

The Model of Occupational Harmony: An Eastern perspective on occupational balance to promote health and wellbeing

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1. Why 'Harmony', Not 'Balance'?

2. The MOHar: An Integrated Framework

3. Comparisons between the MOHar and other OS/OT models

4. Conclusion & Vision

PART 01

Why 'Harmony', Not 'Balance'?

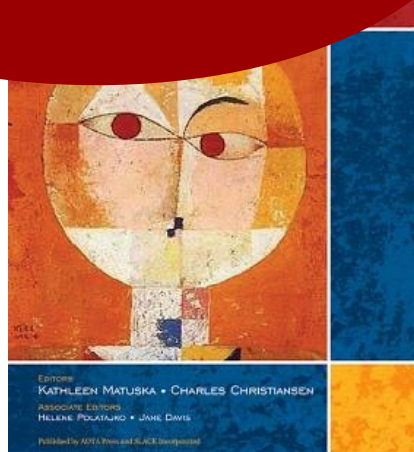
Why 'Harmony', Not 'Balance'?



a balance among the “big four—work and rest and play and sleep” through “actual doing” (1922, p. 6)

Adolf M

Balance



(Matuska & Christiansen, 2011)



Unity of Nature and Human
天人合一

Harmony

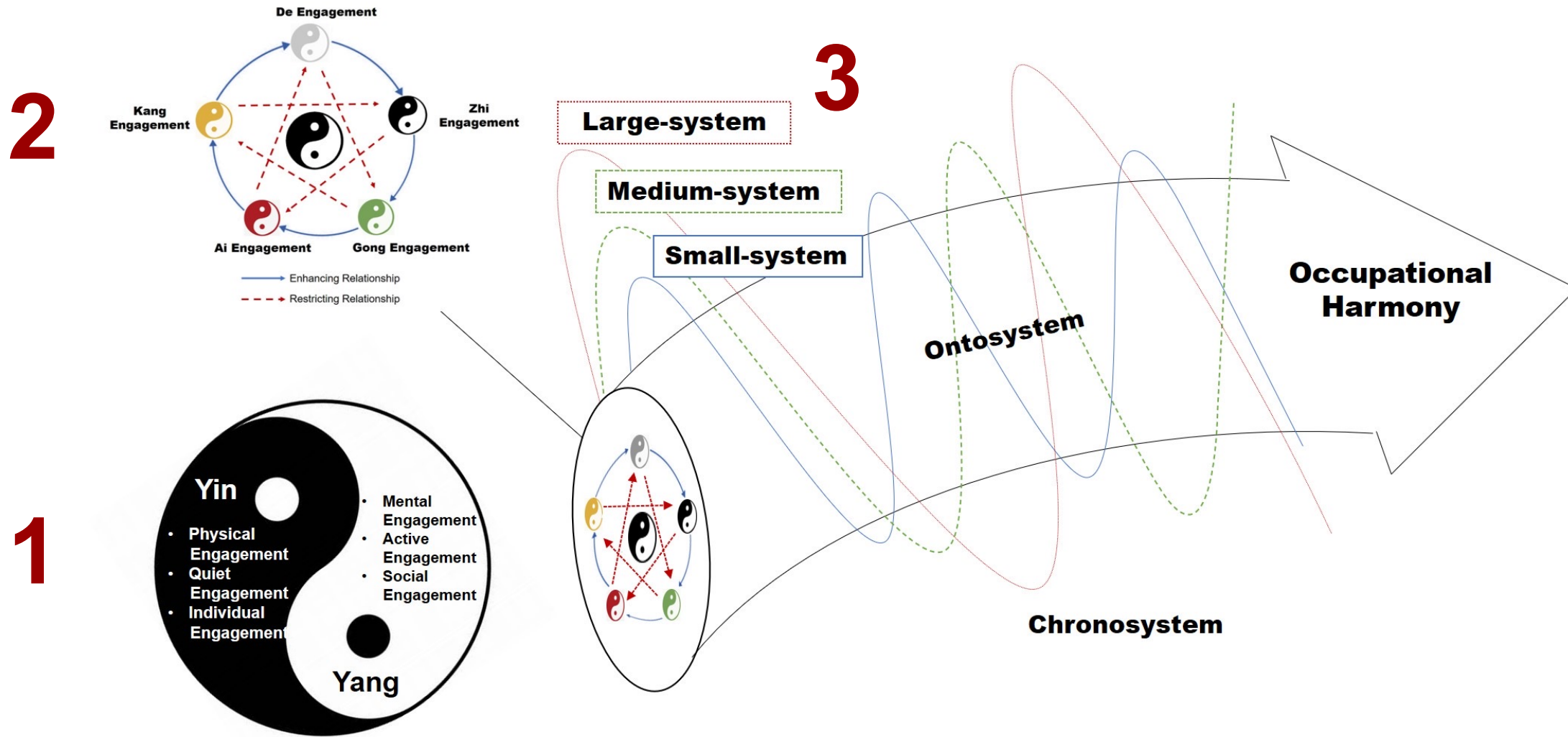


Wuxing
五行

PART 02

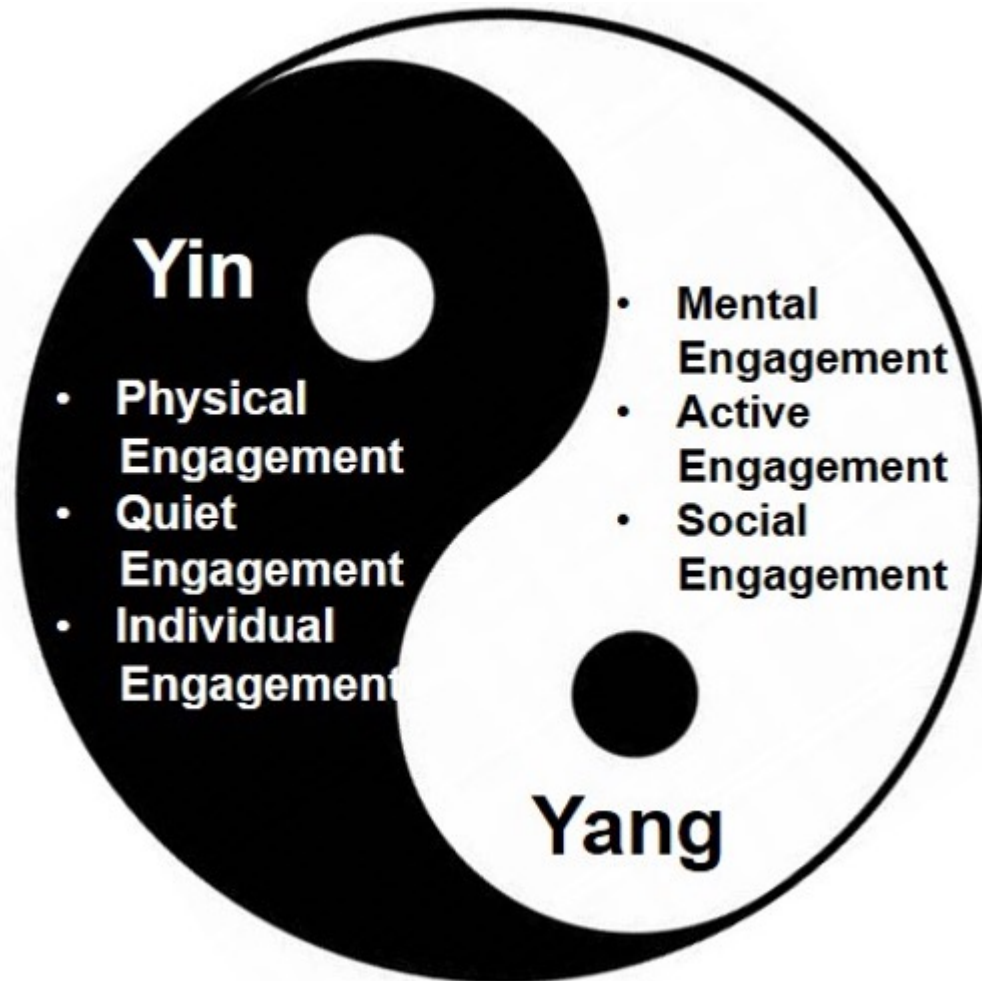
The MOHar: An Integrated Framework

2.1 The overarching framework of the MOHar



2.3.1 The *Taiji-Yin-Yang* Principle

- Three pairs of two-sided occupational characteristics have been proposed.



