



# Finding True North


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## North

- a clear goal or purpose that guides your decisions and actions
- a strong sense of direction and staying true to your values and aspirations
- helping you plan your journey and make informed choices



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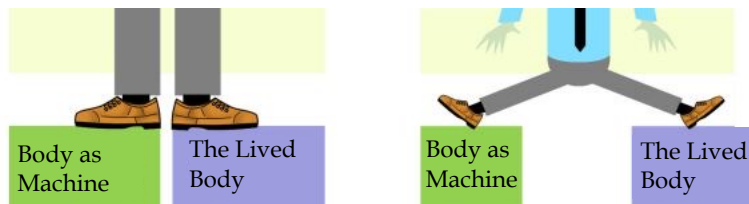
## Light House

- Having someone or something that provides guidance and support during challenging times
- Having clarity
- A clear plan for reaching your destination

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## Occupational Therapy as Two Body Practice

Mattingly, C., & Fleming, M. H. (1994).  
*Clinical reasoning: Forms of inquiry in a therapeutic practice.*  
FA Davis Philadelphia.



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## Two Body Practice

### Body as Machine

- Biomedical
- Diagnosis
- Disease process
- Medical model

### Living Body

- Embodied
- Encultured
- Meaning making
- Biopsychosocial model

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## Two Worlds

A high, hard ground where practitioners can make effective use of research-based theory and technique, and ... a swampy lowland where situations are confusing 'messes' incapable of technical resolution. The difficulty is that the problems of the high ground, however great their technical interest, are often relatively unimportant to clients and to the larger society, while in the swamps are the problems of greatest human concern.

DONALD A. SCHÖN

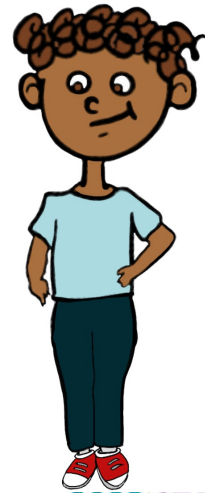
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# Thinking About the Client

- Honoring complexity
- The client is a system
  - Within a system
  - Multiple subsystems that interact
- Many things we don't know

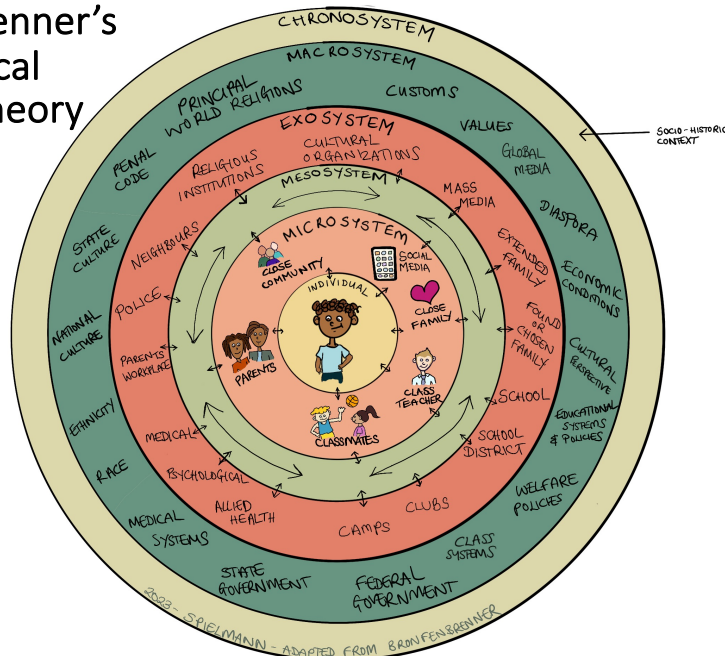


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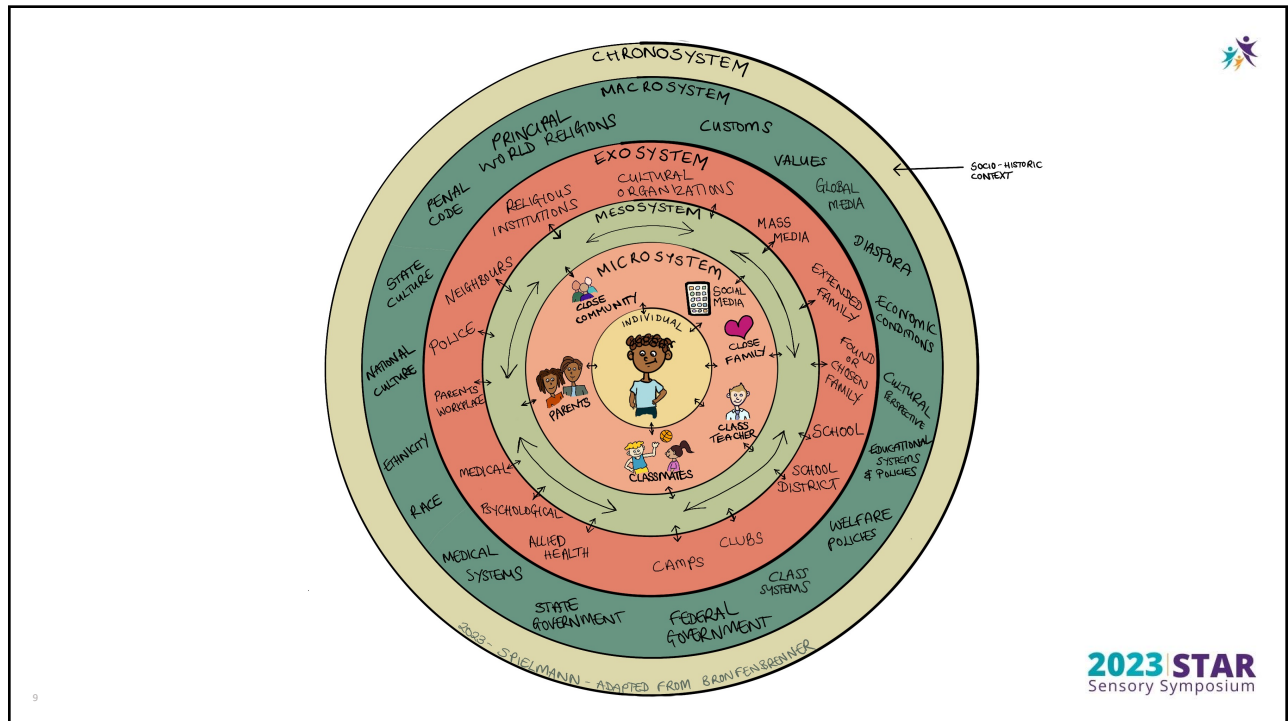
## Bronfenbrenner's Bioecological Systems Theory



