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第10回作業科学セミナー抄録（2006年12月2・3日開催）

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Introduction of Occupational Science

Tomoko Kondo Ph.D. OTR/L
Division of Occupational Science and Occupational Therapy, University of Southern California

Occupational science is an academic discipline in which humans are studied and evaluated as occupational beings. Seeing the words “science” and “occupational beings” in that statement, it might not be evident as to how they relate to the daily practice of occupational therapy. Yet occupational science is a field of study that evolved from the philosophy and historically-accumulated knowledge of occupational therapy.

We may see our daily lives as consisting of normal routines and ordinary activities. However, our lives are also made up of continuous occurrences of complex and unexpected events. We might also consider that we go about our daily activities within our own unique contexts. But we also recognize obvious similarities in each of our lives to those of others. In practicing occupational therapy, one is already aware of those complexities of human lives. What occupational science does is provide words, definitions, and models for the practical knowledge of occupational therapy through the systematic study of occupational beings. It produces innovative knowledge to provide the basis for occupational therapy.

The field of occupational science was born at the University of Southern California in 1989. The concepts of this discipline have since been accepted by occupational therapists throughout the world, and by all of the leading professional organizations to which they belong. It has been incorporated into the teaching and practice of occupational therapy. Its concepts have attracted not only occupational therapists, but also researchers in other disciplines like sociology, anthropology, psychology and neurobiology.

This lecture will discuss: the birth of occupational science and its historical background, the relationship between occupational science and occupational therapy, occupations in our daily lives, and incorporating the perspectives of occupational science and occupational beings into the practice of occupational therapy.
The Beginnings of Occupational Science with Dr Sato and Visions for the Future:
How shall we inherit it from him?

Etsuko Odawara, PhD, OTR
University of Southern California Division of Occupational Science and Occupational Therapy

In this lecture, I will investigate Dr. Tsuyoshi Sato’s dreams, aspirations and contributions to occupational therapy in Japan and the world. He worked for occupational therapy his whole life and we can use his work to project the future of occupational therapy in Japan. I conducted a qualitative research study, interviewing more than ten people inside and outside Japan who knew Dr Sato very well. I asked them what Dr Sato was like as a developing leader in the field. I pulled from them their impressions of a variety of episodes in Dr Sato’s life. What was their expectation of him? What was his contribution to the occupational therapy profession? They responded to me with lots of comments, both sweet and bitter, with implications for occupational science and occupational therapy.

Based on data from these interviews as well as his articles and historical references from occupational science and therapy, I would like to situate Dr Sato’s contribution in OT history and to view the future possibilities of occupational science in Japan with the participants of the seminar, JOSS10, I do this as an occupational therapist who views humans as occupational beings, who believes in promoting the power of human occupation for health and well-being, and as one of the Japanese occupational therapists who received the mission from Dr Sato, a mission which he was unable to complete due to his passing but for which he set the course for all of us.
A Challenge to Practice “Having Meaningful Work Opportunities for All”
- What is the Occupational Justice that Occupational Scientists Aim at?-

Miyuki Minato¹, Chiharu Oka², Masashi Kunisada²
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2) Graduate School of Health Science, Kibi International University

We have challenged the practice of “meaningful work opportunities for all of people” for those who use a co-op work shop in the community. We successfully made contracts with three business establishments (university, city hospital, and city social welfare facility) where we created “work opportunities” for co-op shop users to be able to choose one (or any) for healthy and meaningful life based on the individual needs and background. These interventions were, namely, “interventions for finding jobs that you can achieve” and “interventions that enable you to achieve the task”. Through these interventions, since our start on this practice in 2004, all of 11 co-op users who wanted and needed work opportunities have gained a chance to participate in the above-mentioned work at once-a-month basis minimum. In this presentation, we report how we conveyed this challenging practice and also hope that our presentation can offer audience the opportunity to discuss "occupational justice" at which occupational scientists and occupational therapists would aim.
Psychosomatic Effects of Group Dance/ Movement Activities on Elderly Women attending day-care centers of Geriatric Health Services Facilities

Watanabe Asuka$^1$, Ukon Masako$^2$, Iwasa Hiroko$^3$, Kobayashi Norikazu$^4$, Moriyama Takanori$^1$, Inoue Kaoru$^1$

