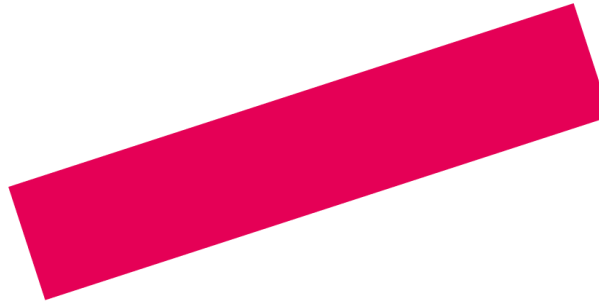


The Power of Occupation



Dr. Ton Satink – presentation for SPOT Europe



The five universities and university colleges in the European Master programme



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Stockholm, Sweden



University
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EUROPEAN MASTER^{of}SCIENCE
in OCCUPATIONAL THERAPY

HAN_ UNIVERSITY
OF APPLIED SCIENCES

Content

Public Health

Occupation and health and well being

- Concepts

+ time for questions

Power of Doing

+ time for questions

Public Health

Public health is concerned with **protecting** the **health** of entire **populations**.

These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

Sustainable Development Goals



3. Ensure healthy lives and promote well-being for all at all ages

Occupation, health and well-being

Moderate to strong evidence that occupation has an important influence on health and well-being.

- Not only for protecting, also to support process after a decline of health.

Law, M., Steinwender, S., & Leclair, L. (1998). Occupation, health and well-being. *Canadian Journal of Occupational Therapy / Revue Canadienne D'Ergothérapie*, 65(2), 81–91.
<https://doi.org/10.1177/000841749806500204>

See also:

Wilcock, A. (2015). *An occupational perspective of Health*. 3rd Ed. Thorofare, US: Slack inc.

Occupation

Occupations are the ordinary and familiar things that people do every day (Christiansen, 2011)

Occupations are various kinds of life activities in which individuals, groups, or populations engage, including activities of daily living, instrumental activities of daily living, rest and sleep, education, work, play, leisure, and social participation. (www.aota.org)

Occupation is all the 'doing' that has intrinsic or extrinsic meaning (Wilcock, 2006)

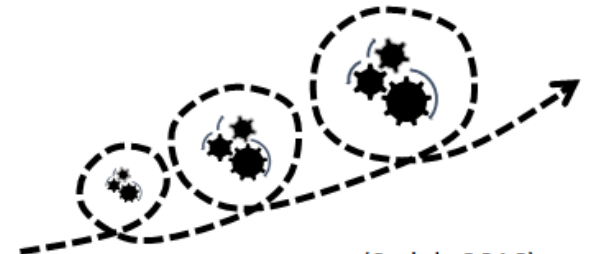
Occupation is defined here as a person's personally constructed, one-time experience within a unique context. (Pierce, 2001)

Doing... what happens?

