

Occupational Therapy in Diverse Settings

Creating a more
authentic and diverse
perspective of
occupations

@Rebecca Twinley

#IlluminatingTheDarkSideOfOccupation



University of Brighton



Creating the concept

The image of the moon¹ used repeatedly in this text is deliberate: I am autistic and have a neurodivergent tendency to draw on visual metaphor to make sense of the world. When I was trying to make sense of the vast range and diversity of occupations, I imagined the dark side of the moon – the place where all those occupations are that remain out of the realms of our analyses, left in the dark, or in the shadows (Twinley, 2013) to our existing knowledge.

The Dark Side of Occupation: Concept development



**Critically contesting
traditional ways of
considering occupation**

Self-care

Productivity

Leisure

Amy Gaeta @GaetaAmy · Aug 29

...

One thing that particularly bothers me about “self-care” discourse is that it promotes normative ideas of care & of how to care for yourself. But the reality is that many people do not know what they really need and want

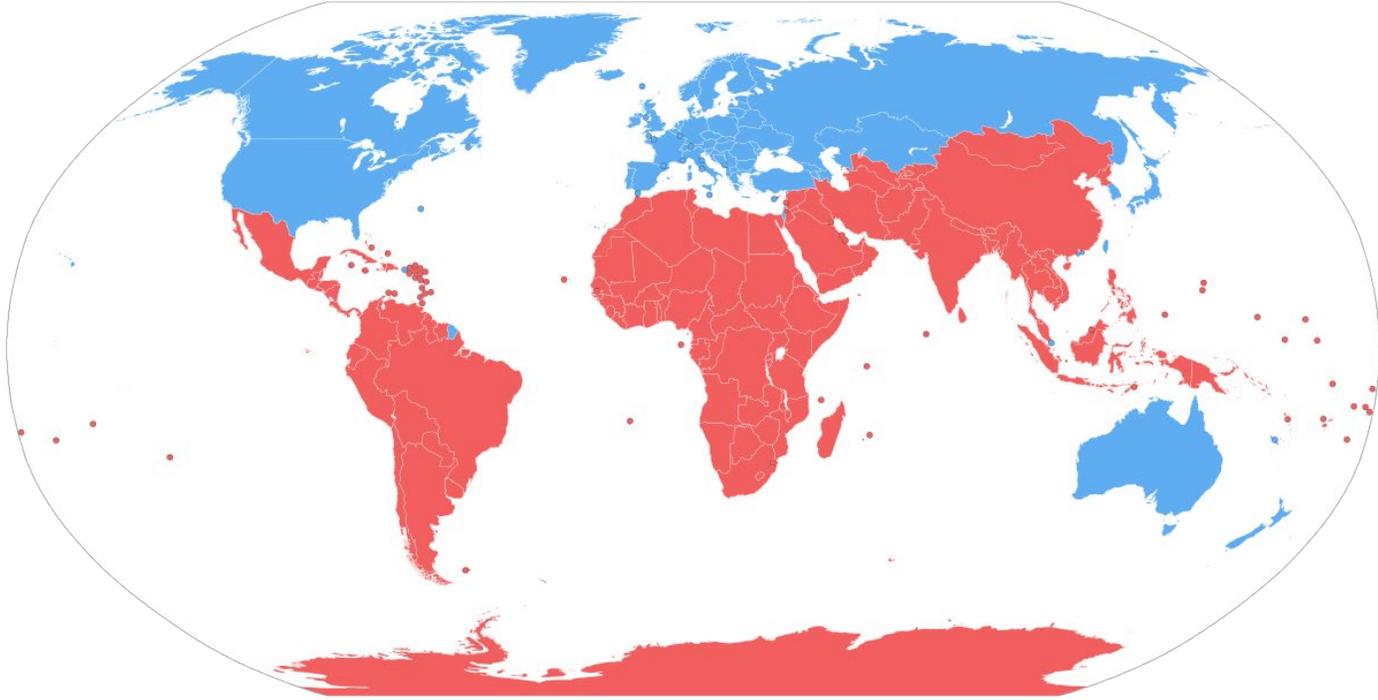
Self-care

“The concept of Self-care with a central focus on the individual, self control, and autonomy may be counter to some cultural beliefs, values, and norms in some cultures, especially in non Western cultures”

(Leininger, 1992)

Productivity





Productivity

Moreover, in Western cultures, there is a value for balance between work and leisure activities, whereas in some non-Western cultures, work and productivity are highly prized and leisure activities are generally ignored [10, 13].