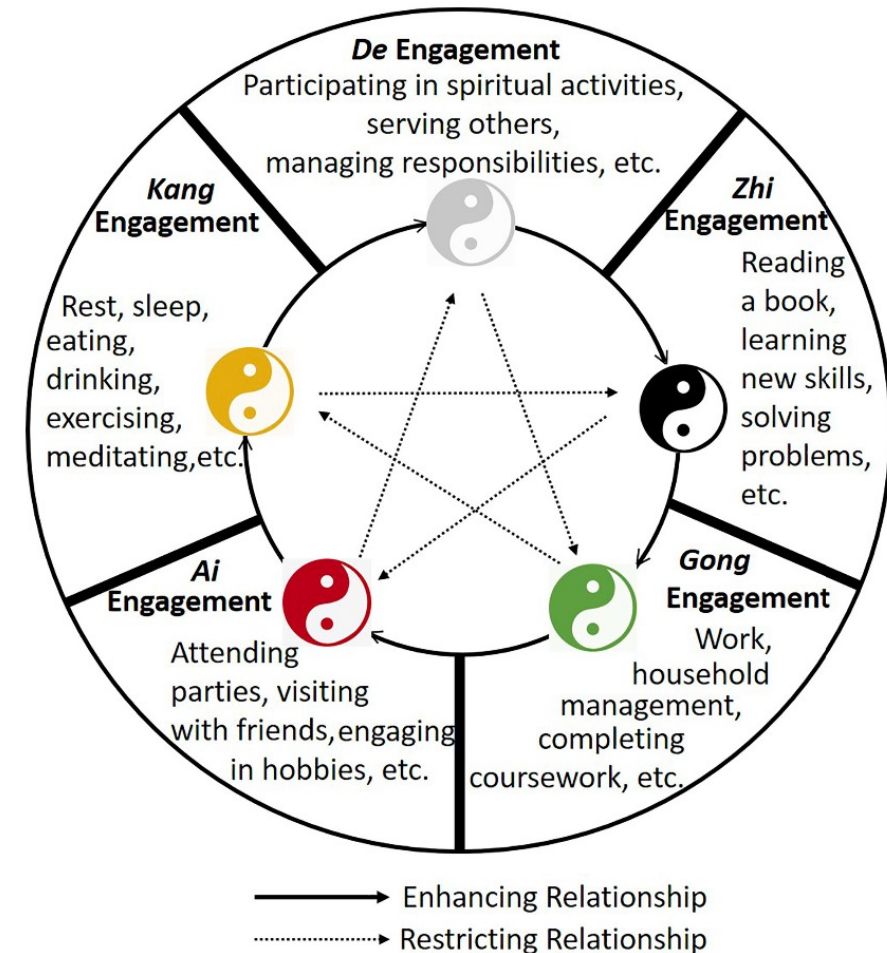
Examples

1. Sedentary lifestyles
2. Burnout
3. Social isolation

2.3.2 The *Wuxing* Principle

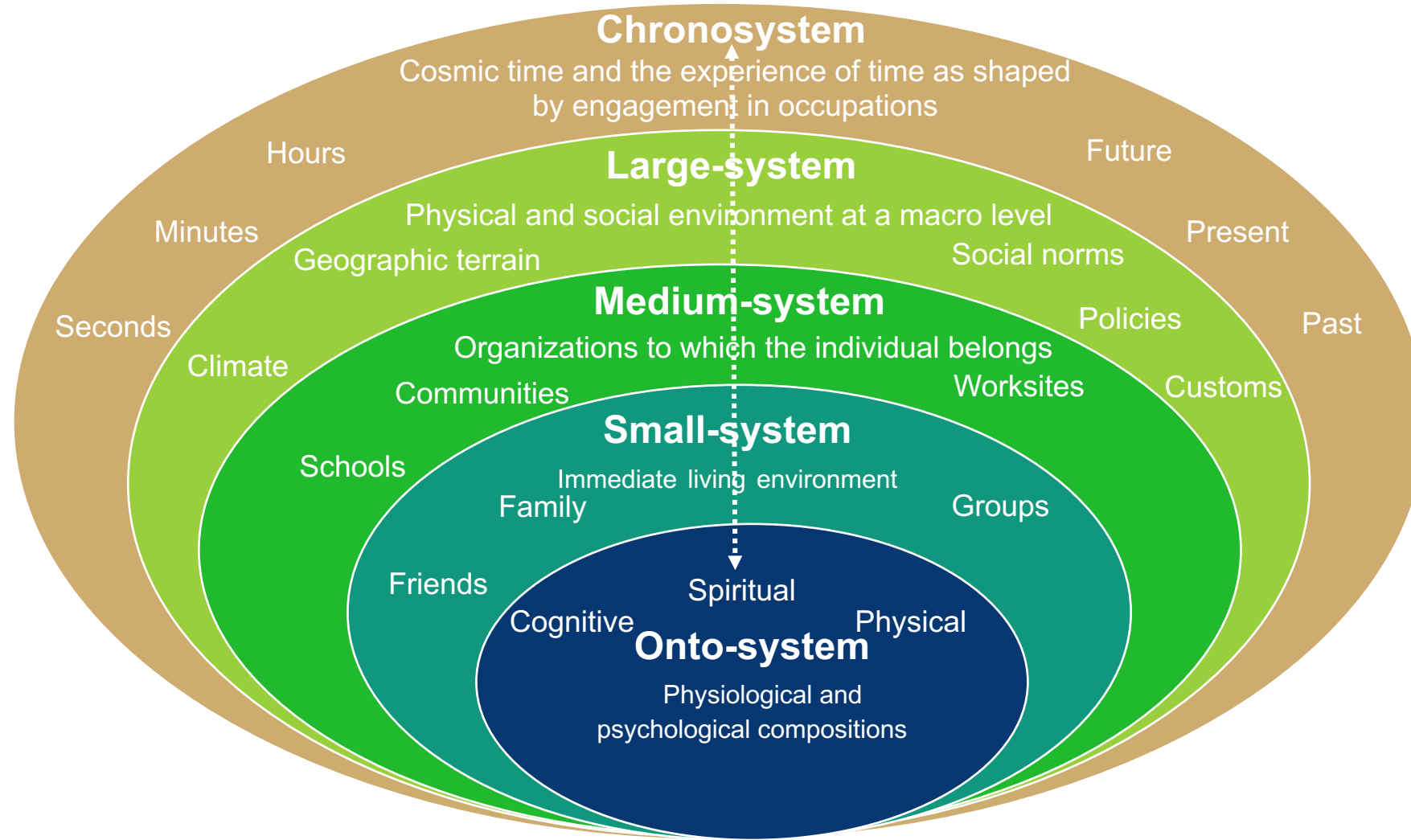
- Occupational harmony is achieved via **five-dimensional occupational engagement driven by human consciousness**. The five dimensions of occupational engagement are postulated to have mutual enhancing and restricting relationships.

- (a) 德 *De* engagement (virtuous engagement)
- (b) 智 *Zhi* engagement (rational engagement)
- (c) 功 *Gong* engagement (productive engagement)
- (d) 爱 *Ai* engagement (emotional engagement)
- (e) 康 *Kang* engagement (health maintenance engagement)

