivating clients to new skill levels
- Empowering the provider
- Selecting tricks to help restore function

### **ATTAINING THERAPEUTIC GOALS WITH MAGIC**

#### **Tricks That Address**

#### **Cognitive Skills:**

- Problem Solving / Reasoning

- Planning / Sequencing
- Attention / Concentration
- Memory Skills
- Socialization
- Behavioral / Emotional
- Higher Cognitive Skills
- Motivation / Instant Gratification
- Self Concept / Esteem

#### Gross / Fine Motor Skills:

- Strength- Endurance
- Dexterity
- Crossing Midline
- Grasp / Release
- Pinch
- Pointing / Placing
- Mobility / Range Of Motion
- Coordination
- Manipulation Skills

#### Sensory Motor Skills:

- Visual- Perceptual
- Visual Motor
- Motor Planning
- Right/ Left Discrimination
- Spatial Relations
- Proprioception

#### Communication Skills:

- Verbal
- Nonverbal

#### THE INTEGRATION OF MAGIC AND JUGGLING AS A THERAPEUTIC TOOL

- Client and trick selection
- Integrating modifications as needed
- Grading the trick in levels of difficulty

#### DOCUMENTATION AND BILLING

- What insurance companies look for
- Suggested billing codes

- Important items to include in your documentation

## CASE STUDIES AND TREATMENT PLANNING

### Course Instructors

**Debbie M. Fisher, MS, OTR / CHT**, is a licensed occupational therapist and a certified hand therapist with over eight years of experience working in inpatient and outpatient settings. Over the past several years, she has helped develop, launch, and run three hand therapy departments in the central Texas region. In addition to the above, she also has certifications in secondary teaching, ergonomics, ballroom dance, and contemporary yoga. Currently, Ms. Fisher is the department head at Tillman Physical Therapy where her primary focus is on the evaluation and treatment of patients with upper extremity dysfunction. This includes acute and cumulative trauma injuries as well as chronic arthritis and other debilitating conditions that may require custom fabrication of adaptive assistive equipment & splinting. Debbie has been referred to by her colleagues as "*one of the most creative and innovative therapists they have worked with*" especially when it comes to splinting and coming up with fun, motivating, and functional exercises.

For many years now Debbie has been working with her husband Cody Fisher, an internationally known magician. Together Cody and Debbie have taken the use of magic to a unique level. They have adapted the use of magic therapy to the clinical and the academic setting in lectures to occupational therapy students, magicians, and practicing therapists in the U.S. and Europe. Their goal is to promote magic therapy by providing the most up to date information and user friendly resources.

Ms. Fisher received her master's degree in Occupational Therapy from Washington University in May 1999 and also holds a secondary Texas teaching certification in psychology and biology from the University of Texas at Austin. Mr. Fisher received his bachelor's degree in Molecular biology from The University Of Texas At Austin.

Recently, Ms. Fisher's use of magic as a therapeutic modality was a cover story in *Advance for Occupational Therapy Practitioners* (July 23, 2007). She has also presented on the topic. To learn more about Debbie or her seminar, visit her at [www.debbiefisher.org](http://www.debbiefisher.org)

**Cody S. Fisher, BA / PM** is a full-time magician, author, and lecturer. He is a pioneer in the creation of magic tricks and teaching them to other magicians. Cody received his BS from the University of Texas at Austin in 1996. He worked his way through graduate school as a magician while he taught biochemistry to premed students at UT. He soon realized performing, lecturing, and teaching was his true passion. He is now a top motivational speaker using his magic to send a message into schools, institutions, clinics, and businesses. He has devoted his life to motivate others to succeed. For more information on Cody's unique services please visit [www.CodyFisher.com](http://www.CodyFisher.com).