(Malkawi et al., 2020)

Leisure

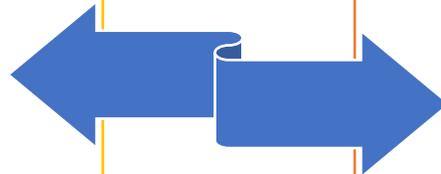
Leisure, as an occupational category, is heavily determined by class and is not an identified priority among people from underprivileged socioeconomic groups whose everyday occupations are focussed on procuring basic amenities for daily survival.

(Murthi & Whalley Hammell, 2021)

**Challenging and
questioning the positive
framing of occupation**

Occupations that could be:

addictive
anti-social
boring
chaotic
criminal
deviant
disruptive
extreme
harmful
health-compromising
messy
risky
unproductive
violent



Occupations that could still be:

challenging
creative
engaging
enjoyable
entertaining
meaningful
pleasurable
purposeful
relaxing
respite
rewarding
sociable
source of a sense of wellbeing
survival

**Illuminating and
studying the less
addressed and
less understood**

What are the perceived impacts of woman-to-woman rape and sexual assault, and the subsequent experience of disclosure, reaction, and support on victims/survivors' subjective experience of occupation?



[Link to Bex's thesis](#)

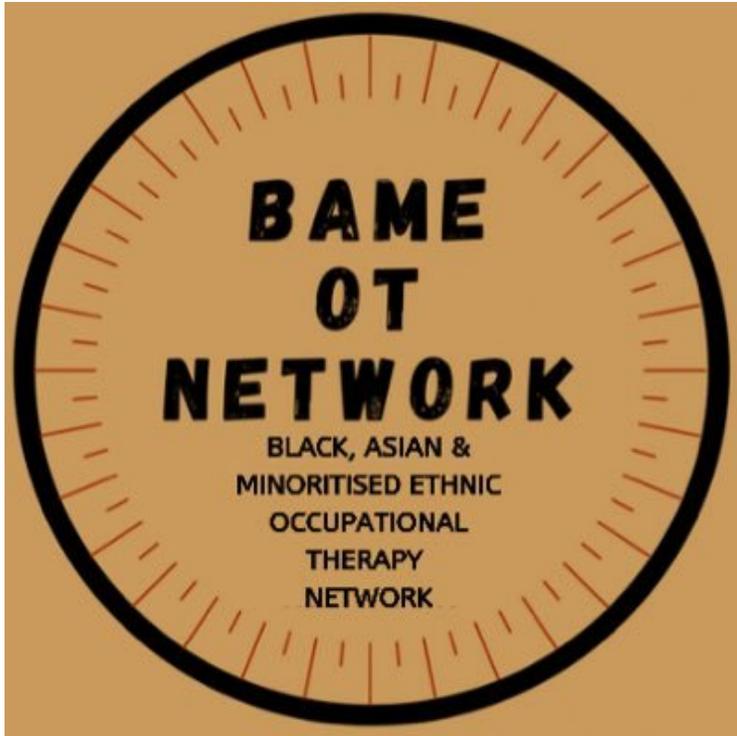
**Creating a more
authentic and diverse
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occupations**

Creating a more **authentic** and diverse perspective of occupations

Authenticity

“Occupational therapy practitioners can embrace the distinct value of occupational therapy by harnessing the power of authenticity in our daily practice. **Practitioners, educators, students, and researchers being true to our core values, as well as the historical roots of the profession, will demonstrate how occupational therapy enhances clients' quality of life and positively affects their everyday lives.** By harnessing the power of authenticity, we can drive the profession of occupational therapy into the future as practitioners with influence to meet the dynamic needs of health care and education systems” (Lamb, 2016).

