

Meaning construction on OT process

Contributions from the Brazilian Dynamic Occupational
Therapy Method

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DOTM

The first registered method in Brazil. Built since 1970s, on an **investigation of OT process** to produce theories to explain its phenomena and methodologies for practice, as a counterpoint to medical and rehabilitation paradigms for OT.

MAIN CONCEPTS

Theoretical Concepts



Instrumental Concepts

TRIADIC RELATIONSHIP

Its terms (OT-Individual-Activities) and its dynamical movement

SETTING

SITUATIONAL DIAGNOSTIC

POSITIVE TRANSFERENCE

EDUCATIVE FUNCTION AND THERAPEUTIC ACTION

MEANING-MAKING THROUGH ANALYSIS OF ACTIVITIES ON DAILY LIFE AND ASSOCIATIVE PATH

Main goal: social insertion through the construction of **new** meanings by the individual and by people of his/her relations, putting him/her in more active participation on everyday life.

This construction **does not occur in the experience itself** (experimentations on triadic relation), but on the analysis of what is being experienced, in a clinical time, as said Mattingly (1998).

The Associative Path technique

- The technique favors meaning construction about OT process, sustained on a **dialogical conversation** about activities done on OT process, on a narrative time.



Scope Review

- To understand the technique applicability and the kind of evidence that could be found on publications describing its utilization
 - type of publication, characteristics of clients and services
 - the descriptions of associative path process were analyzed thematically

Results

- 12 case studies
- clients age: 16 to 67
- 7 men and 5 women
- predominance of mental health issues and different situational problems
- public and private services

Thematic analysis resulted in four themes
revealing the meanings constructed by the
clients

Constructing meaning about themselves in life

- "It was through 'associative path' technique that Ana faced the possibility of preserving her productions in and outside the setting. She also talks about how she wanted to do other activities, but 'since she did not think things would work or she would not like the result, she would rather not take the risk of not suffering' (CECCATO, 2012, pp. 31-32)
- "At this point, C. told me, 'You gave me ground. I did 12 years of psychotherapy and if there is one thing I learned was to be realistic; but you taught me that I have possibilities.'" (MELO, 2007 - p.38)

Filling the daily life with personal creativity

- "In the last subgroup, called 'Family', C. put the canvas and the two picture frames. She said canvas now remembered her 'family tree' and she could talk about how nice was to get closer to the family and start a new life with her daughter." (MELO, 2007 - p.38)
- "Ana agrees, telling me that she had started to 'make up snack recipes' at her house on weekends when her mother was gone and asked to make a cookbook with me." (CECCATO, 2012 - page 32)

Planning the future

- "Already in the third subgroup, the slogan was 'projects of life', where he places the list we had made about possible jobs (horse tamer, tour guide and hostel receptionist), saying he would like to add in this list the search of some sport and social life." (CECCATO, 2002, p.20)

Recognizing care

- "She gave me the pictures of her activities and, excitedly, said goodbye with a hug, thanking me." (MELO, 2007 - p.38)

Evidence for practice must not only be sought on standardized researches, but **best practices research** could inform other aspects of what can and should be considered for decision making in
OT

What is best proceedings to help our clients to construct new meanings for life?

Associative path could compose a
framework for meaning making on OT
process

Thank you!

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