1) Faculty of Health Sciences, Hokkaido University School of Medicine, 2) Geriatric Health Services Facility: Hamanasu, 3) Geriatric Health Services Facility: la Paz, 4) Faculty of Health Sciences, Tokyo Metropolitan University

We conducted an intervention study to examine the effects of group dance/movement activities (DMA) on the health of frail older women. Twenty-two subjects who gave their written informed consent were allocated to a group performing DMA or a control group. Their age ranged from 66 to 95. Around the same time DMA was carried out, the control group attended normal day-care programs. All subjects participated in ten 60-minute activity sessions over a 10-week period. During the experiment, we evaluated the change of psychological and physiological indices. Results: Subjects in the DMA group had no distress, felt significant short-term improvements of emotion as compared to the control group. The results indicate occupational characteristics of DMA. There were differences among individuals in the long-term effects of DMA, due to influence of individual physiological factors. Finally, we will illustrate the beneficial effects of DMA to health using one particular case.
How repeated performance of familiar IADL occupations at home by elderly people with physical limitations affect belief in one’s self-efficacy to perform IADL occupations

Sawako Saito
Ibaraki Prefectural University

Many studies reported cases in which elderly people with physical disabilities did not engage in some daily occupations at home even though they wanted or needed to perform the occupations and therapists had determined that they had enough capacities and IADL abilities to be able to perform the occupations. On the other hand, some studies show that elderly people with physical disabilities find new methods of performing by themselves and confidently engage in their daily occupations without health professional intervention. To gain knowledge about the process by which elderly people with physical disabilities reacquire familiar daily occupations is important for implementing effective occupational therapy to enhance engagement in daily occupations at home.

The purposes of the present research, therefore, were to examine and explore how repeated performance of familiar IADL occupations at home by elderly people with physical limitations without health professional intervention affect belief in one’s self-efficacy to perform IADL occupations (Self-efficacy) which is one of the factors related to engagement in IADL occupations. Participants were 17 community-living healthy Japanese volunteers who lived alone or with only a spouse (8 males and 9 females). The mean age of the participants was 69 ± 7 years old (range = 60 to 80 years old). To understand the reason of changing Self-efficacy, a constant comparative method was used with the data collected from questionnaires, field notes, and semi-structured interviews. The result showed that “Expectation of their own performance level,” “the difference with and without the limitations in qualities of performance,” “getting the hang of it,” “ease and confidence,” “searching for better ways,” “feeling desperate/ hit and miss,” and “losing hope for improvement” were related to change or no change of participants’ Self-efficacy. The findings of the present research provide useful knowledge of how we can use occupations in occupational therapy programs for enhancing engagement in occupations.
一般演題

担当OTに“OTの実施時期と効果について”フィードバックした事例

藤本 一博
首都大学東京大学院博士前期課程 茅ヶ崎新北陵病院

身体障害領域回復期にて、スタッフの指示に従う事が良いと考えているかの様な自己像が、関心のある作業や欲求を満たす作業を評価・導入したことで、本来の自己像を取り戻し、自らの意見を述べる事が多くなったクライエントを担当した。最終的には教育的な役割を取り戻し、OTの実施時期と効果についてと題したレポート（全10ページ）を作成し提供して頂いたため、今回はそのレポート作成に至った経緯と、レポート内容を報告させていただきたい。
The Importance of Anthropology for the Study of Occupational Science

Mark Hudson, University of Tsukuba
Mami Aoyama, University of West Kyushu

In the United States, in particular, anthropology has played a central role in broadening the discipline of occupational science over the past 20 years. Many anthropological studies now exist that discuss occupation from various perspectives including primate behavior and hospital ethnography. In this paper we argue that if a field of occupational science is to develop in Japan, then it must incorporate the methods and theory of anthropology. Through its concern with cultural diversity and representation, anthropology can provide useful insights into the role and meanings of occupation in Japanese societies, both past and present. Examples will be discussed from our own research on northern hunter-gatherers and on an upland community in Iwate Prefecture, Japan.

