

The Process of Transformation In Rehabilitation: What Does It Look Like ?

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Introduction : This paper presents the partial results of a research project funded over three years by the Canadian Social Sciences and Humanities Research Council. It presents a model for health care professionals and especially for occupational therapists that could deepen their understanding of the personal change process of their client's adaptation to living with a chronic illness and disability.

Objective: Educators and proponents of adult learning theory understand that adults can experience significant events in their lives that can lead to a process of transformation that challenges or changes pre-existing values, beliefs and behaviors. This process of transformation can occur at any point in an adult's life, including when learning to live with a chronic illness and disability. The purpose of this article is to introduce health care providers to the possible process of transformation during rehabilitation.

Methods: The authors will present a suggested model of the process of client's transformation during rehabilitation developed as part of a larger meta-synthesis qualitative research project. This Model is based on 7 qualitative research papers founded in the literature that specially aim at the process of change of individuals involved in a physical rehabilitation period.

Results/discussion: The article will present the model, and suggest how it could be helpful for health care providers when interacting with adults learning to live with chronic health conditions during an active rehabilitation program.

Conclusions: This model that describes and tentatively explains the client's process of transformation provides insight regarding the complexity of clients' experiences learning to live with chronic health conditions.

Contribution to the practice/evidence base of occupational therapy: This proposed model is an innovative and sound client's centered approach based on strong theoretical basis in adult education theories that gives some lights to the complexity of client's process of change during a rehabilitation program and particularly during occupational therapy treatments. This paper will conclude by identifying future directions for practice and research.