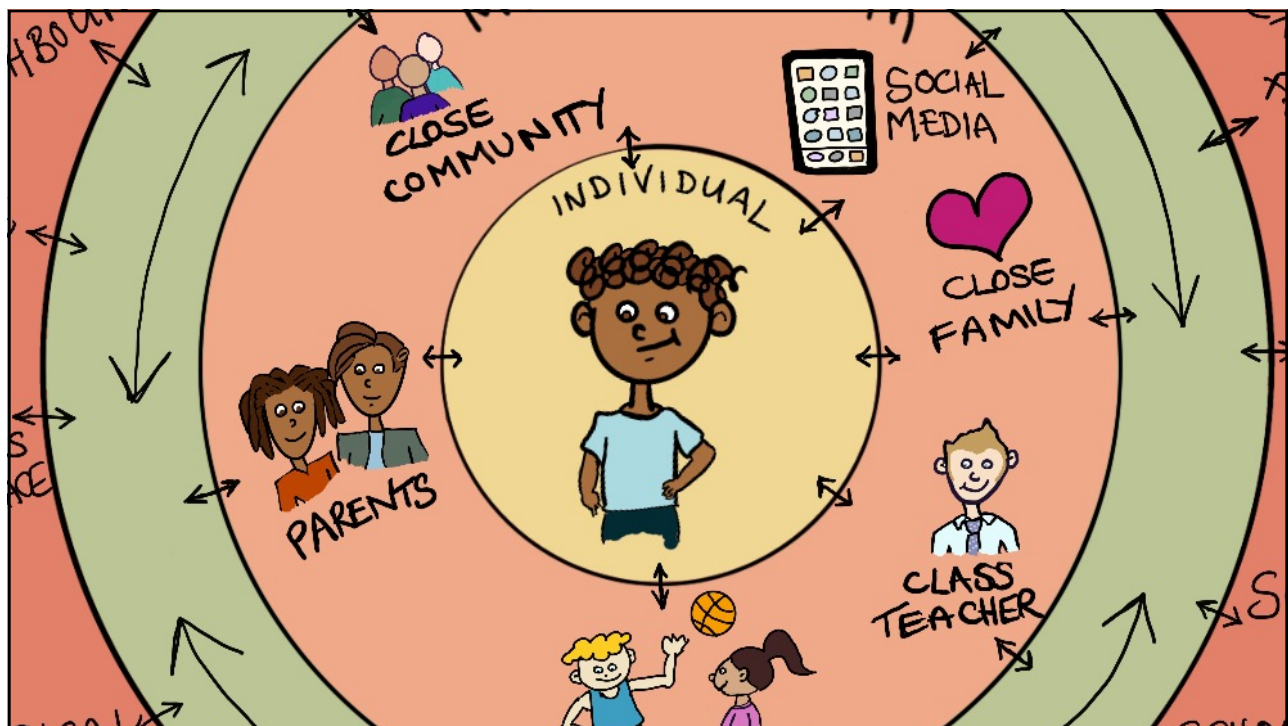
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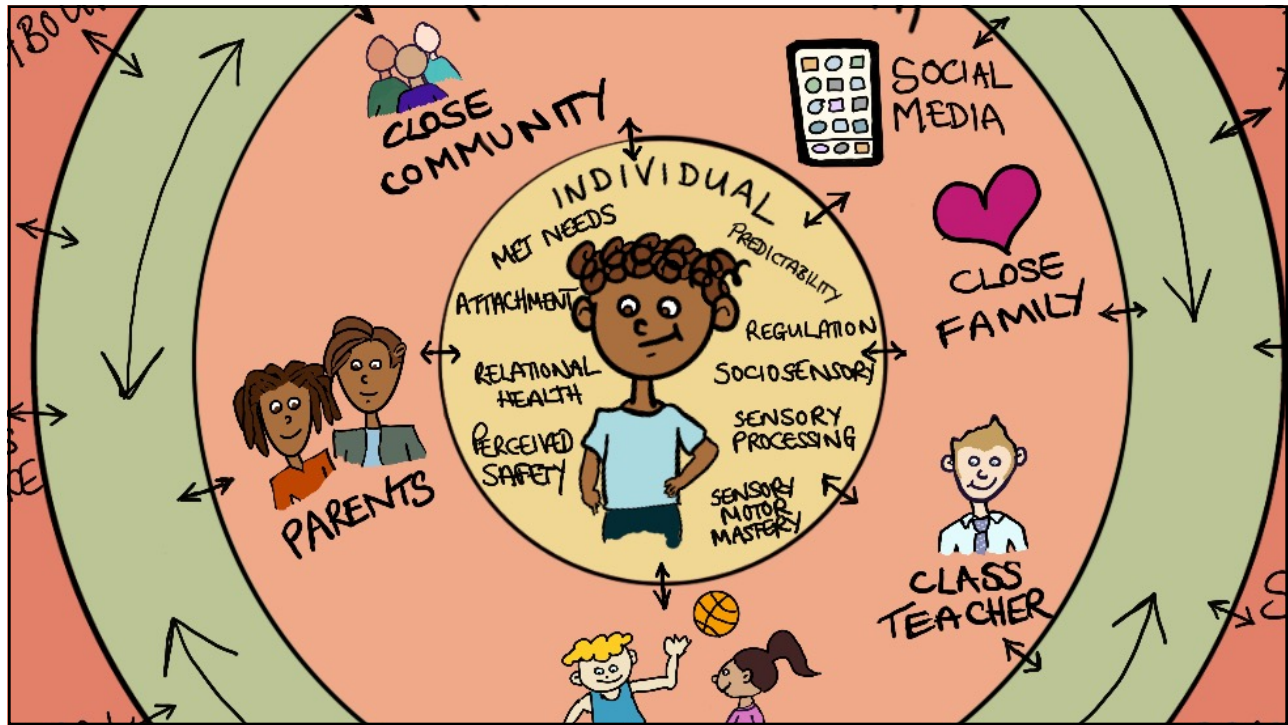
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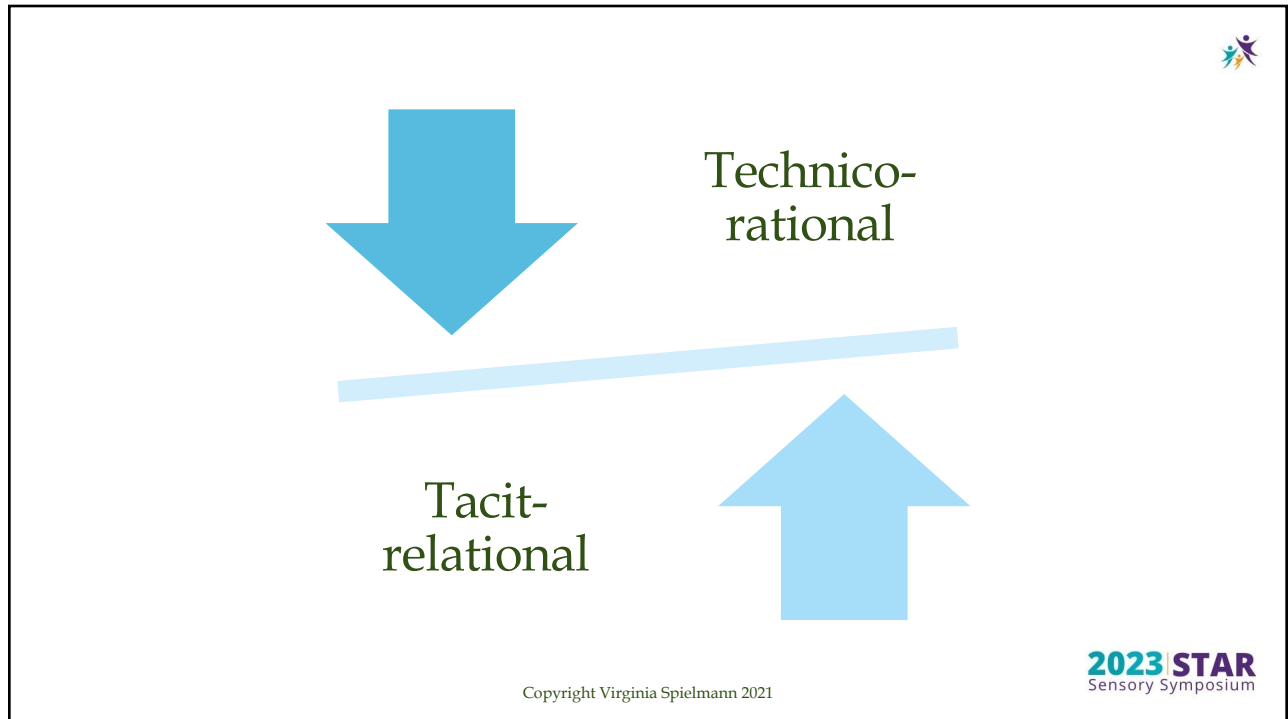
