Humanity—Occupation—Health: A Radical Repositioning of Occupational Therapy’s Ontological and Epistemological Foundations

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Introduction/Rationale: This PhD focused on ‘Everyday enactments of humanity affirmations in neo-apartheid South Africa: A phronetic case study of human occupation and health’. It was driven by a concern about the deeply dehumanized/ing violent-divided-wounded human condition of post 1994 South Africa and occupational therapy’s ill-positionedness and ill-preparedness to become a humanizing and healing resource to society. The study was philosophically grounded in critical contemporary interpretations of Aristotle’s intellectual virtue Phronesis and African Humanism—the ontic ethic Ubuntu.

Objectives: To illuminate, unpack and explain: everyday enactments of humanity affirmations in neo-apartheid South Africa; factors pertaining to agency and structure that enable such affirmations and enactments; and how human occupation and health are implicated.

Method: Case study was employed as both a research method and the object of study along with narrative enquiry to gain access to nine storied exemplars. These were selected on the criterion that they would likely widely resonate with people in South Africa. Narrative interviews were conducted with a maximum diversity sample of nine participants. Handling incidents-embedded instances of enacted humanity affirmations as bounded systems, information was gathered from multiple sources, situating the instrumental collective case within a dehumanized/ing context.

Findings: Three main themes emerged from the study: Spectrum of Possibilities; Embodied—Embedded Enablers, and Never Forget How Made to Feel.

Conclusion: The findings expand theorizing as a scholarly practice in occupational therapy and occupational science. The practical conceptual triad Humanity—Occupation—Health emerged, calling and allowing for a decolonizing radical expansion and complexification of occupational therapy’s original dyad Human Occupation—Health.