Occupational Anatomy of Hsiao, Filial Piety

Robin Chang-Chih Kuo
Dept. of Occupational Science and Occupational Therapy
University of Southern California

The necessity and importance of producing knowledge that addresses aspects of occupation in diverse culture have been widely discussed and advocated. Hsiao, filial piety, in Chinese culture is considered to be the strongest influence on man’s conduct and serves as the foundation of interpersonal relationships. It, Kou in Japanese, is also a traditional virtue in Japanese culture from the influence of Confucianism. However, most of the researches of Hsiao that have been done focus on the ethical essence, significance, and meanings of Hsiao rather than the ideology of Hsiao that we have for everyday living and how it affect people’s engagement of occupation. In this paper, I start with reviewing researches of Hsiao done by scholars of Chinese literature, historians and philosophers. Next, I explore three spheres of Hsiao and raise research questions via the lens of occupational science. First, to deconstruct Hsiao in order to identify the multidimensional nature of it. Second, to examine how the dynamic processes are involved in doing Hsiao and how the attitudes of Hsiao affect people’s engagement in occupation. Finally, the relationship of Hsiao and other phenomena such as quality of life or policy making is discussed.
Recovery from Life Crisis through Occupations:
A Case Study from the Character in the Novel

Tomoko Kondo Ph.D. OTR/L
Division of Occupational Science and Occupational Therapy
University of Southern California

The purpose of this paper is to illustrate the role of occupations in healing from life crisis, focusing on subjective point of view. I analyzed one of the characters in the novel, The Wind-Up Bird Chronicle, written by Haruki Murakami. The novel is considered as an appropriate data source because of its ability to depict the complexity of human experiences. The character, May, was examined by the following processes; 1) creating her life history, and evaluating the pivotal events and phases of healing 2) analyzing her subjective experiences associated with the pivotal events 3) analyzing occupations that related to healings. The occupations that May engaged deeply impacted to her emotions, feelings, and thoughts, therefore the process of healing. It is suggested that consideration of emotional aspect of the clients are significantly important in occupational therapy practice. The appropriate therapeutic theories and models need to be developed.
Occupation for Good Aging: Creating Uchi

Etsuko Odawara
Dept. of Occupational Science and Occupational Therapy
University of Southern California

A study, “Life Crisis in Old Age: Occupation, Culture and the Problem of ‘Good Aging’ in Japan”, investigated the life experience of an old Japanese woman with stroke and the people around her. It explored the therapeutic experience of the woman and her occupational therapist to determine what good aging is and what occupational therapy can do to promote it. Through occupational therapy, the woman, who experienced a life crisis after stroke, recovered resilience, social connections, and her life continuity. In this paper I describe how, using occupation, the occupational therapist “created uchi”, using it in therapy to initiate the old woman into good aging.

1) Evaluation of occupational being  2) Share the self image of the patient  3) Choose occupation adjusting the self image  4) Promote the patient’s participation  5) Support  6) Reestablish the habits
Workshop: Occupation and possibilities

There can be many ways to understand human occupation. In this workshop we will explore the two concepts potentiality and transition. Potentiality and transition might provide another angle from which to understand how people (re-)discover ways to engage in occupation.

First, Eric Asaba will explain the philosophical concept of potentiality, a concept that appeared to be particularly relevant for how a group of informants living with spinal cord injury reconstructed their sense of identities through daily occupations.

Next, Peter Bontje will introduce transitions, which is a concept that is one of the perspectives that informs his research into how Japanese older people return to participation in everyday activity after disability.

In a third part, Chikako Koyama from Hiroshima Prefectural University, together with one of her clients and the client’s mother, present how the client’s engagement in weaving helped the client to overcome the effects of a psychosocial disability.

In the group work and discussion that follows, participants will explore the meanings and significance of potentiality and transition by reflecting on their own experiences as well as those put forth by the client.
ワークショップ 「作業と可能性」

作業にうめこまれた可能性

浅羽 エリック
財団法人浅羽医学研究所 付属岡南病院
カロリンスカ研究所 作業療法学科

このセクションには作業科学、作業療法学、哲学などの分野から文献を参考にします。そして、民族学的研究法を使った作業科学の研究からのデータや分析も参考にします。このデータは18ヶ月間に至ってナラティブ面接や観察を基にしたナラティブ分析の研究です。

このワークショップセクションの総合的目標は概念的に「ポテンシアルティ」又は「可能性」と「作業」とサブルームするところである。「ポテンシアルティ」と言う哲学単語は一般的に「可能性」としか考えられなかったかもしれないですが、ニュアンスとして、ここは一層深い定義を利用したいと思います。なぜこの定義のニュアンスにフォーカスするかと言うと、一般的に「人にあるもの」や「統計的」な可能性には作業視点が抜けていると考えられます。ここで言う可能性は作業のDoingやInteractionにあるものとして述べますが、バラリもあるでしょうが、ポテンシアルティの力は日常作業にあるところで述べます。