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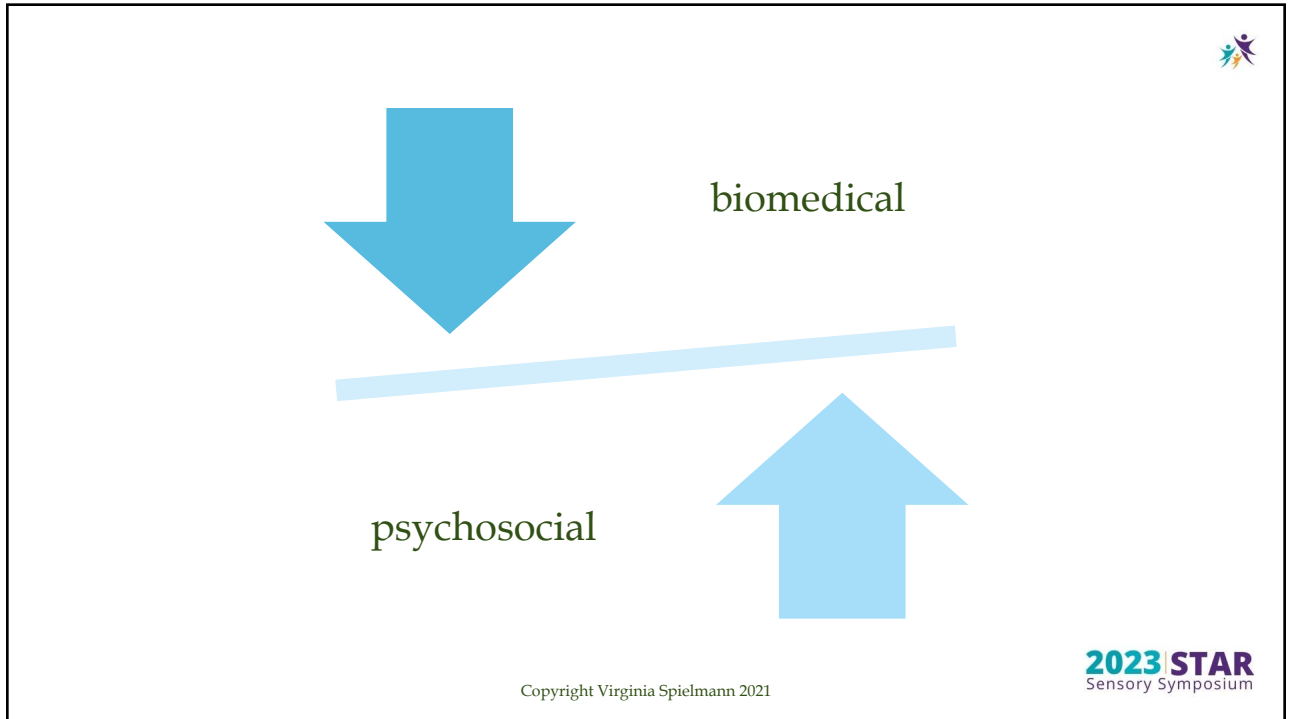
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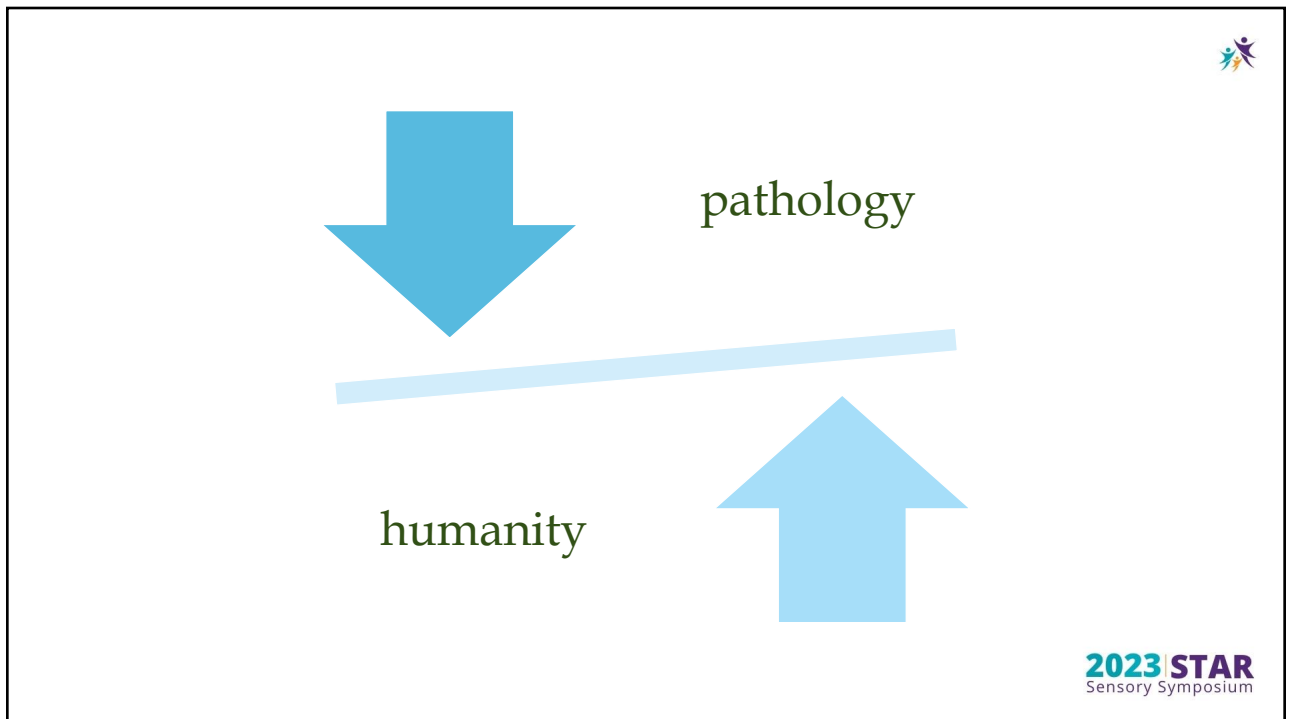
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