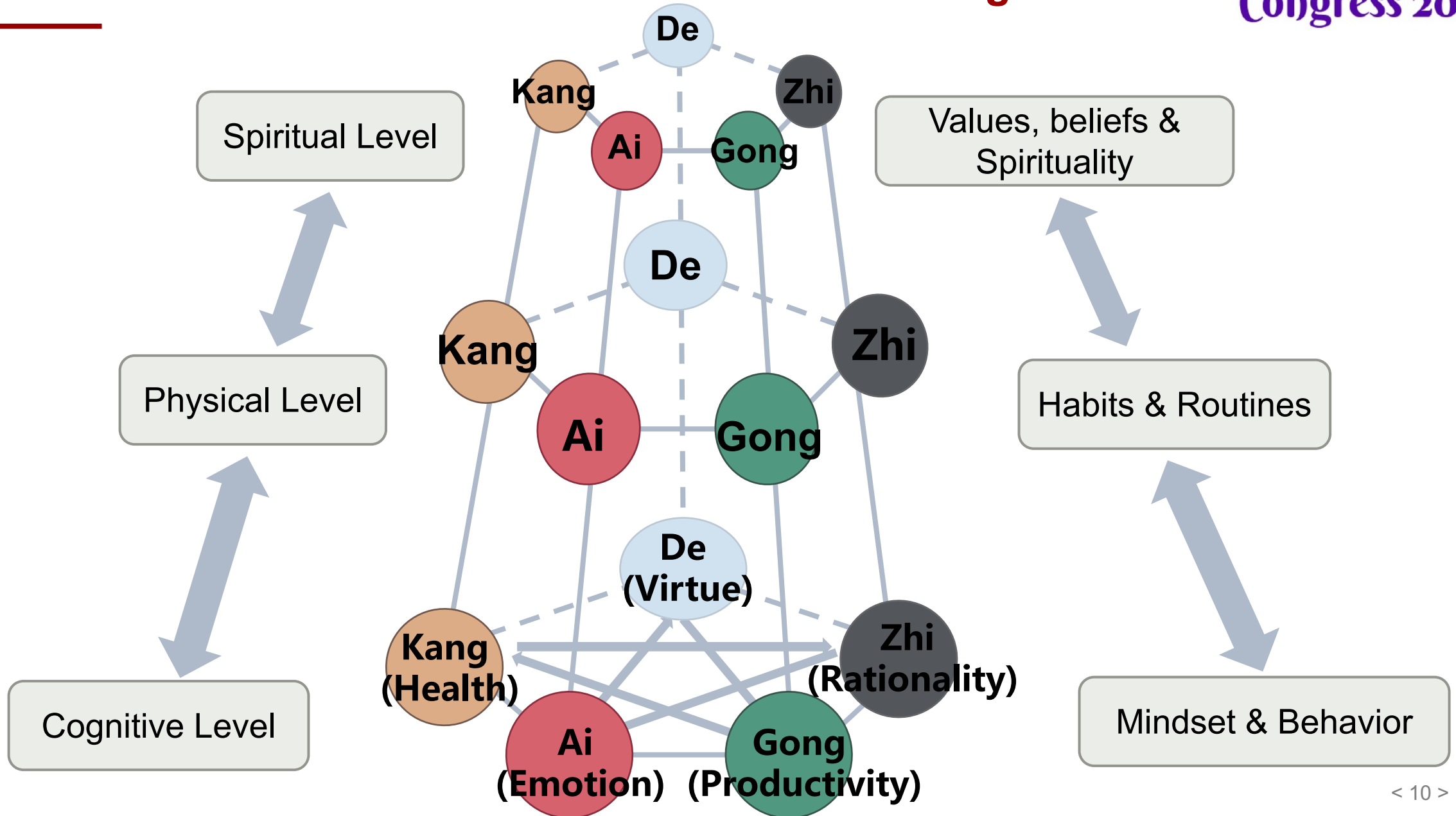


2.3.3 The principle of *Tian-Ren-He-Yi*

- Occupational harmony is achieved through **coherence across the multiple levels of human- environment transactions** in occupational engagement.



2.4 MOHar-based assessment & intervention strategies



2.4 MOHar-based intervention strategies

The intervention framework informed by the MOHar is a quiescence-based lifestyle intervention to enhance occupational harmony, called **ten life projects of the five dimensions**.

