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### **Exploring the push and pull of the dark side of occupation.**

Helen Smith<sup>1</sup>, Rebecca Twinley<sup>2</sup>

<sup>1</sup>*Teesside University, Middlesbrough, UK,* <sup>2</sup>*Plymouth University, Plymouth, UK*

The dark side of occupation is a concept in its relative infancy which aims to reflect occupations that may not be deemed prosocial, healthy or productive, but may still have meaning and purpose (Twinley, 2013). This may include a wide range of occupations that the individual chooses, is coerced or forced into doing.

This 1.5 hour workshop aims to further explore what kind of occupations may be seen as having a 'dark side' and what drivers there are in individual lives which encourage engagement in them. By considering the internal and external forces which influence occupational choice we can look at the 'push and pull' of the dark side of occupations and explore the ways in which therapy can better understand this dynamic.

#### *Learning objectives:*

By the close of the workshop participants will be able to:

- Identify the features of the dark side of occupation
- Debate the influences on occupational choice which may promote engagement
- Consider how attitudes towards occupation may shape therapy services
- Explore the implications for working with individuals who engage with occupations that may have a dark side

The session will be an exploratory mixture of discussion and activity to consider existing literature on the subject and explore case scenarios to apply the concept to practice. Participants will be encouraged to consider their own client populations and their own beliefs and judgements regarding occupational choice.

Twinley, R. (2013). The dark side of occupation: a concept for consideration. *Australian Occupational Therapy Journal*, 60(4) 301-303