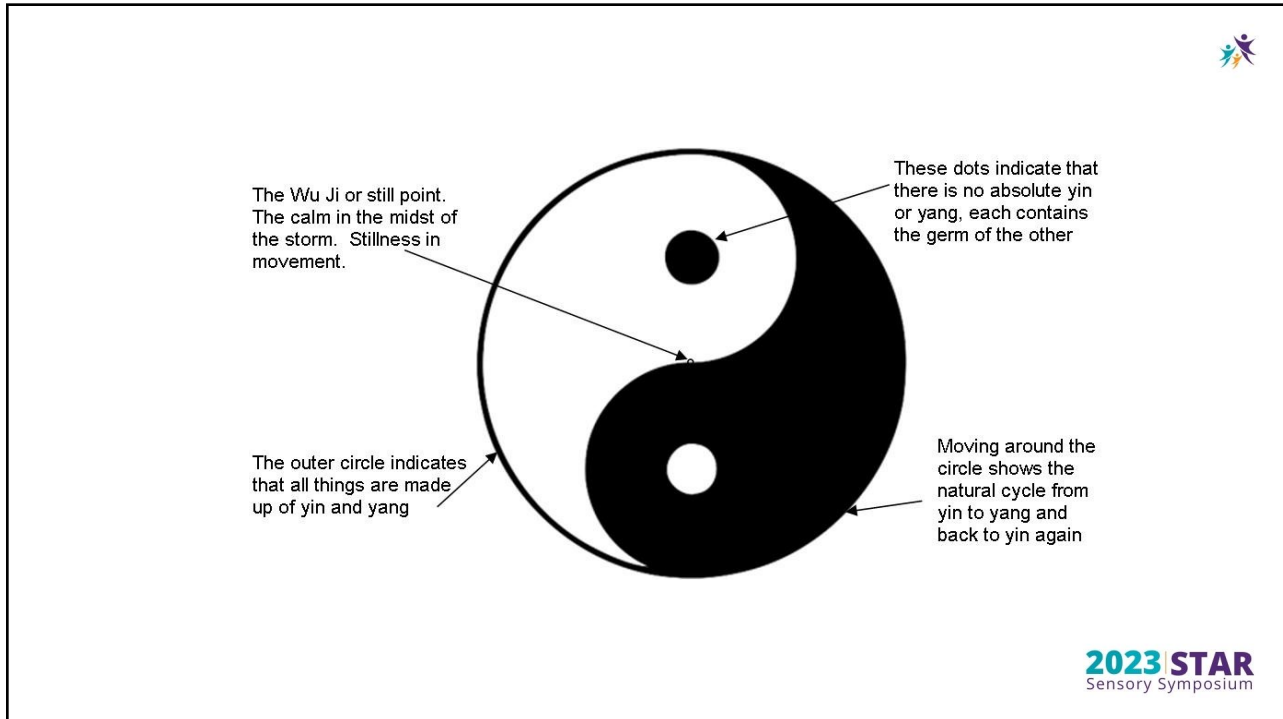
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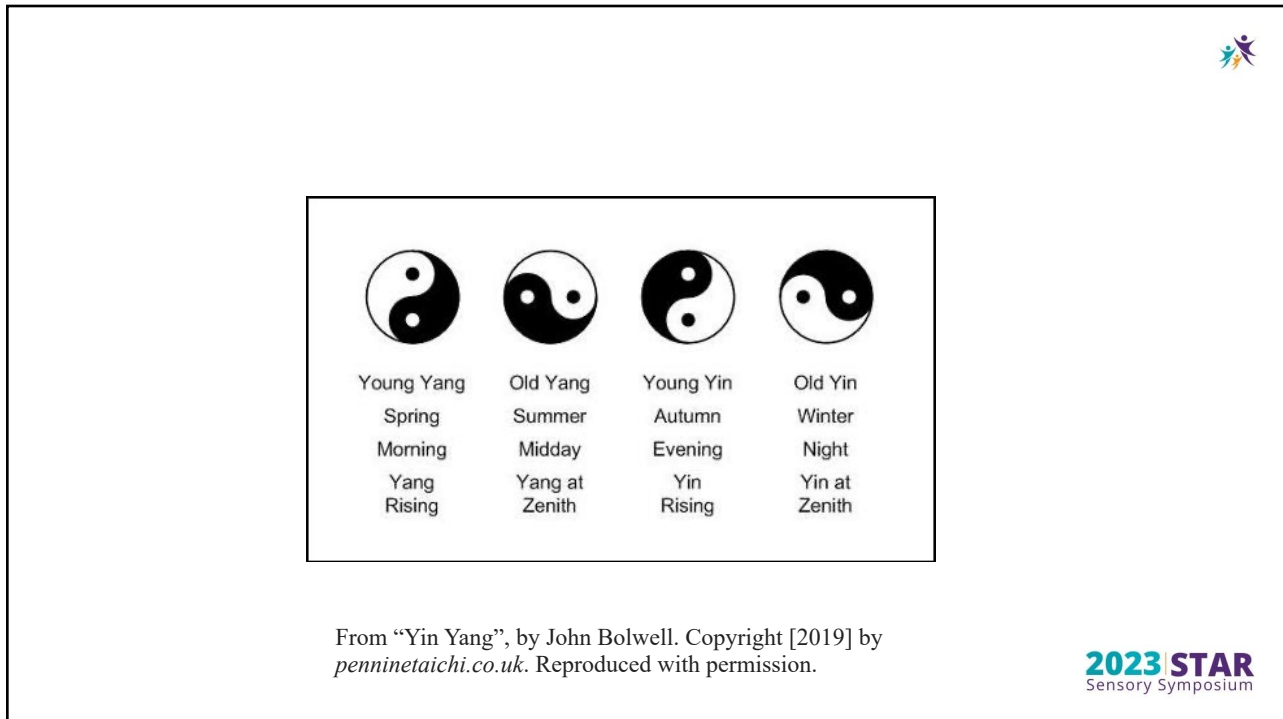
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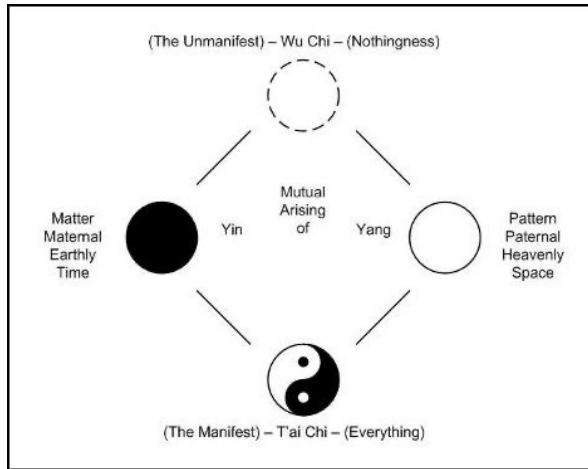