@BAMEOTUK



@AbleOTUK



@LGBTQIAOTUK



Creating a more authentic and **diverse** perspective of occupations



Sheela Ivlev

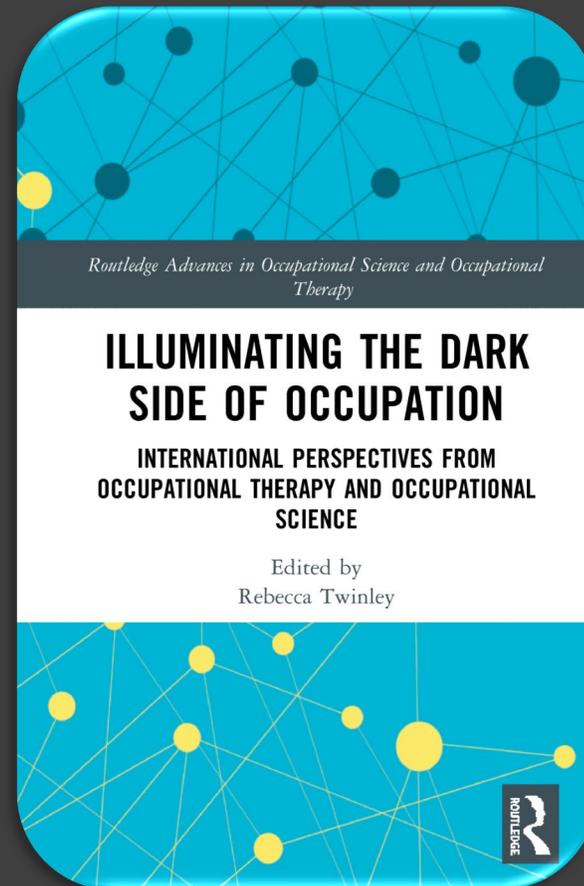
#DisruptOT

DON'T PUT OCCUPATIONS IN BOXES



Mission complete: A Book!

Contract with Taylor
and Francis (Routledge)
to produce an edited
book



Section One

Theory

The Whole of the Moon:

How Our Occupational Lens Helps

or Hinders Our Exploration of the

Dark Side of Occupation,

by Claire Hart

Section Two

Research

Homelessness and Occupation,

by Leonie Boland, Carrie Anne

Marshall, and Lee Ann Westover

Section Three

Practice

**Challenges for Occupational
Therapists Working with Clients
who Choose Illicit, Immoral or
Health-Compromising Occupations,
by Craig Greber**

