Meaning construction on OT process

Contributions from the Brazilian Dynamic Occupational Therapy Method

> TQ Marcolino, DR Dituri, ACC Mello Sao Carlos Federal University, Brazil

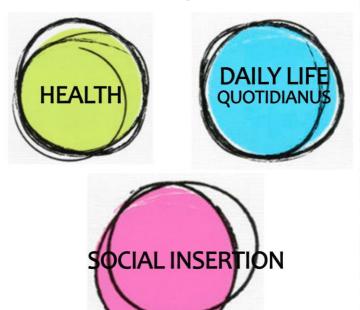
DOTM

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

Theorethical 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 DAIL LIVE 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
- o 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!

taisquevedo@gmail.com

- Benetton, M. J. Trilhas associativas: ampliando subsídios metodológicos à clínica da terapia ocupacional.
 3^a edição. Campinas: Editora Arte Brasil, 2006. 144 p.
- Benetton J. Trilhas associativas: ampliando recursos na clínica da psicose. São Paulo: Lemos; 1991.
- Benetton, J. O encontro do sentido do cotidiano na terapia ocupacional para a construção de significados. Revista Ceto, São Paulo, ano 12, nº 12, p. 32-39, 2010.
- Eakman, A. M. (2013). Relationships between meaningful activity, basic psychological needs and meaning in life: test of the meaningful activity and life meaning model. Otjr: occupation, participation and health. 33, 100-109. Doi:10.3928/15394492-20130222-02
- Mattingly, C. Healing dramas and clinical plots: the narrative structure of experience. Cambridge: Cambridge University press, 1998.
- Melo, D. D. O. De lagarta a borboleta: um processo de terapia ocupacional. Revista Ceto, São Paulo, v. 10, n. 10, 2007, p.33-39.
- Whiteford, G. Knowledge, Power, Evidence: A Critical Analysis of Key Issues in Evidence Based Practice. In: Whiteford, G.; Clair, V. W. Occupation and Practice in Context. USA: Elsevier Health Scie, 2004. Cap. 3. p. 34-50