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### The Art of Therapy

**Relational-Psychosocial**

Reflective Inquiry – supports the Therapeutic Relationship

Tacit-relational

Seeks to understand client context – the family story

Acknowledges and is comfortable with emotion in others and ourselves

Listens and bears witness

Presumes competence & promotes dignity

Demonstrates comfort with uncertainty and indeterminate zones of practice

Embraces complexity

Cultural humility – an informed not knowing

Ethical Action

Joins in meaning making

Self-aware and intuitive

Regulated and resilient

Safe and trustworthy

Suspends judgement

Able to separate self and other

Identifies nested ecologies

Awareness of issues of justice

Cultivates Mindful:

Listening and wondering

Awareness of relationships

Curiosity and humility

Creativity

Compassion and wholeheartedness

Courage and authenticity

Humanity and caring

Collaboration

Trusts of the process

Empathy and Openness

Attunement and Connection

Sensitivity and responsiveness

Perspective taking

**Scientifically Driven**

Clinical Reasoning – supports application of knowledge

Technico-rational expertise

Science

Bridges theory and practice

Technique emphasis

Range of therapeutic modalities

Academic thought

Implementation of Course Learning

Data Driven Decision Making

Cognitive Understanding

Facts

Rules

Logic

Analytical

Diagnostic Reasoning

Propositional knowledge

Procedural

Standardized Testing

Questioning

The “high hard ground”

Evidence based practice that synthesizes:

- treatment effectiveness research,
- related clinically relevant research,
- clinical wisdom / experience,
- voice of the population and people being ‘helped’ and
- therapy context.

Elision of the dualities equals:

Truth and Prudence

Wisdom

Growth

Holistic

Best Practice

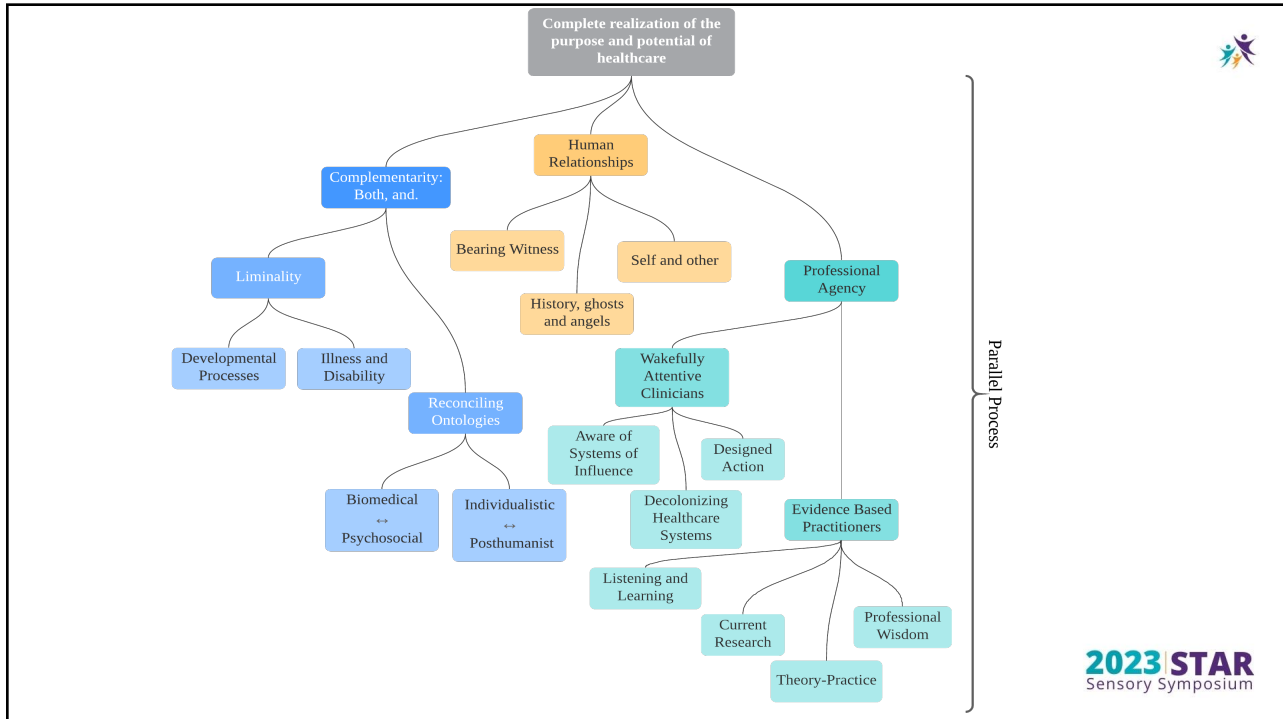
Client Centered

Figure 39. Using the Yin Yang to Depict a Dynamic Art of Therapy

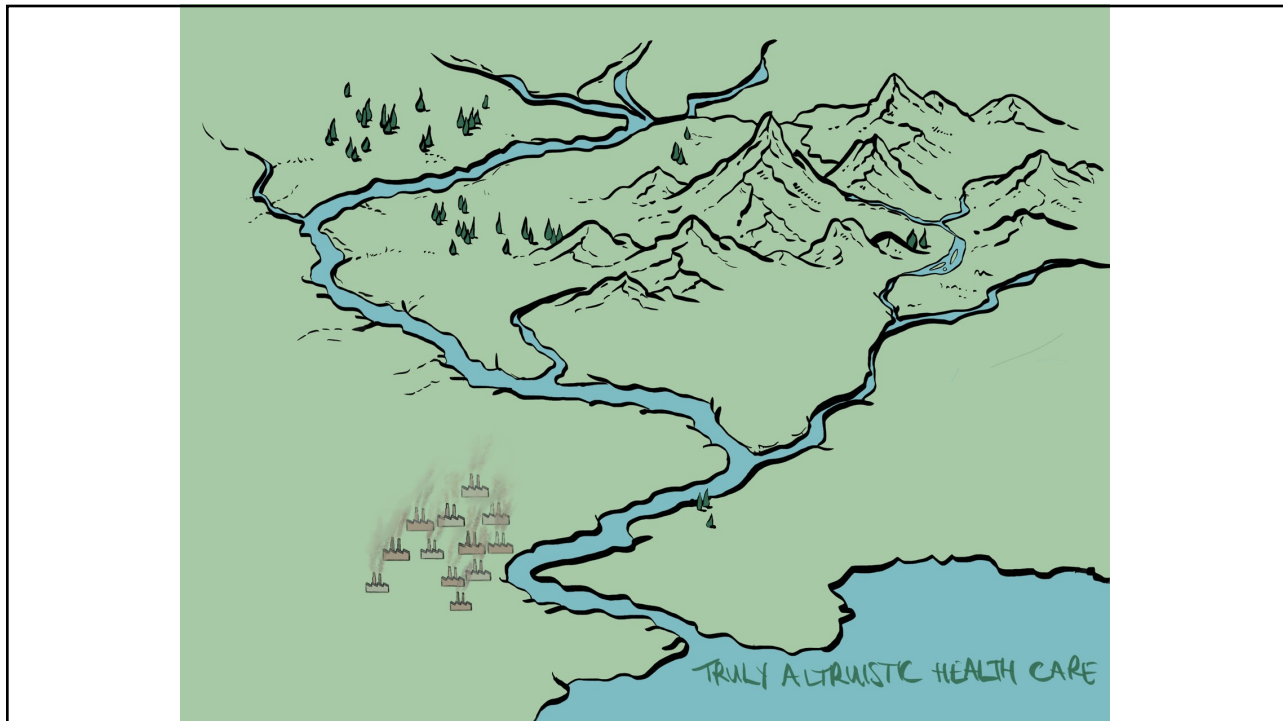


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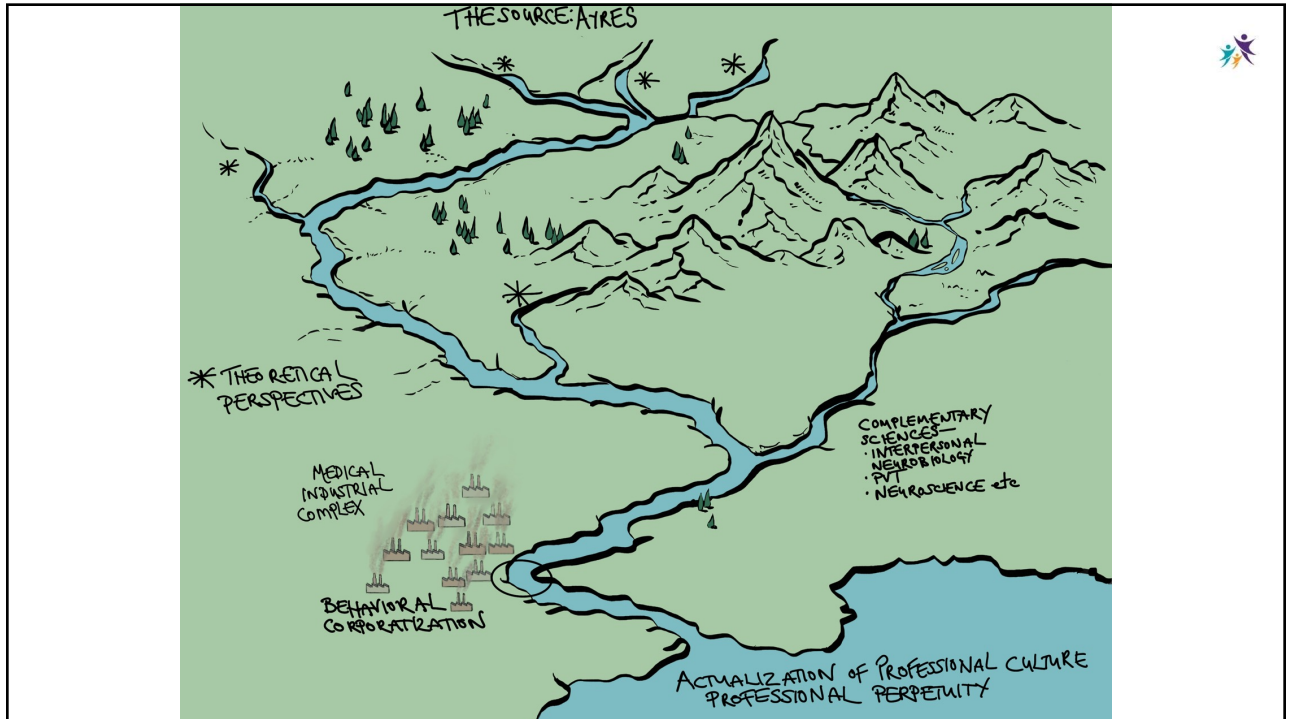
