

# Occupational Approaches in Early Addiction Recovery

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*The opposite of addiction is  
connection*

# Objectives

- Identify possible occupational causes and consequences of addiction
- Identify occupation-based and occupation-focused interventions
- Explore concept of addiction-as-occupation and describe potential impact on OT approach



# Occupational Causes and Consequences

- Occupational Imbalance
- Occupational Deprivation
- Occupational Alienation
- Meaningful time use-flow and boredom

(Helbig & McKay, 2003)

# Occupation- Based Interventions Cited in the Literature

- **Work**
- **Leisure**
- **Social Participation**
- **Exercise**
- **Creative activities**
- **Theater**

(Wasmuth, Pritchard, & Kaneshiro (2015); Correia, Benson, & Karey, 2005; Lynch, Peterson, Sanchez, Abel, & Smith, 2013; Wasmuth & Prichard, 2016)

# Theory

- Biopsychosocial-spiritual model
- Stages of change
- Sensory
- Addiction-as-occupation

(Besemann, 2018; Prochaska & DiClemente, 1982; Stols, van Heerden, van Jaarsveld, & Nel, 2013; Wasmuth, Crabtree, & Scott, 2014; Wasmuth, 2016; Stewart & Fischer, 2015)

The background features several sets of concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of motion or a circular path. A blue speech bubble is positioned on the left side of the slide.

Activity

**Addiction-as-occupation**

Based on my  
experiences

Work

Leisure

Making  
new sober  
memories

Time  
use



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## Helpful Approaches

- Occupational Self-Analysis
- Motivational Interviewing
- Stages of Change
- Strength-Based
- Focus on short term



# Occupation Stories







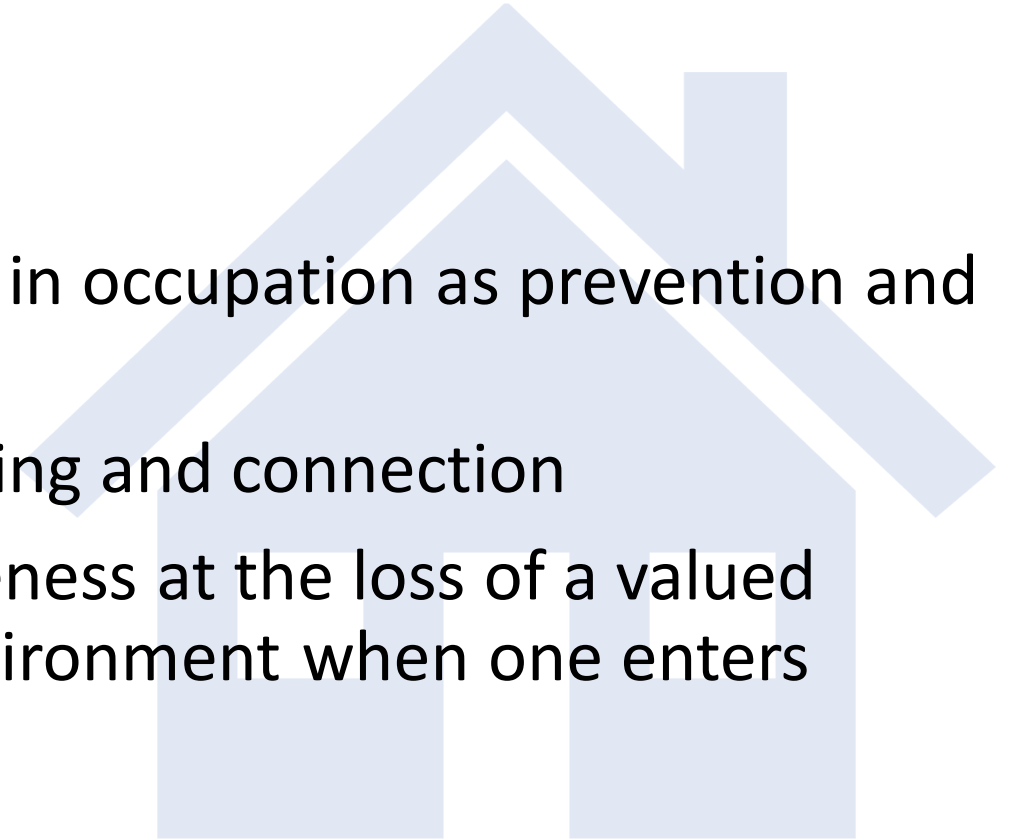




# Take Home Message



- Use opportunities to engage in occupation as prevention and intervention at any stage.
- Support others to find meaning and connection
- Increase empathy and awareness at the loss of a valued occupation/role/routine/environment when one enters recovery



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