

Occupational Therapy: A Holistic Approach

Occupational therapy (OT) is a comprehensive approach to wellbeing that emphasises assisting people in carrying out important everyday chores and activities. Even though OT has historically been connected to physical rehabilitation, its benefits for mental health and self-improvement are becoming more widely acknowledged. Occupational therapists can help people overcome obstacles using self-help in the following ways:

An Approach To Occupational Therapy

J Rink



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