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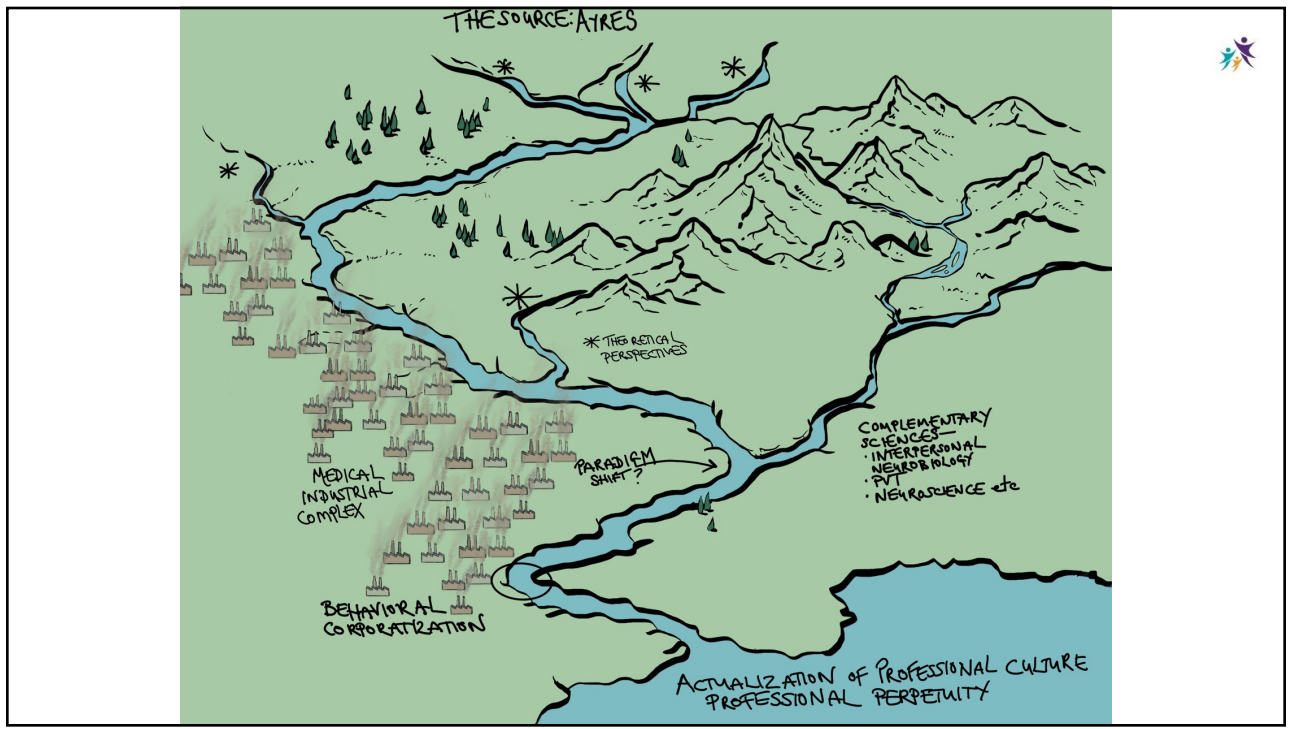
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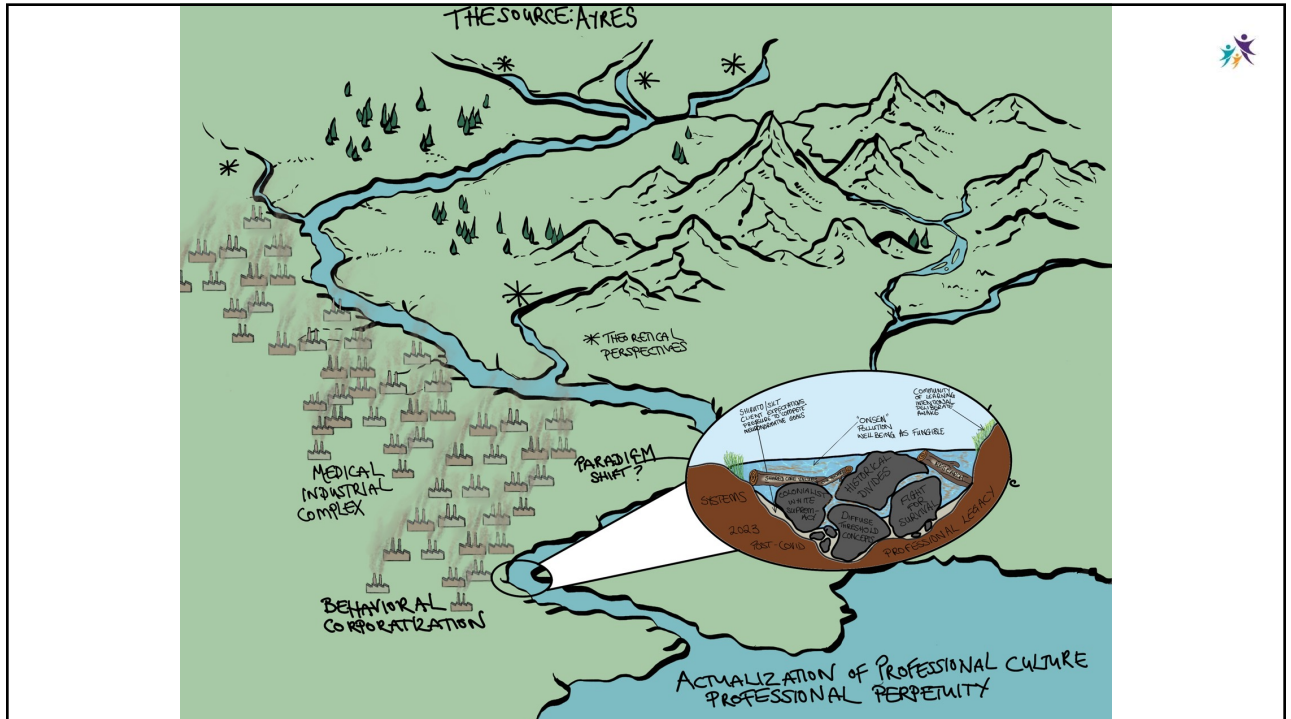
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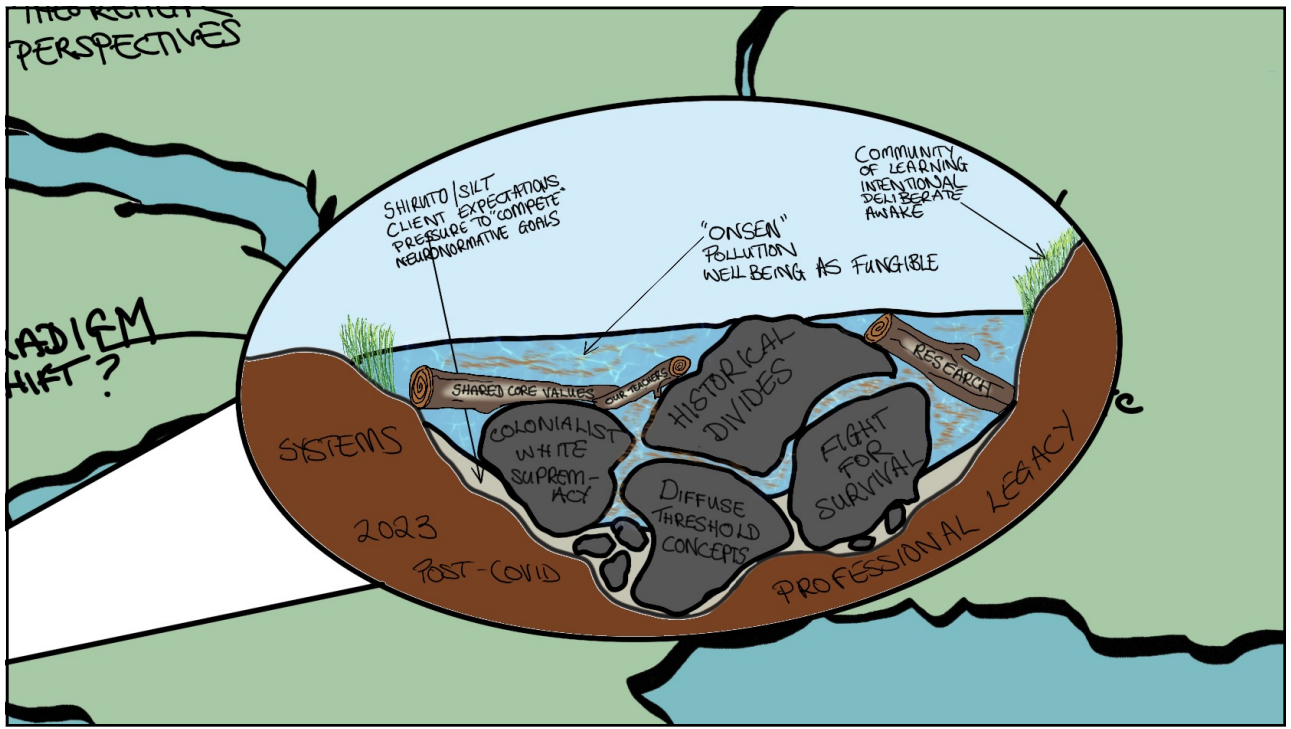
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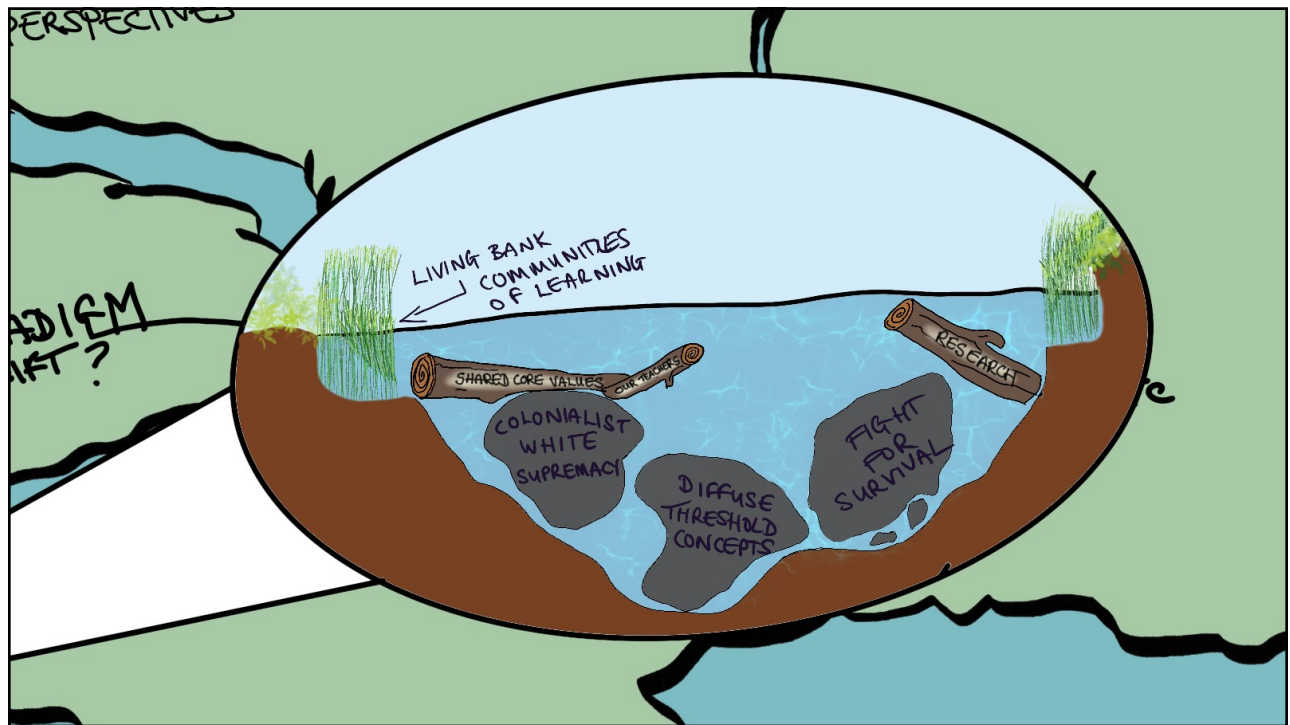
