

What is Occupational Therapy (OT)?

Occupational therapy comes in many shapes and forms, so for the sake of simplicity let's use some short pediatric and adult case examples in order to help clarify what **'Occupational Therapists'** or 'OT's' do.

In answering the seemingly simple question: "What is occupational therapy?" we must first of all define what the word 'occupation' means to an Occupational Therapist (OT) in comparison to how 'occupation' is generally perceived by the wider population. The common definition of the word 'occupation' relates to what job a person has or does but this does not fully explain the word within the world of OT.

OT's refer to 'occupations' as "the everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. Occupations include things people need to, want to and are expected to do". (WFOT, 2015) For example, how many big or small jobs does a child have throughout a typical day? You may think that 'children don't have jobs'. However, a child's job is to play, learn, develop and all the other little things in between. When a child is unable to play, learn or is experiencing obstacles in their development, they are not able to complete their daily jobs or 'occupations' effectively. If their performance of these 'occupations' is affected significantly enough, an Occupational Therapist could be asked to help enable a child to become more accomplished and reach their maximum potential in these daily jobs or 'occupations'.

For adults, 'occupations' are all of the little daily activities that allow them to navigate their way through the world and to care for themselves and loved ones: from getting out of bed in the morning and making their family's breakfast, to getting to work and fulfilling their work obligations - full circle until it's time to go back to bed. If disability or illness causes difficulty or the inability to complete any daily 'occupations' then an OT may be able to help to complete safely, and perform effectively, whichever activities someone is no longer able to do.

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WELCOME Aboard!



Marc Linton
Senior Occupational Therapist

Marc Linton completed his joint BSC Honours Degree in Occupational Therapy & Psychology at Glasgow Caledonian University, Scotland (UK) in 2008, and remains a licensed practitioner with the British Association of Occupational Therapists, UK. Marc further gained his Higher Diploma in Sport Therapy From Glasgow Central College of Commerce, Scotland, in 2004 and incorporates sport activities in therapy sessions, whenever he deems it best for his patients. Marc has spent most part of his career as Pediatric Occupational Therapist in the UK and in the Middle East and now seeing patients in Abu Dhabi. [Read more...](#)



Dr. Vicki Mobley
Clinical Psychologist

Dr. Vicki Mobley is a licensed Clinical Psychologist with the UK Health and Care Professions Council (HCPC), the New Zealand Psychologists Board, and the Health Authority of Abu Dhabi (HAAD). She trained in New Zealand, obtaining her Doctorate in Clinical Psychology from the University of Auckland. She also holds a Bachelor of Arts (Honors) degree in Psychology from University of Auckland, and a Bachelor of Arts degree in Sociology from Massey University.

Dr. Mobley has over 10 years of work experience in the health sector, both in her current profession as a Clinical Psychologist and formerly as a Registered Comprehensive Nurse. Dr. Mobley is now seeing patients in Abu Dhabi. [Read more...](#)

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