Kang engagement (health maintenance engagement)

- Internal projects: Sleep Kung , quiescence breathing
- External projects: daily routine and rhythm

De engagement (virtuous engagement)

- Internal projects: quiescence thinking
- External projects: duty and mission

Zhi engagement (rational engagement)

- Internal projects: review and reflection
- External projects: learning and exchange

Gong engagement (productive engagement)

- Internal projects: labor, including all kinds of work
- External projects: accomplishment and contribution

Ai engagement (emotional engagement)

- Internal projects: quiescence aspiration
- External projects: confidence and compassion

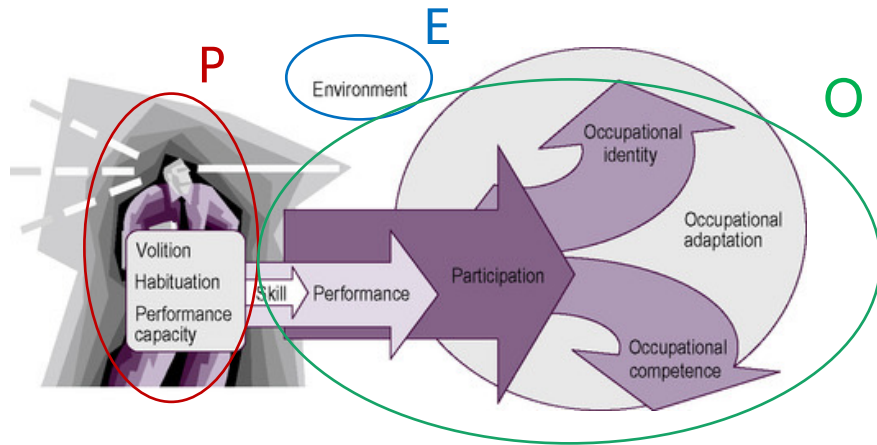


Ten life projects of the five dimensions

PART 03

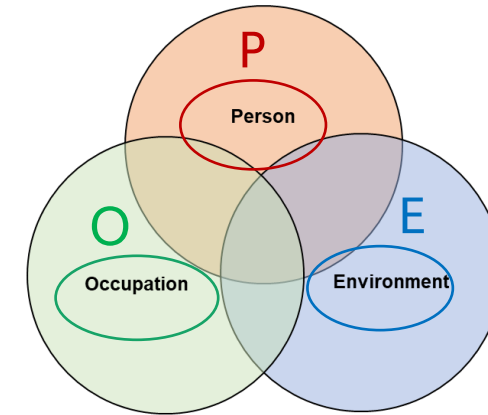
Comparisons between the MOHar and other OS/OT models

3.1 A review of the most commonly used OT models

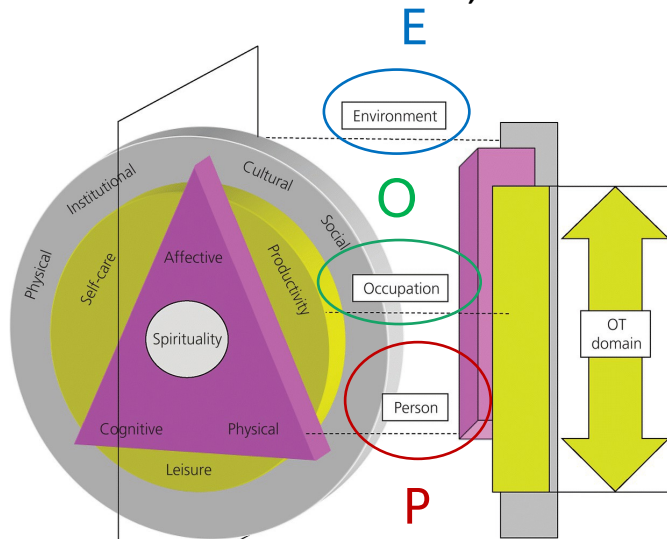


Model of Human Occupation (MOHO)
(Kielhofner et al., 1980)

