EXPLORING THE DARK SIDE OF OCCUPATION

"Every man is a moon and has a side which he turns toward nobody: you have to slip around behind if you want to see it."
- Mark Twain

OCCUPATIONS THAT MAY BE....

Less explored... acknowledged... understood

deviant illegal addictive

politically socially religiously culturally

health-compromising extreme

Twinley (2013)

REFLECTION & DISCUSSION POINTS

01 What occupations do you come across in your clinical work that individuals may consider to be on the dark side?

02 How could these occupations affect ...
... occupational identity?
... time use and routine?
... social networks and relationships?

03 What could the appeal be of these occupations?
What might it be like for someone to consider giving them up?

04 How could/do you start a conversation about the dark side of occupation? What kinds of questions might you ask to gain a collaborative understanding of the meaning and value of these occupations?

"If only you knew the power of the dark side" - Vader (1980)

FOR MORE INFORMATION...

Clarissa Sorlie
(River House)
Twitter @geekyOT clarissa.sorlie@slam.nhs.uk

Mary Cowan
(Step Up to Recovery)
Twitter @marysoffocus mary.cowan@slam.nhs.uk

Dr Rebecca Twinley
(Occupational Science researcher)
Twitter @RebeccaTwinley rebecca.twinley@plymouth.ac.uk

https://thedarksideofoccupation.wordpress.com/
'Occupied' Podcast episode 34
http://www.brockcreek.com/034/


Chapter 3 of 'Occupational Therapy Essentials for Clinical Competence' 3rd edition

COMING SOON: 'The Dark Side of Occupation: International Perspectives from Occupational Therapy & Occupational Science' - Book