From baskets to baking

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Key points of an Autoethnography

- You are the focus of the research study
- You research your activities, feelings and emotions in depth within particular cultural contexts
- You need a well developed capacity for critical reflexivity in order to avoid the pitfalls of self indulgence
- Your capacity to present data innovatively and to create an impact on the reader by bringing them in close to your experiences is very important
Occupation and you?
"Man [sic], through the use of his hands, as they are energized by mind and will, can influence the state of his own health."

Reilly, 1961
Occupation across OT history

• The medical model
  • a bottom up approach

• The occupational therapist carries out her treatment on prescription from the medical officer only. No case should be dealt with without this prescription.

Howarth & MacDonald, cited in Turner, 1996
Occupation across OT history
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- Rediscovering occupation
- Occupational therapy is a profession concerned with promoting health and well being through occupation.
Occupation from a personal perspective

• Doing
• Being
• Belonging
• Becoming

• Wilcock, 1999 & 2006
Occupation from a personal perspective
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Occupation and you?

- Where is occupation in your practice?
- What are your meaningful occupation?
- How do they impact on you as an OT?