

## Transpersonal Occupational Therapy: A Possible Approach?

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### TRANSPERSONAL OCCUPATIONAL THERAPY: A POSSIBLE APPROACH?

**INTRODUCTION:** Made official in 1968 by Abraham Maslow, beside Viktor Frankl, Stranislav Grof, Antony Sutich and James Fadiman, the Transpersonal Psychology, understands the Man as a bio-psychological, social, cosmic and spiritual being, bringing to the field of the science an enlarged vision of the Man, validating his experiences of personal growth and every human being innate capacity of transcending their limits, becoming full. This conception focuses on the healthier aspects of the human being. Considering that the Occupational Therapy, establishing interfaces with many areas of the knowledge, understands the Man in his multiple aspects and intends to be facilitative of his full development, using as centralizing element of its practices the human occupation; and that this occupation, that characterizes him as human, interferes and it is affected by all of the spheres that compose the Subject, it is believed that an approach among these two areas of the knowledge can favor the development of an integral praxis, promoting the personal growth and the self actualization of the subject, from his doing.

**OBJECTIVES:** Comparing theoretically the basics presuppositions of the Occupational Therapy with Transpersonal Psychology's foundations, verifying the possibility of approaches among the two areas of the knowledge.

**DESCRIPTION/REPORT:** To the accomplishment of this study, it was made a literature revision in these areas, comparing their basic foundations and identifying possible approaches among both.

**CONCLUSION:** This study allowed ending that the approach among Transpersonal Psychology and Occupational Therapy it is viable, and it can indicate a new field of investigation, because, considering its transdisciplinary characteristics, the Occupational Therapy figures as the only profession capable to develop an integral praxis, promoting the transcendence of the Subject through the human occupations.

**CONTRIBUTION TO THE PRACTICE / EVIDENCE BASE OF OCCUPATIONAL THERAPY:** We believe that the proposition of an approach among Transpersonal Psychology and Occupational Therapy could be a new way to the profession, putting it in the center of the current holistic approach of the world and the human being.