



HEART STRINGS

A LIVE APPLICATION OF THE POWER OF INTERCONNECTEDNESS.
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WHY INTERCONNECTEDNESS?

"Connectedness and relatedness are generally thought of as positive states of being in ordinary everyday living" (Hasselkus, 2011). When an individual is plagued with a long-term disability Hasselkus (2011) speaks to the loss of humanness that stems from the biomedical setting. Even though the biomedical is very prevalent in literature there has been a shift in our present literature that emphasizes, "...time use, activity patterns, life roles, and occupational experiences" (Hasselkus, 2011).



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MEANING COMES FROM DOING

It is through performance or action that we enter a life of understanding...meaning comes from our doing according to Hasselkus (2011). "Productivity encompasses occupations that contribute to a person's sense of community participation" (Winkler, Unsworth & Sloan, 2011). The interactive occupation of Heart Strings brings value and purpose to individuals through meaning as action, (Hasselkus, 2011) for those who participate as a clinician, caretaker, or conqueror (the conqueror is anyone who has overcome or is overcoming a hardship whether it be physical, mental, or emotional).

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COMMUNITY PROMOTES HEALING

We all want a sense of belonging to or being a part of a group.

- Connectedness is essential for the clinician, the caretaker, and the conqueror, in order for occupational adaptation to take place. Heart Strings is just one group activity that promotes healing. Activities of such have been around for the ages. Barn raising and quilting bees are two good examples where creating community and connectedness happens naturally through shared work.

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Journey to You

ONE FEATHER CANNOT FLY BY ITSELF...BUT IT CAN BE THE START OF HOPE

One can accomplish more as a group than one can accomplish collectively as an individual because together we compensate for each other's weakness and so support each person's ability to contribute to their maximum.



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WORKING TOWARD A COMMON GOAL



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OUR GOALS AS OCCUPATIONAL THERAPIST

- Engagement in meaningful occupation, re-establishing and redefining identity and connections to other people are thus primary goals for occupational therapists. "One major factor that underlies how individuals establish a sense of meaning and engage with others is that of personal identity. Indeed, without a coherent and positive sense of identity, individuals are unlikely to develop the personal or social skills that are essential for well-being and fail to maximize life opportunities" (Muenchberger, Kendall, & Neal, 2008).

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WHAT DO YOU WANT TO DO?

Gourd Lady



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**DEVELOP A CULTURE THAT PROMOTES
INTERCONNECTEDNESS**

ADDRESSING SOCIAL CONNECTEDNESS PROMOTES
HEALING AND GIVES PURPOSE TO ALL THOSE INVOLVED
WHETHER IT BE THE CLINICIAN, THE CARETAKER, OR THE
CONQUEROR.

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References

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Muenchberger, H., Kendall, E., & Neal, R. (2008). Identity transition following traumatic brain injury: a dynamic process of contraction, expansion and tentative balance. *Brain Injury: [BI]*, 22(12), 979-992. doi:10.1080/02699050802530532

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