

## **Mindfulness-based occupational therapy (Tea tao and Flower tao): two case studies.**

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### **Introduction**

The mindfulness approach involves relieving stress and relaxing by focusing on what you are doing, namely, "moment-to-moment awareness-knowing what you are doing while you are doing it." In Japan, the Tea tao (tea ceremony) and the Flower tao (flower arranging) are traditionally practiced mindfulness approaches. Drinking tea and arranging or smelling flowers by focusing on the intricacies of the ceremony help people to relieve stress and enjoy deep relaxation.

### **Objective**

The objective of this presentation is to investigate the potential of the mindfulness-based occupational therapy through two case studies of patients with schizophrenia.

### **Description**

#### **1. Procedure**

The Tea tao and Flower tao group comprised 8-10 patients with schizophrenia who utilized the services of a psychiatric day-care center. The group practiced once a week. During the session, first, the members were instructed to pay attention while sipping tea and eating cake or arranging flowers. Second, the members were instructed to relax while smelling the tea or the flowers. Finally, the members were instructed to practice breathing meditation by shutting their eyes and holding their hands together. Each of these sessions lasted for about 60 minutes.

#### **2. Case studies**

(1) Case A, Male, 22 years, Stop-out student at the university.

Initially, he was indifferent to any activity. Through mindfulness-based approaches, he began to show interest in the Tea tao. Gradually, his interests in the flower ceremony, other activities, and other members of the center increased. He returned to the university after the first one year of participation.

(2) Case B, Male, 30 years, Leave of absence from work.

He was suffering from anxiety and was always worrying about returning to work. Through mindfulness-based approaches, he mastered the technique of breathing meditation and gained control over his anxiety. He returned to work six months after joining the center.

### **Conclusion**

These case studies suggest that mindfulness-based occupational therapy may reduce indifference and help in coping with anxiety.

### **Contribution to the practice**

There is considerable scope for applying psychiatric occupational therapy to cooking, eating, and drinking. Mindfulness-based approaches may offer a new perspective on these activities.