DOING is an arena to

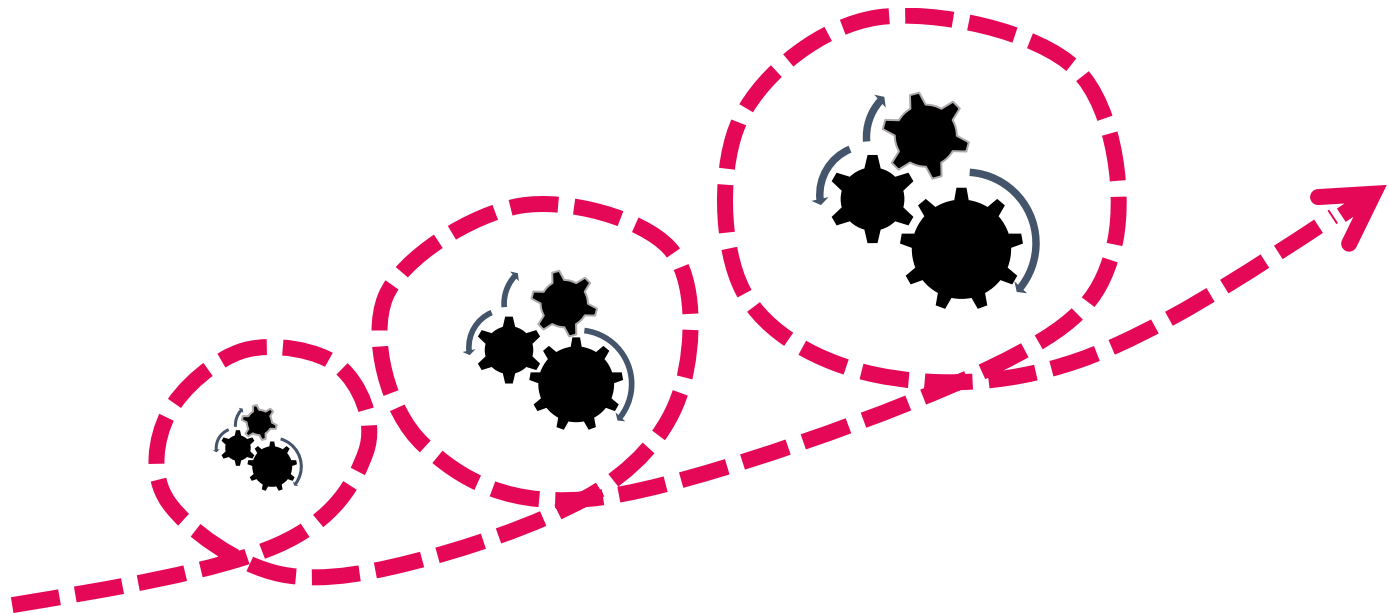
- develop meaning, identity, self-worth, self-efficacy, self-management;
- experience different experiences like flow, boredom, fear or sense of control;
- ‘perfink’: people perceive, feel and think simultaneously when they act;
- experience, negotiate, adapt;
- find new occupational patterns through doing;
- develop health and well-being.

