

Self-Reflection on Therapist Work

3 pages | 653 words

"Perceptions of the aged's worth, as well as their demographic and socioeconomic status have varied enormously according to historical time and societal context" (Achenbaum & Stearns, 1978). As discussed in the text, attitudes and perspectives on older women and men throughout history have been both positive and negative. For example, the Greeks and the Romans viewed the aging process as unappealing, whereas Native American groups viewed their elders in a more positive light and they respected and valued them (Bonder & Bello-Haas, 2018). In contemporary society, because I have more than a few members of my immediate and extended family in the 65+ age range appearing to be living life to the fullest, I do not believe I have any preconceived perceptions about this population. These individuals that I refer to are my role models for successful aging. "Older adults' attitudes and behavior differ in ways than can dramatically affect their quality of life and life satisfaction" (Bonder & Bello-Haas, 2018). As I reflect on these family members, I notice that they accept the physical and psychosocial changes that are a natural progression of the aging process. For example, when their loss of hearing began to negatively impact their daily lives, they were proactive in pursuing medical help and now wear hearing aids. Also, in retirement, they pursued new interests and cultivated a new group of new friends. Therefore, I see these people as making proactive decisions that influence their aging and daily lives. Of course, on the other hand, there are those individuals that do not appear to age well. So many factors impact the aging process. Components such as genetics, socioeconomic, health care, personality, and lifestyle choices. For example, they may suffer from painful diseases, live in isolation, or simply make poor lifestyle choices. They may choose to smoke, eat poorly, ignore doctor's orders, or fail to exercise. Each experiences aging uniquely. As a professional, it is important to be cognizant of the significant changes that occur during later life as we treat individuals in this age bracket. "Later life is characterized by significant change —change in physical capacity, change in roles, change in family constellations, change in living arrangements. All these changes can present daunting challenges in the absence of a sense of purpose and meaning" (Bonder & Bello-Haas, 2018). Therefore my role as an occupational therapist will be to help my clients navigate the aging process by helping them adapt to these inevitable changes so they can continue to live life to the fullest. I believe working with the elderly is very similar to working with other populations because each client/patient is unique. We treat the 'whole person' and age is one of the factors to be considered. If we understand that aging is a process that each person experiences in their own way, then preconceived notions should not exist or interfere with treatment. Aging is a continuum and occupational therapists need to be knowledgeable at all points on this continuum to best serve our clients. My therapeutic use of self is encouraged, motivated and determined by the set of client factors that I am presented with...

Reflections On Therapy Other Essays

David Baud



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Table of Contents Reflections On Therapy Other Essays

1. Understanding the eBook Reflections On Therapy Other Essays
 - The Rise of Digital Reading Reflections On Therapy Other Essays
 - Advantages of eBooks Over Traditional Books
2. Identifying Reflections On Therapy Other Essays
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Reflections On Therapy Other Essays
 - User-Friendly Interface
4. Exploring eBook Recommendations from Reflections On Therapy Other Essays
 - Personalized Recommendations
 - Reflections On Therapy Other Essays User Reviews and Ratings
 - Reflections On Therapy Other Essays and Bestseller Lists
5. Accessing Reflections On Therapy Other Essays Free and Paid eBooks
 - Reflections On Therapy Other Essays Public Domain eBooks
 - Reflections On Therapy Other Essays eBook Subscription Services
 - Reflections On Therapy Other Essays Budget-Friendly Options

6. Navigating Reflections On Therapy Other Essays eBook Formats
 - ePub, PDF, MOBI, and More
 - Reflections On Therapy Other Essays Compatibility with Devices
 - Reflections On Therapy Other Essays Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reflections On Therapy Other Essays
 - Highlighting and Note-Taking Reflections On Therapy Other Essays
 - Interactive Elements Reflections On Therapy Other Essays
8. Staying Engaged with Reflections On Therapy Other Essays
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reflections On Therapy Other Essays
9. Balancing eBooks and Physical Books Reflections On Therapy Other Essays
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reflections On Therapy Other Essays
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Reflections On Therapy Other Essays
 - Setting Reading Goals Reflections On Therapy Other Essays
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Reflections On Therapy Other Essays
 - Fact-Checking eBook Content of Reflections On Therapy Other Essays
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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