

**THE OCCUPATIONAL THERAPEUTIC ACT AND THE EMANCIPATION OF THE SUBJECT:  
REFLECTIONS ON THE EXERCISE OF ONE'S OWN KNOWLEDGE**

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Health-related practices often reduce human beings to something merely technical, passive, dissociated from their environment, subject to the traditional pathological approach. In the therapeutic relation there are two basic variables. The first one is the clinical savoir-faire, representing the whole structured knowledge which leads to the application of methods and procedures. The second one is the sanitary knowledge, a substract of great value for the health sciences. Thus, the objective is to make a reflection on the occupational therapeutic act as emancipator of the subject. The methodology is an exploratory-descriptive study based on the scientific literature, utilizing as descriptors: Occupational Therapy, Professional Practice; Knowledge, Attitudes and Health Practice; Health Care. There is a trend to define Occupational Therapy as a science promoting the qualified construction of individuals in their everyday life. But, also, there is a trend to emphasize the human act of making without turning this into a praxic act. In this case the subjects are, par excellence, its object, but without causing their emancipation. Therefore, we can conclude that it is by means of work that human beings overcome the division between the objective and subjective worlds, transforming the environment into an adequate place for their own development, because human work is the fruit and action of the praxic human act itself. By shoving aside the context of performance in their intervention, occupational therapists annul or erase its subjective dimension, turning it into an imitation of the real thing, as it breaks the dialectic relation between subjective and objective, which emancipates the being. To reflect on the therapeutic act is an autologous exercise which allows a change of paradigm, favoring the understanding that beings become subjects when they struggle to adapt their apparent state to their wishes and potentialities. This turns the therapeutic act into a fully conscious action.