LETTERS TO THE EDITOR

Good Job

As an occupational therapist specializing in hand therapy, I have found that the articles in AJOT often do not apply to my clinical practice. It was very refreshing to read the articles in the special issue regarding spirituality (AJOT, March 1997). It is such an important topic for occupational therapy practitioners in all areas of treatment and for society in general.

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Finding Meaning in Life

I thoroughly enjoyed reading the special issue on "Occupation, Spirituality, and Life Meaning" (AJOT, March 1997). It prompted me to evaluate how spirituality has affected me personally and professionally—the way I go about daily life, the choices I make, how I set priorities, how I deal with stress and illness, and how I view my work as an occupational therapist in home care practice and the people I meet. I believe spiritual "health," that is, feelings of connectedness, contentment, and oneness with the universe, can give strength and meaning in life. It certainly has in my own life. I also believe that acknowledging this aspect of a client and integrating his or her spirituality into the care we provide can have an effect on the overall outcome of care. The home care setting in particular permits the occupational therapist to facilitate a connection among the client's occupations at hand (daily life in the environment of the home), his or her disability, and his or her higher self. I must admit that I have incorporated a spiritual dimension in my practice, which has spanned 21 years in home care, although it has been "underground." I feel relieved that we are finally acknowledging this important aspect of health, which has too long been neglected, and look forward to the day when it is an acceptable and reimbursable aspect of therapy.

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