

Expanding the Realm  
*Weekly Report 10/23/17 to 10/27/17*

This past week, I had my second informational interview with a professional. This provided me with some new and interesting insight regarding the psychological side of Occupational Therapy, seeing as I interviewed an actual Psychiatrist rather than an OTR. After my interview with Dr. Quadri, I have realized that I am actually more excited about the people-oriented aspect of the field of OT than I anticipated, so I once again have renewed interest.

Another interesting aspect of OT that I have been informed on through this unique interview with a Psychiatrist is Occupational Therapy's relation to Psychiatry. Originally, I assumed that they were very different realms, or at least that OT was more related to Psychology than to Psychiatry, but now I understand that the two are very intertwined. For instance, a patient might go to a Psychiatrist for a prescription medication to help with their symptoms, and at the same time go to an OTR to work on psychical habits that can improve the symptoms. Also, with this new understanding, I realize that if the course of Occupational Therapy does not remain as interesting in several years as it once did to me, I can pursue the field of Psychiatry because it is very similar.

Regarding other experiences I have had this past week besides my second interview, I have learned through the experience of cold calling how to conduct more dependable research to find targeted professionals. Originally, I had simply searched online for OTRs in my area, but now I begin on medical databases and find specific people in my area using those resources. Not only does this present me with more qualified and experienced people, but the phone numbers are more likely to be answered rather than having my call be ignored by a receptionist. Through this process, I found many new potential interviewees, including the professional I just conducted my last interview with. Having this new insight on how to continue my research in this field, I go forth encouraged and excited for what lies ahead.