(David Krech in Brunner, 1986; Christiansen, 1999; Csíkszentmihályi, 1990; Ikiugu, 2015; Laliberte-Rudman, 2002; Law et al., 1998; Unruh, 2004; Amman et al. 2012; Tatzer et al., 2012; 2015; Satink, 2016)



(Satink, 2016)

The (power of the) process of Doing...



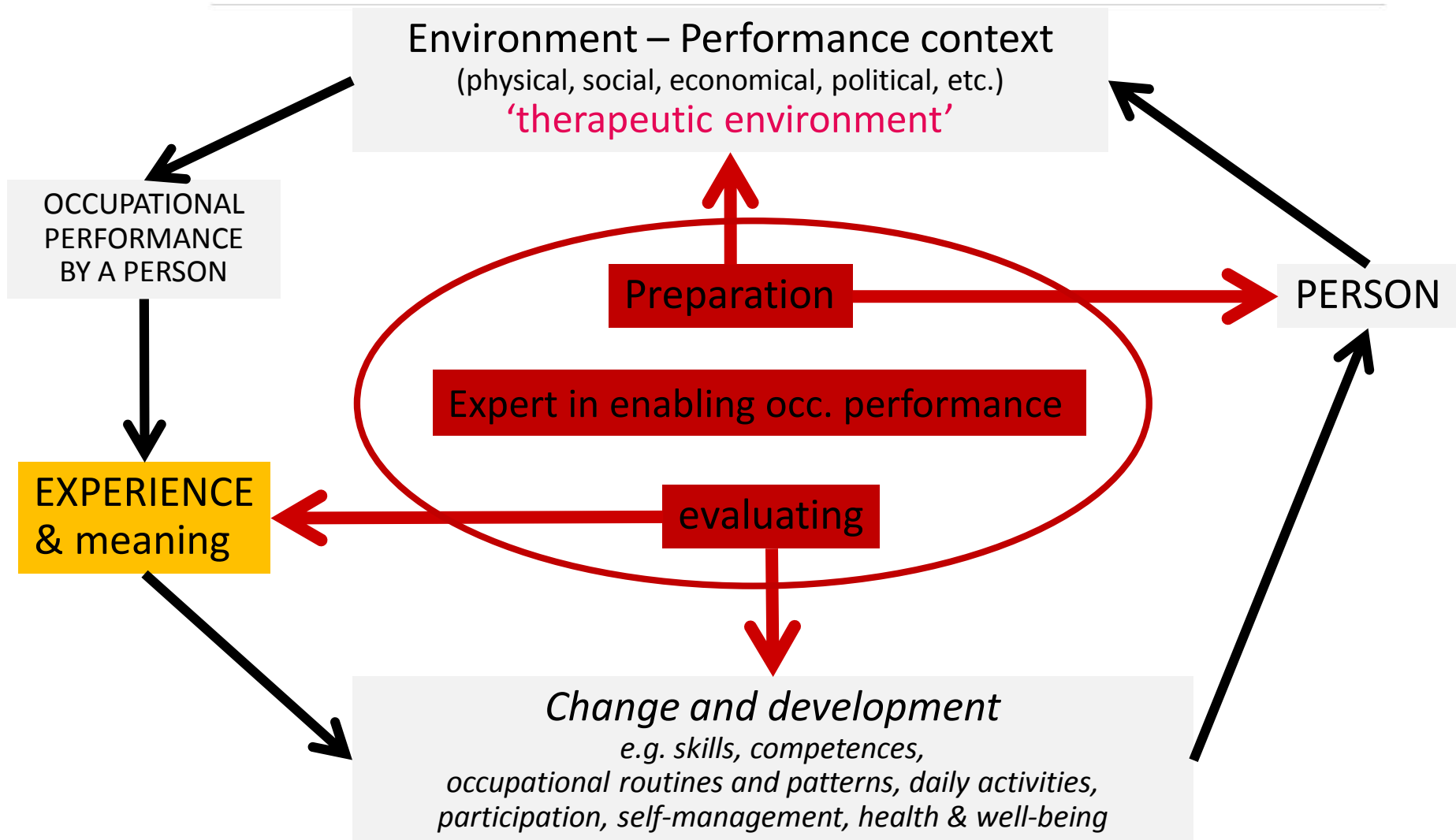
1. Trial and error, experience and meaning making;
2. Negotiating, tuning, decision and directing;
3. Adaptation, ask/use help, stop or go on.

