Occupational Therapy views from diverse cultural perspectives

Inda Zango Martin & Anita Björklund Carlstedt
Introduction

- Everyone represents a culture
  - (Meñaca, 2004)

- Occupational therapy also represents a particular culture

- Ignores the diverse worldviews about occupation, health and well-being and the link between them

- The dominant Western culture in occupational therapy is supporting an ethnocentric theory, based on the notion of superiority of one’s culture in relation to others

- Theoretical imperialism
  - (Hammell, 2009; Iwama, 2006)
Introduction & Aim

- The global world challenge is to establish an **intercultural perspective** of occupational therapy:
  - Critical thinking
  - Reflective practice
  - Mutual power relationships

- Therefore, the **aim** of this research was to analyze worldviews regarding occupational therapy culture among people from rural areas in **Honduras, Morocco, Burkina Faso, Tanzania and Ecuador**, and with a main focus on occupation and the link between occupation, health and well-being
Materials and Methods

Ethnographic Method

- **Data collection**
  - Semi-structured interviews
  - Participant observations
  - In-depth interviews

- **Data analysis**
  - Grounded Theory approach
Occupation, health, and well-being should be regarded as a personal and community experience.

- Occupation, health and well-being as personally interpreted concepts
- Occupations that allow connection with the community

Co-occupations, collective occupations, and collaborative occupations are the most important occupations.

- The community determines the mode in which the occupations are carried out
- The aim of the most important occupations is interdependence

Occupation, health, and well-being mutually influence each other.

- Belonging is related to health and well-being
- Accepting available occupations contributes positively to health and well-being
Applications for practice

- Consider how other cultural perspectives are needed in occupational therapy in order to offer more culturally relevant interventions.

- Developing a complementary view of occupation, health and well-being, by integrating individual and collective views, could enhance and expand the relevance of occupational therapy around the world.

- Incorporate an intercultural perspective in occupational therapy theory and practice, and recognizing diverse worldviews around the world.

zainma@ju.se
inmayla@yahoo.es