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The Power of Doing: Blending 6th Century Kado Tradition with Present Day Occupational Therapy

Ricardo C. Carrasco

FiestaJoy Foundation & Banmi Shofu Ryu of Ikebana, Winter Park, FL, United States

Introduction:

This is part of a larger project (The Power of Doing) which posits that life events create transitional challenges, which lead to occupational chaos. To resolve the chaos, the person chooses to do, or to not do; doing initiates occupational reconstruction. Inspiration comes from the origins of doing in occupational therapy expressed by the profession's founders. Inspiration also comes from survivors of life threatening and mental health ailments from the literature and from structured interviews.

Objectives:

- 1. Trace the origins of doing in occupational therapy
- 2. Describe Kado in Japanese and other cultures
- 3. Recall doing stories from survivors of life threatening and mental health ailments
- 4. Articulate blending of Ikebana with occupational therapy during occupational chaos and reconstruction

Description/Report:

The paper describes the blending of 6th century tradition of Kado (way of flowers, called Ikebana) with occupational therapy, and proposes that Kado is a potent agent for wellness, leisure, social participation and self-actualization, thereby applying the concepts of occupational chaos and reconstruction. Informed by sensei (honorable teachers) generations, the paper traces Ikebana origins and spread across cultures outside Japan. Employing the narrative method, the paper describes a lived experience of occupational chaos precipitated by the death of an Ikebana Iemoto (headmaster), and how the informant utilized occupational reconstruction to recover and to preserve Ikebana traditions in a global context.

Results/Discussion:

In assuming the Iemoto role, the informant crosses cultural boundaries, immersed in traditions and practice of Kado and occupational therapy, and while engaged in clinician, educator, researcher, and family member roles with additional challenges of health. Thematic analysis reveals the informant's reconstruction in assuming the new role, also utilized Ikebana as a medium for wellness, leisure, social participation, and self-actualization that is consistent with the pattern of doing gleaned from history and lived experiences.

Conclusion:

Occupational chaos resolution is doable while blending occupational therapy with Kado.

Contribution to the Practice/Evidence Base of Occupational Therapy:

Revisiting occupational therapy roots strengthens commitment and increases professional credibility. Thematic analyses of lived experiences provide evidence of how occupational therapy impacts the quality of engagement and participation by those who experience occupational chaos.