Section Four

Education

**Occupational Therapy Sounds Too
Nice: Reflections from a Recently
Trained Occupational Therapist,
by Kwaku Agyemang**

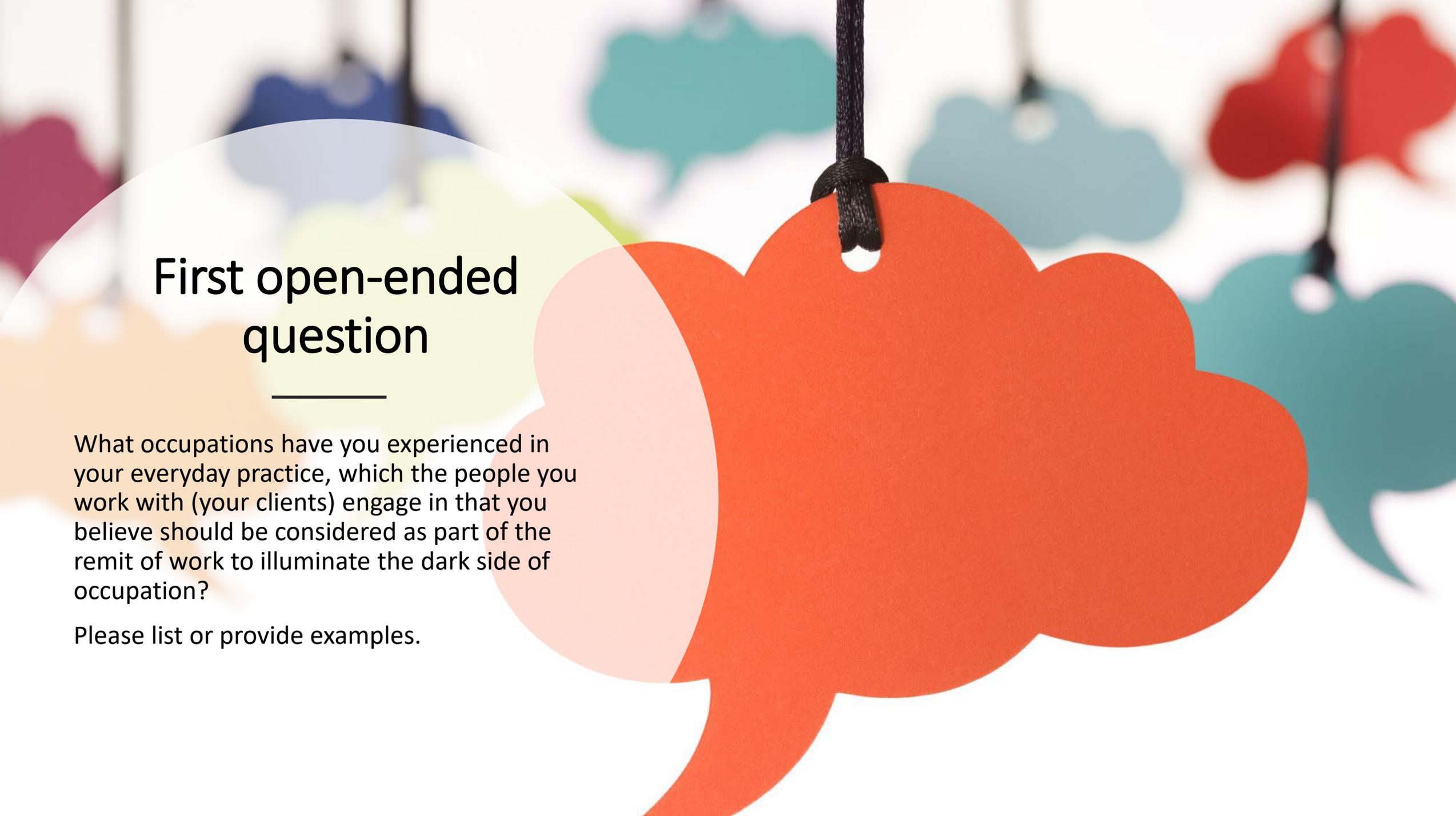
Mission underway: A survey

The Dark Side of Occupation:
Occupational Therapists'
Perspectives and Priorities

Research Question: What occupations do occupational therapists both perceive and experience as priority areas to explore and that constitute the dark side of occupation in their practice?

Amelia Di Tommaso





First open-ended question

What occupations have you experienced in your everyday practice, which the people you work with (your clients) engage in that you believe should be considered as part of the remit of work to illuminate the dark side of occupation?

Please list or provide examples.

Categories

Beliefs, attitudes and behaviours

Computer-based technology

Doing, being, becoming, belonging

Environment

Essential occupations

Illegal

Risk-taking

Substances

Sex, dating & relationships

Violence and perpetration

Category	Sub categories	Sub-sub categories
Sex, dating & relationships	Sex work (n=13)	
	Dating & relationships (n=6)	
	Sex & intimacy (n=29)	Masturbation (n=9)
		General (n=8)
		Practices & expression (n=7)
		Sexual health & safety (n=5)

SEX IS AN ADL?

Occupational Perspective:

- Activities of Daily Living
- Intimate Occupations
- Context

Sexuality:

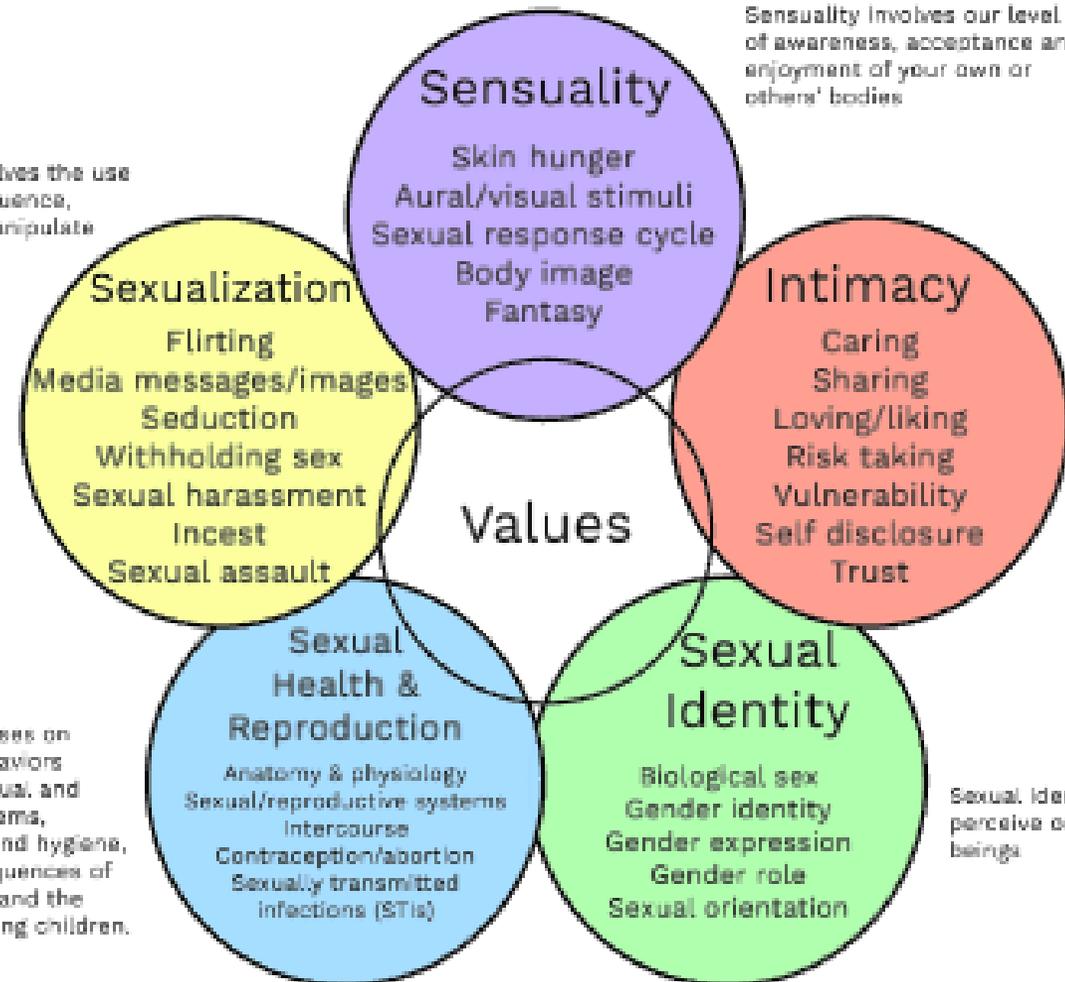
- Sex: Based on physiological and chromosomal make-up
- Gender: Personal views of body
- Orientation: Gender, Sexual, Romantic, Aesthetic
- Expression: Masculine, Feminine, Femme, Others
- Relationship Styles: Monogamous, Non-monogamous, Others

