**MiOTA Huron Valley Chapter Meeting Summary**

**Date**- June 9, 2022 (7 pm-8 pm)

**Speaker-** Juliane Chreston, OTD, OTRL

**Topic**-Spirituality

**Presentation Title**- OT’s Distinct Value in Addressing Spirituality

**Summary:** Dr. Juliane Chreston of Concordia University shared her research and experience of the OT role in addressing and supporting spirituality as it relates to occupational performance and engagement. The presentation and discussion included 12 participants. Julie reviewed spirituality from the client and practitioner perspective. She encouraged individual clinicians to evaluate his/her own spirituality prior to addressing others’. She explored the historical definition, reviewed research, discussed supports and barriers to incorporating spiritual elements into practice and referred to the OTPF-4’s position on integrating spirituality into the OT domain and process. OTs often work with clients during times of transition which calls into question the ways in which clients see themselves, who they are, and how they fit into the world. Addressing spirituality authentically requires clinicians to be compassionate and in order to respectfully share emotional moments with our clients. There is a wide continuum for spiritual practice including but not limited to prayers, affirmations, meditations, reflection, music, art, and nature. How do we address spirituality in OT? Always connect it back to meaning and purpose. Even the most “simple” of occupations can elicit a spiritual moment within the right context. OT Programs could use case studies that include spirituality to help students better prepare for addressing it as clinicians. The group discussed the “goose bump effect”; how religion and faith can, but do not have to play a role in spirituality; generational differences in spirituality; self-exploration; and setting personal judgements and biases aside during these spiritual moments of connection with our clients or their families.