Occupations & Potentiality

Eric Asaba
Asaba Medical Research Foundation, Kohnan Hospital
Karolinska Institutet, Div. of Occupational Therapy

The overall aim of this section of the workshop is to explore concepts of potentiality and human occupation. Potentiality generically refers to possibility; for instance an individual has the potential of becoming the next city major or has the possibility to improve his or her poetic writing skills. Thinking about potentiality in this way poses a conceptual problem in that it situates potentiality as something that exists within the person or reduces the phenomenon to “chance.”

I will draw upon occupational science, occupational therapy, philosophy, as well as primary data and analytic material from an ethnographic study focusing on the construction and expression of identities through occupations after a spinal cord injury. The data from the ethnographic study were based on narrative interviews and participant observations, which were conducted over an 18-month period. Data were analyzed using narrative analyses. Theoretically informed stories will be used to illustrate key concepts.

Understanding underlying discourses that influence aspects of agency and potential in relation to everyday occupations is not only vital to the therapeutic process, but also to a basic understanding of occupation. I suggest that engagement in ordinary occupations can be a barrier as well as give spontaneous rise to powerful possibilities. Both inner experiences and external environments are considered, however focus is on the potentiality within occupations.
ワークショップ 「作業と可能性」

移行的な過程：自らの生活活動へとどっていく過程

ボンジェ・ペイター

藍野大学

トランジッション（移行的な過程）という概念は、最初人類学の研究における開発されたものである。トランジッションは、人を変える重要な人生上の出来事の経験と現実の実践を説明する、病気と健康に関連する状態（更年期と母であること）のために起こった重要な人生の変化を明確にするための看護分野の研究に利用された。最近トランジッションは、クライエントのレベルで作業的な存在の回復、すなわち、自らの生活へ戻っていくプロセスを理解するための作業の研究にも採用されている。

トランジッションという概念は、人生上の重要な変化を4段階で説明する。すなわち、まず病気とか事故などのため、いつも通りの生活は1）breach・中断・不和され、2）危機が発生する。急に当事者は当たる前の生活が出来なくなって、情緒的な反応が心にすみつき、自らの生活に空しさを感じるようになってしまう。一方、家族や友人などの近親者と医療保健専門家などの人の支援で、当事者が3）改善・修正しうる手順・行動と補える手順・行動に従事するようになる。そして、この段階で、不安、混亂、無秩序（むちつじょ）、分離が意味のあるプロセスに変化する。4）結果として、新たな安定的でその人にとって普通の行動様式による生活がようやく達成される。

Transitions: Returning back to participation in everyday activities.

Peter Bontje
Aino University

Transition theory was first developed in anthropological research and explains how people experience and enact major life-events that change as a person. In nursing research the concept of transition has been used to understand how people experience and live through major changes instigated by disease, health-related conditions such as the menopause and events such as becoming mother. Recently transition has been adopted in the study of occupation, because it helps us understand the client perspective of mitigating the consequences of disability and disease to their engagement in everyday activities and to their existence as occupational beings.

Transition is a concept that describes how people go through major life-changes in four stages. Accordingly, a breach of ‘normal’ functioning, such as a disease or accident, brings about a crisis situation. Suddenly the person is not able anymore to live their life as they knew it. Emotion reigns and one’s future becomes subjunctive. However, with support of relatives, friends and professionals, such persons will engage in remedial and redressive procedures. Thus, in this stage disconnection, chaos, uncertainty and confusion are turned into meaningful process. The outcome of it all is a new stable and norm-bound life.
ワークショップ 「作業と可能性」

作業の力と可能性—あるクライエントの作業（機織り）経験を通して—

田口 亮子, 田口 佐紀子, 古山 千佳子
県立広島大学

クライエントは 31 歳の女性。出生後、けいれん発作と軽度の左麻痺があり、顔に痣が残った。パソコン関係の専門学校を卒業後、就職活動を開始したがうまくいかず、自宅で手工芸（折り紙など）を行いながら生活していた。1999年より作業療法を開始し、鍼灸・マッサージ師の資格取得を目指したが、成功しなかった。親戚の提案（祖母が伊予緋の織り手だったため）で、機織りを開始した。自宅で手織りを始め、地域のデイサービスで機織りと陶芸を習うようになった。作品を大学祭やフリーマーケットで展示・販売し、折り紙の指導を行うことにした。約5年間継続する中で、技術が向上し、他者から作品の上達を褒められ、高額の作品が売れるようになった。個別に注文を受けるようになっ