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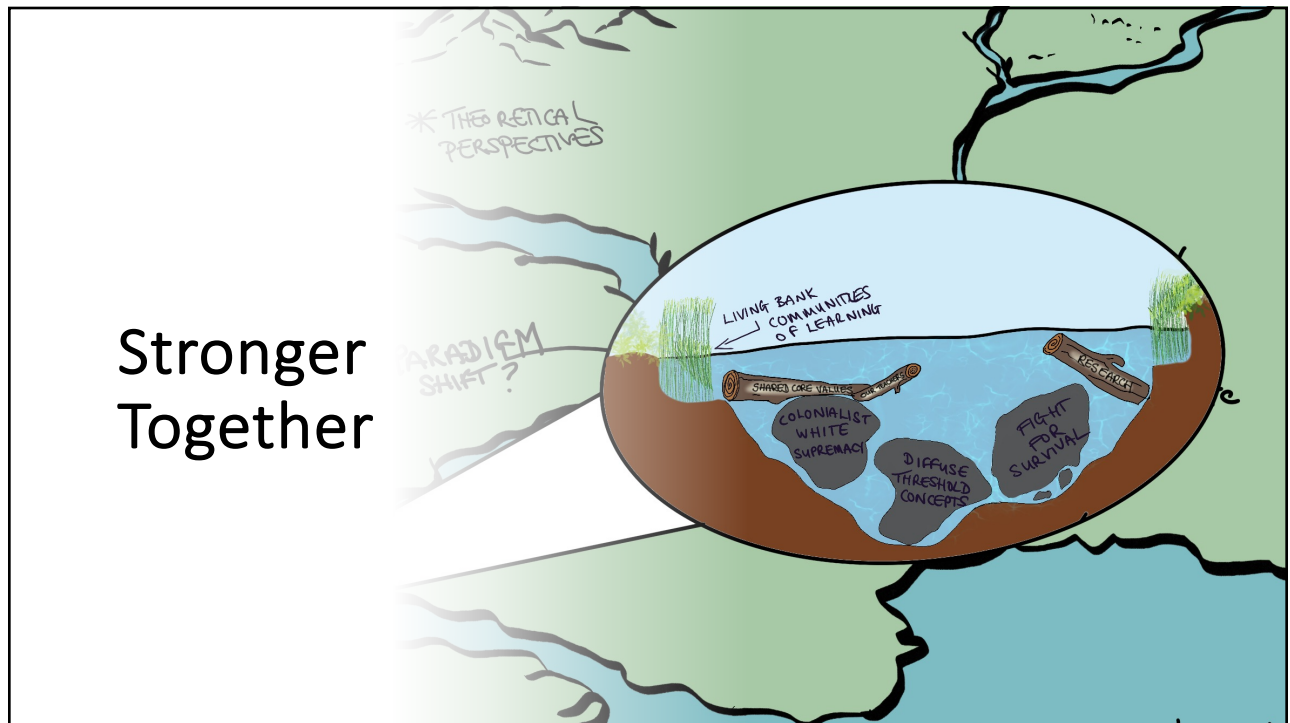
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## Finding True North

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# Thank You

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