



Occupational **T**herapy views from diverse cultural perspectives

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Introduction

- ▶ Everyone represents a culture
 - ▶ (Meñaca, 2004)
 - ▶ Occupational therapy also represents a particular culture
 - ▶ (Hammell, 2009; Iwama, 2006)
- ↓
- ▶ 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



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



Results – Occupations are social practices

- ▶ **Occupation, health, and well-being should be regarded 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



Thanks for listening!

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