Occupation’s power and possibilities through a client’s occupational experiences (weaving)

Taguchi Ryouko, Taguchi Sakiko, Koyama Chikako

The client is a 31 year old woman who had a birthmark on her face and has a slight left hemiplegia following convulsions after birth. After graduation from a computer college, she was unsuccessful at securing employment and started crafts, such as origami, at home. Occupational therapy started in March 1999. Soon the client had an unsuccessful attempt at aiming for qualification for massagist/acupuncturist. On advice of family (her grandmother had been a weaver of special kimono fabrics), she started hand-weaving. She started learning weaving and pottery at a community day-service. She exhibited and sold her works at a university festival and free-market and also started teaching origami. Her works improved over the following five years and she sold many of her works for high prices and received much praise. She also started receiving orders. Moreover she obtained a credit for following weaving classes at a university and at another university she became visiting instructor for weaving classes for occupational therapy students. Through weaving the client gradually increased her confidence and sense of competence, challenged new occupations and became able to build relationships with other people. The occupation of weaving offered opportunities to work at her own pace, and ways of expressing herself while completed works gave her a sense of accomplishment. Through these experiences and other people’s recognition weaving became a meaningful occupation for her.
Since World War II the study of occupation was often done through the lenses of the medical model. With the emergence of Occupational Science other and new perspectives are being employed. However, it is often noticed that such a shift in focus is delayed in Japanese academics and education. This symposium aims to explore what kinds of knowledge are beneficial for the study of occupation in both research and education.

Why the Study of Occupation is Interdisciplinary

Dr. Ruth Zemke, OTR, FAOTA
Dept. of Occupational Science and Occupational Therapy
University of Southern California

Similar to a profession, an academic discipline, such as the developing field of Occupational Science needs to have a strong and unique focus, offering something not available in other fields. But, unlike a profession, clear boundaries cannot be drawn for a science, separating its knowledge from that of other fields. In today's complex world, knowledge will always be overlapping, and information from many disciplines may be useful to build new science. At the University of Southern California, interdisciplinary knowledge and research is an important part of their program for the development of Occupational Science. This presentation will share some of the history and current ideas regarding this aspect of occupational science.
Report of Inaugural International Occupational Science Think Tank

Hiromi Yoshikawa
Prefectural University of Hiroshima

19-21 July, 2006, the Australasian Occupational Science Centre (AOSC)
Shoalhaven Campus, University of Wollongong,

Aims
1. To consider an occupational science research agenda
2. To establish international occupational science networks of individuals and institutions
3. To promote an international voice for occupational scientists

Participants (National OS Representatives, OS-related OT, OT, and others)
Australia: 4, Canada: 3, England: 1, Japan: 2, Netherlands: 1, New Zealand: 2, Sweden: 1, Taiwan: 1, US: 4 + Australia public health scientist

Program

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* Understand the knowledge in practice, extend to the world, make a science where society and the environment take responsibility, and develop innovative partnerships and influence socially and politically.

Objectives
1. The Japanese Society for the Study of Occupation (JSSO)
2. Second International Occupational Science Think Tank in April 2007 at the University of Southern California

My action plan
1. Accessibility of information
2. Networking
3. Development of research
Education for occupational therapy is predominantly based on medical sciences, such as anatomy and physiology, internal medicine, orthopedics and pediatrics, so the reasoning about disability and diseases is dominated by medical model thinking. The knowledge of subjects such as psychology, including psychiatry and gerontology, is present in occupational therapy curricula, but not well connected to the application of that knowledge into the professional subjects.

The practice fields of occupational therapy may become more varied to include family, community, education and companies. Non-disabled persons too may become subjects for occupational therapy in the context of prevention and support of healthy living.

With the prospect of occupational sciences and occupational therapy’s future development this presentation highlights the need for psychological knowledge, as well as knowledge from sociology and their unified areas. This presentation will analyze the volume and content of psychology in occupational therapy education and present a personal vision (perhaps a fantasy) of psychology for occupational therapy’s new emerging fields, clients and understanding changing disabilities.