

Name of Professional: Laura Hart

Profession: Psychologist

Company: Gooden Counseling

Date of Interview: November 6, 2017

Assessment:

### Psychology Parallel to Occupational Therapy

One of the most important pillars of Occupational Therapy is a fundamental understanding of human psychology. An effective OTR needs to be able to interact with patients of all ages and conditions and understand the effects of social interaction on the patient. Although I have begun to understand more and more the profound differences between Occupational Therapy and Psychology as professions, I simultaneously can recognize how intertwined and interdependent they are on each other. In my interview with Dr. Hart, a Psychologist at Gooden Counseling, I gained pivotal insight regarding what the daily life of a Psychologist entails, what their responsibilities and challenges are, and how psychological studies are important in Occupational Therapy as well as how they are a completely separate entity.

The first thing she said that really caught my attention was her description of her experience in the Civil Rights department. She explained how before becoming a Psychologist, she worked in Civil Rights and the transition between careers occurred because of her realization of how much she had a passion for helping people with their life challenges and for communicating with them. I can relate to this because I also have experienced throughout my life a love for communicating with others to help them combat their daily challenges, and Occupational Therapy may be a parallel way for me to do this

on a daily basis. Therefore, she has enlightened me with the notion that my field of study is right for me because of my love of working one-on-one with people and solving their problems.

Another unique perspective I gained from Dr. Hart was the idea that being a Psychologist helps with self care. She is able to improve her own life because she knows how to help others through challenges and how to promote their better mental well being. I realized that Occupational Therapy, despite being an entirely different field of study, would have those same benefits because I would help people work through cognitive and social challenges on a daily basis, and can use the skills I gain to help me improve my own life. From this knowledge, I have gained more hope that this field of study has a lot of potential for me.

The final takeaway I had from this interview that will affect my future studies is the idea that one of the most challenging parts of being a Psychologist or holding a similar job is the fact that people may often give up on themselves in times of difficulty, or stop coming to appointments all together. Again, although these are two separate fields of work, I can tell that Occupational Therapy will likely encompass these same challenges as older people receiving therapy may easily give up on themselves or lose hope, so it is important as a therapist to help bolster their confidence that they will improve.

From the knowledge I have gained in this interview, I will redirect my future research by pointing my studies in fact more towards widening the gap between Psychology and Occupational Therapy, because the whole year thus far has been focused on how the two are similar. Now I want to embrace their differences and understand that both have unique but pivotal roles in helping our society.

Notes:

<https://drive.google.com/file/d/0B5rBr8Aw6vI0eHZHUlQxdDhGeFpKM3UyZlBKcWtxUGo4dmpn/view?usp=sharing>