

Body practices as Potency of Life

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Introduction-Contemporarily, the most significant challenge faced by occupational therapists is the construction of critical and innovative knowledge able to articulate multiple actions, thus enabling human and social speech, placing practice beyond the fragmentation of knowledge, which is so usual in the healthcare area. Considering this situation and the current socioeconomic context we live in, we see that it is necessary to enable the population assisted to create resources to face issues and experience their own ways of being and living through a connection with the living body, its rhythms, sensations and observations. These matters constitute a way of operating the events in life and of people relating with themselves and with the world.

Objectives-The objectives of the research conducted are to discuss the practices for body awareness as devices favoring life's potency and participation of the population assisted by occupational therapy in social networks.

Methods-We studied a group of assistance in occupational therapy that was having in their meetings practical activities of body awareness and plastic art activities. To do so, we conducted a bibliographic review, a theoretical study, we followed up the group based on the Action-Research and on a documental analysis of the records of the assistance rendered.

Results-Conducting the body awareness practices favored interpersonal relationships among the participants. The knowledge each one's personal possibilities made the work done be appropriate, contaminating other contexts of the subjects' life.

Conclusions-On the opposite side of the fast lane, the practices of body awareness allow participants to do the activities in their own time, but which they are not aware of because they do not experience it in their daily life. Recovering one's personal rhythm wakes up the senses and the experience of individual processes, many of them imperceptible without the body practices. They allow the statement of life's potency as potency to act and an opening in the way of being of subjects when they are affected by joyful passions.

Contributions-These actions in the work of an occupational therapist can be an important resource to assist the different populations and to favor the participation of the population assisted in the social networks.