(Satink, 2016)

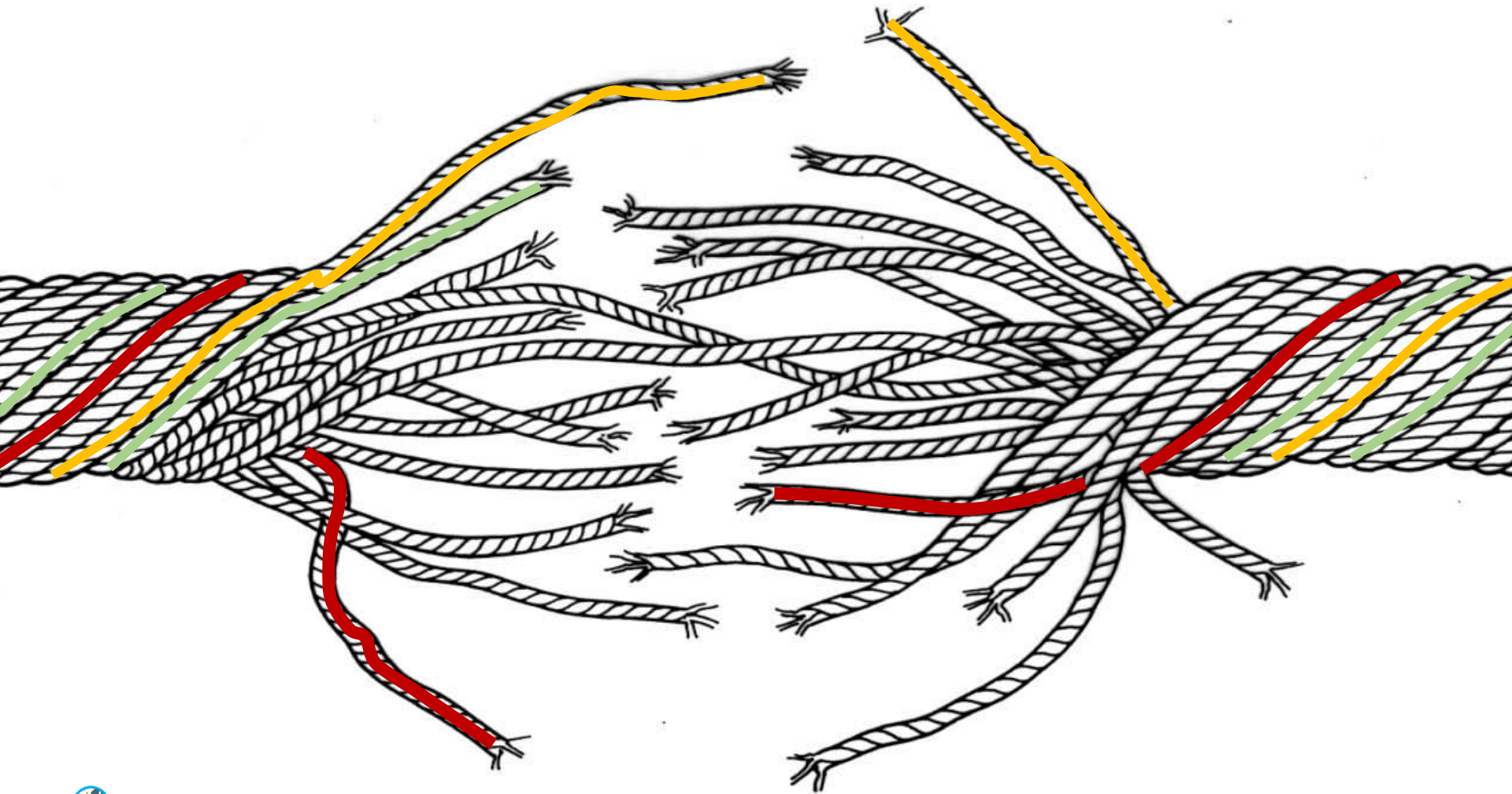
Questions & Reflections

**Understand and apply
the power of doing**

The process of doing



A coherent narrative with different Disruptions about occupation and storylines



Maintain meaningful activities and roles

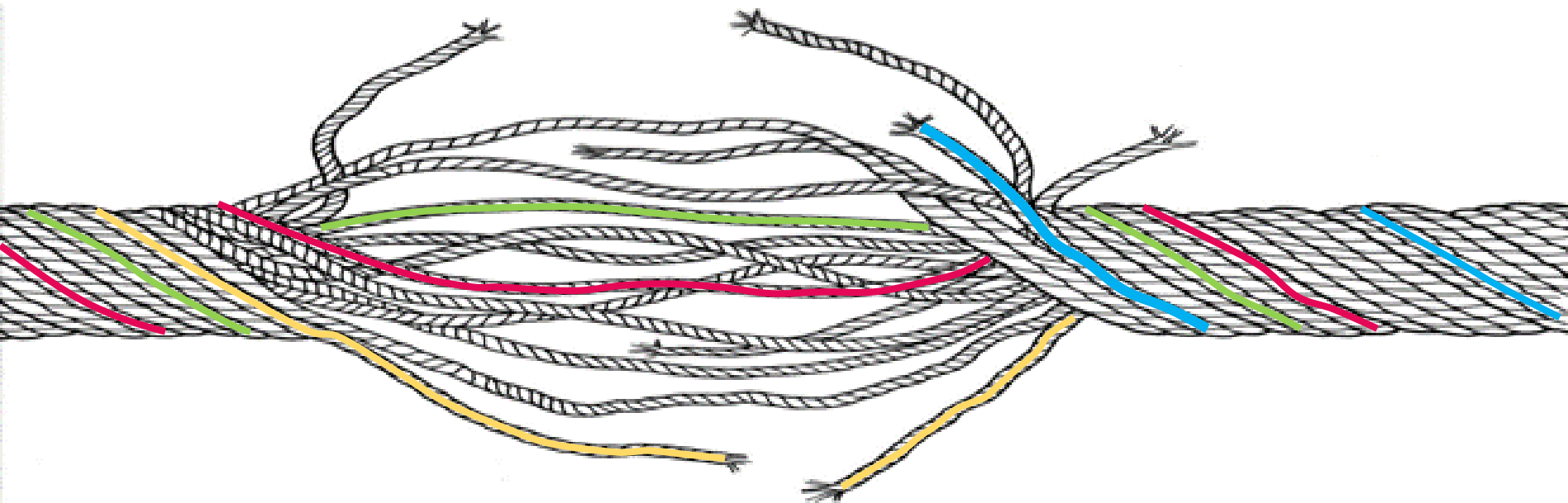


The power of DOING

DOING supports development of meaning, self-mangement, identity, occupational patterns & routines, health & well-being



Recovery of narrative and storylines



“

Use the richness
of Occupation!

Use the power of
doing to influence
health and well-
being!

Questions & Reflections ?

**Thank you for
your attention.**

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