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Returning to Our Roots: Re-Introducing Art Back into Occupational Therapy

Vivi Trinh

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Returning to Our Roots: Re-Introducing Art Back into Occupational Therapy

Vivi Trinh OTS; Susan MacDermott, OTD, OTR/L; Becki Cohill, OTD, OTR/L; Karen Park, OTD, OTR/L

BACKGROUND

Occupational Therapy (OT) was influenced by the reform movements during the late 19th and early 20th centuries (Bathje, 2012). During this time, completing activities with two hands was seen as more effective than using machines (Levine, 1987). OT founders pulled from various medical fields to help their patients (Levine, 1987). Usage of arts and crafts declined as OT moved towards a more medically based model in the 1920s and 1930s, resulting in a decline of knowledge regarding the benefits of utilizing artistic occupations (Bathje, 2012).

PROBLEM

Since the movement towards a more medically influenced model and away from utilizing arts, patients are no longer able to reap the numerous benefits of artistic occupations.

PURPOSE

To promote the use of art in OT as well as learn about the current use (or lack thereof) of art in OT.

Theoretical Framework: The Model of Human Occupation (MOHO)

Of the three components of MOHO, volition plays the most vital role, as the decision to utilize arts-and-crafts based occupations by the OT practitioner during treatment will likely be dependent on whether arts-and-crafts based occupations are meaningful to the patient and if the patient will want to engage.

Acknowledgement:

Special thanks to my mentor, Lorna Smith MFA, MOTR/L, CDRS

METHODS

NEEDS ASSESSMENT

Urban Street Angels: Completed a needs assessment of the TAY (Transition Age Youth; aged 18-25) and staff at Urban Street Angels (USA) to identify how the participants and OT services would best benefit from usage of artistic occupations.

Art in OT Discussion

OT practitioners and students were contacted to engage in a discussion regarding the current use (or lack) of artistic occupations during OT services.

RESULTS

- Most USA TAY are interested in traditional artistic occupations (painting, drawing, singing, music, poetry, etc.).
- Other TAY also have interests in artistic occupations, but is usually more technologically advanced (e.g., graphic design, coding, etc.).
- Art and creativity are methods of communication and expression when it cannot be verbalized.

- Unless the OT practitioner has had previous and positive experiences with artistic occupations, they are less likely to incorporate them in practice with patients. Art can be used anywhere with anyone.

PROGRAM DEVELOPMENT

Contacted donors and coordinated donation retrieval in order to create and maintain a sustainable art workshop at USA for the TAY.

Donations from 6 facilities

- Target Sports Arena
- Target South Park
- Target North Park
- Target Kearny Mesa
- 99 Cent Store
- The Brush Guys
 - \$2400 from donation requests by doctoral student
 - \$3250 gross donated

Mission Statement:

Increase awareness of benefits from using art-based occupations during treatments for patients with practicing occupational therapists.

Vision:

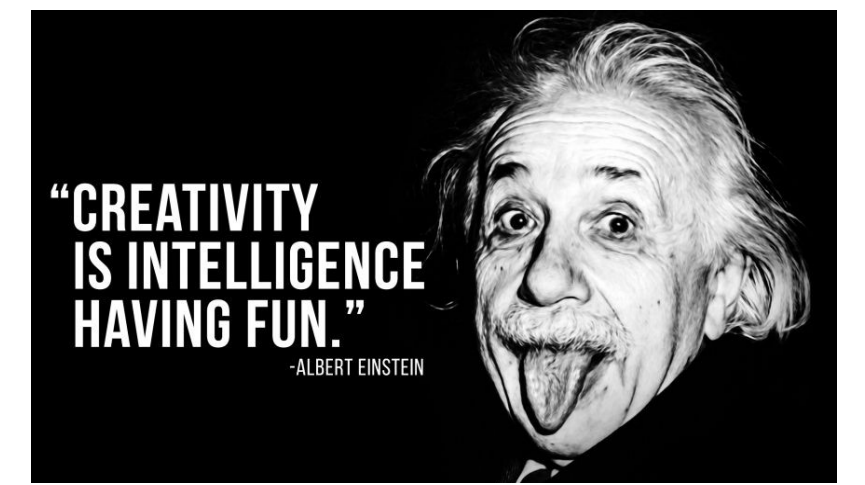
Advocating for increased utilization of artistic occupations



References
Bathje, M. (2012). Art in occupational therapy: An introduction to occupation and the artist. *The Open Journal of Occupational Therapy*, 1(1). <https://doi.org/10.15453/2168-6408.1034>
Levine, R. E. (1987). The influence of the arts-and-crafts movement on the professional status of occupational therapy. *American Journal of Occupational Therapy*, 41(4), 248-254.

8 WORKSHOPS IN TOTAL:

1. Introduction to Succulents
2. Introduction to Macramé and Coasters
3. Macramé Planter Holder
4. Macramé Bracelets
5. Art Business: Introduction to Selling Online
6. Art Business: Storytelling
7. Art Business: Photography
8. Watercolor Painting



Urban Street Artists was created with the intention to expose the TAY to a variety of artistic occupations, as well as each session having a takeaway for the youths (e.g., physical objects like the coasters or plants or the knowledge of how to initiate their own art business).

Session topics were chosen based on doctoral student's previous experience and ability to teach the subjects, as well as ability for carryover for TAY to initiate an art business, if desired.

CONCLUSIONS

The overall purpose of the capstone project was to understand the current use of art within the field of OT by practitioners and students with fieldwork experience. The needs assessment results determined that artistic occupations still hold value, although engagement is not as common as it once was. Art allows for a person to tap into their creativity, which in turn allows for progress and growth by providing a different outlook within environments.

OT IMPLICATIONS

- Consideration of artistic occupations in practice will likely come from someone who enjoys engaging in it personally.
- Re-introducing arts and crafts back into OT by re-adding the subject to OT programs allows for advocacy and exposure for increased use of artistic occupations to ensure that art remains relevant in OT and not just as a piece of its history.