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What is eudemonia?

Charlotte Royeen

Saint Louis University, St. Louis, Missouri, United States

Learning Objectives:

1. Identify virtue as central to a well lived life, and that living well is its own end goal; that living well consists of doing something (engagement in occupation) and not just being in a state or condition.
2. Explain the history and origins of conceptualization of the good life, or eudemonia.
3. Explain how branding of occupational therapy as "living life to its fullest" parallels the ethical construct of eudemonia as first identified by Aristotle.
4. Provide exemplars of the good life, and what constitutes living life to its fullest in spite of age, disability, race, or developmental disability or occupational injustice.
5. Discuss how the Aristotelian concept of how we enact virtue in humans as a proper function of a thing, or occupational engagement.
6. Describe occupational science and occupational therapy as context based practice science masters best by doing, and not just reasoning.
7. Relate how virtue of ethical theory is not unique and can be applied to many crafts, and especially occupational science and occupational therapy.
8. Relate modern movements in psychology regarding happiness and flow to eudemonia.
9. Explain eudemonia as ultimately linked to meaning, something larger than oneself.

Learning Methods: mini-lecture, discussion, worksheets