The Circles of Sexuality

Sexuality encompasses nearly every aspect of our being, from attitudes and values to feelings and experiences. It is influenced by the individual, family, culture, religion/spirituality, laws, professions, institutions, science, and politics.

Sexualization involves the use of sexuality to influence, control, and/or manipulate others

Sexual health and reproductive focuses on attitudes and behaviors related to the sexual and reproductive systems, including health and hygiene, the health consequences of sexual behaviors, and the biology of producing children.



Circles of Sexuality, adapted by Our Whole Lives, originally by D. Dalley, "Sexual Expression and Aging," in F. Berghorn & D. Schafer, eds., *The Dynamics of Aging* (Westview Press, 1981).

Cha(lle)nging the Sexual Scripts: Understanding Intersectionality in Sexuality

1. Self biases, values, beliefs and opinions
2. Language
3. Pleasure >>>> Penetration, Orgasms, Performance
4. Health affirming vs Illness directed
5. Radical and Developmental (for all age groups)
6. Queer affirming
7. Trauma informed
8. Disability, limitation, chronic illness inclusive

NOTE: Identities are not limited to gender and sexuality. They are intersectional - a representation of whatever we believe in, stand for and embrace proudly.

Sexuality as Ends and Means to Intimate Occupations

3P's (Plan, Pace, Prioritize)

Assistive aids

Sex toys

Content creators

Texting

Grooming

Camera work/Photography

Ethical pornography

Sex parties

Online dating

Aroma therapy

Sex workers

Body work/Somatic therapists

Do it because it matters, not
because
"it's cool"!

Don't care about sexuality, gender, intimate occupations, inclusion or literally anything because it's trending and appears cool. Do it because you believe in it and wish to bring a change which isn't performative.

The types of occupations in your settings

10.40-11.10: Callum MacKinnon – 'social enterprise & occupational therapy: the journey of a new graduate running a business for good'

11.25-11.45: Louise Berger- Occupational Therapist specialising in Sleep

1.30- 1.50: Fran Hamilton - The power of peer support (finding your voice after a dementia diagnosis).

1.55-2.15: Charlie Danger – Occupational Therapy in Communication Aids and Assistive Technology

2.30-2.50: Deborah Murphy- Occupational Therapy in prisons - Finding meaning in meaningless places

2.55 – 3.15: Deb Bullen and Liz Fletcher – Occupational Therapy and Sport for Confidence

3.20- 4pm: Musharrat (Mish) Ahmed-Landeryou, (London SouthBank University): Being an agent of change



**“Like the dark side of the moon:
just because you don’t see it
doesn’t mean it doesn’t exist”**

Dr. Sakshi Tickoo (she/her)

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