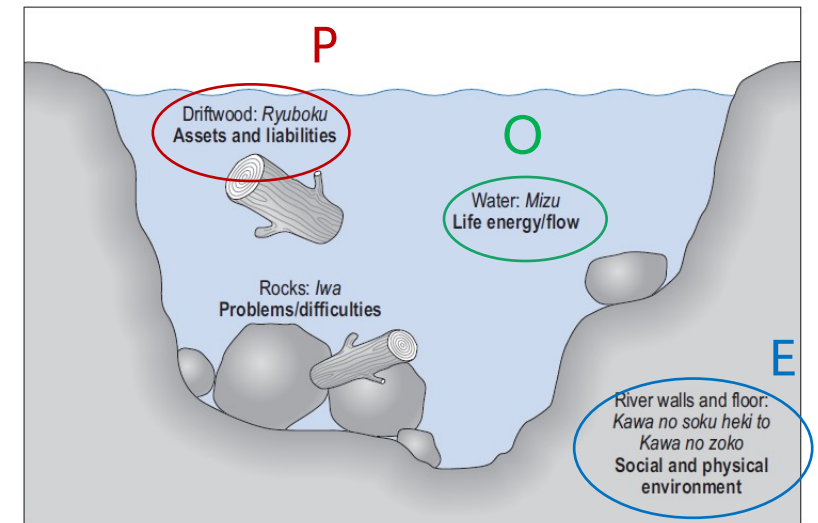
**How P-E-O
relates to
health and
well-being?**



Person-Environment-Occupation Model (PEO Model)
(Law et al., 1996)



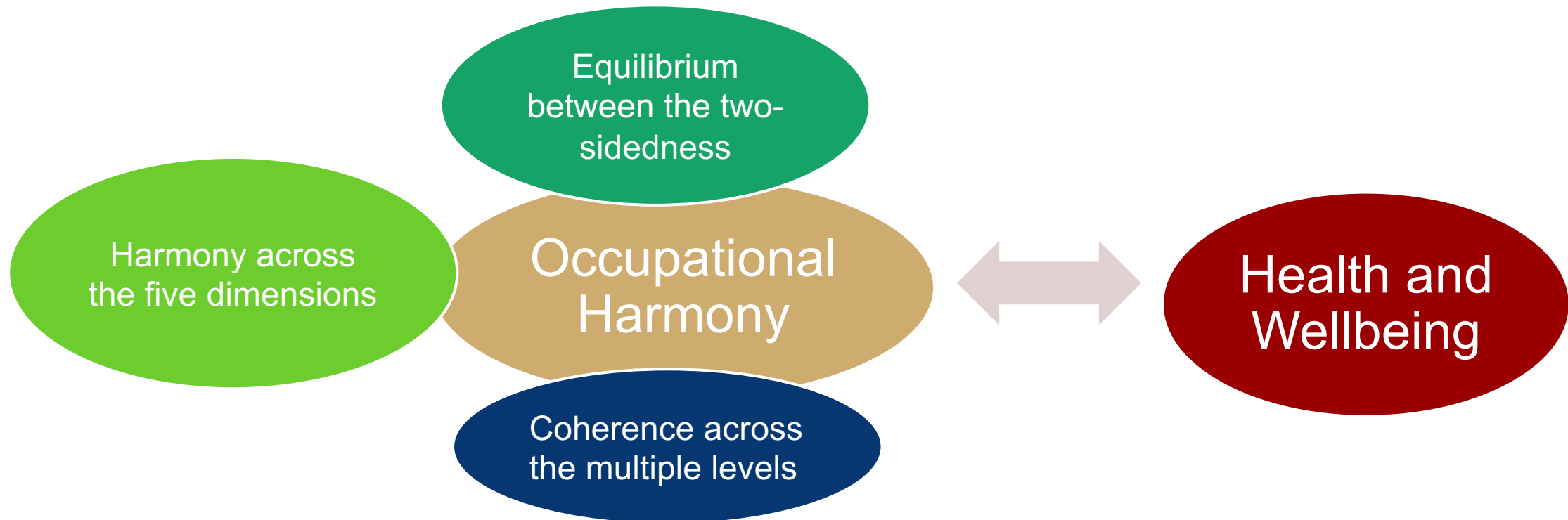
Canadian Model of Occupational Performance and Engagement (CMOP-E) (Polatajko et al., 2007)



Kawa Model (Iwama, 2006)

3.2 Comparisons between the MOHar and other models

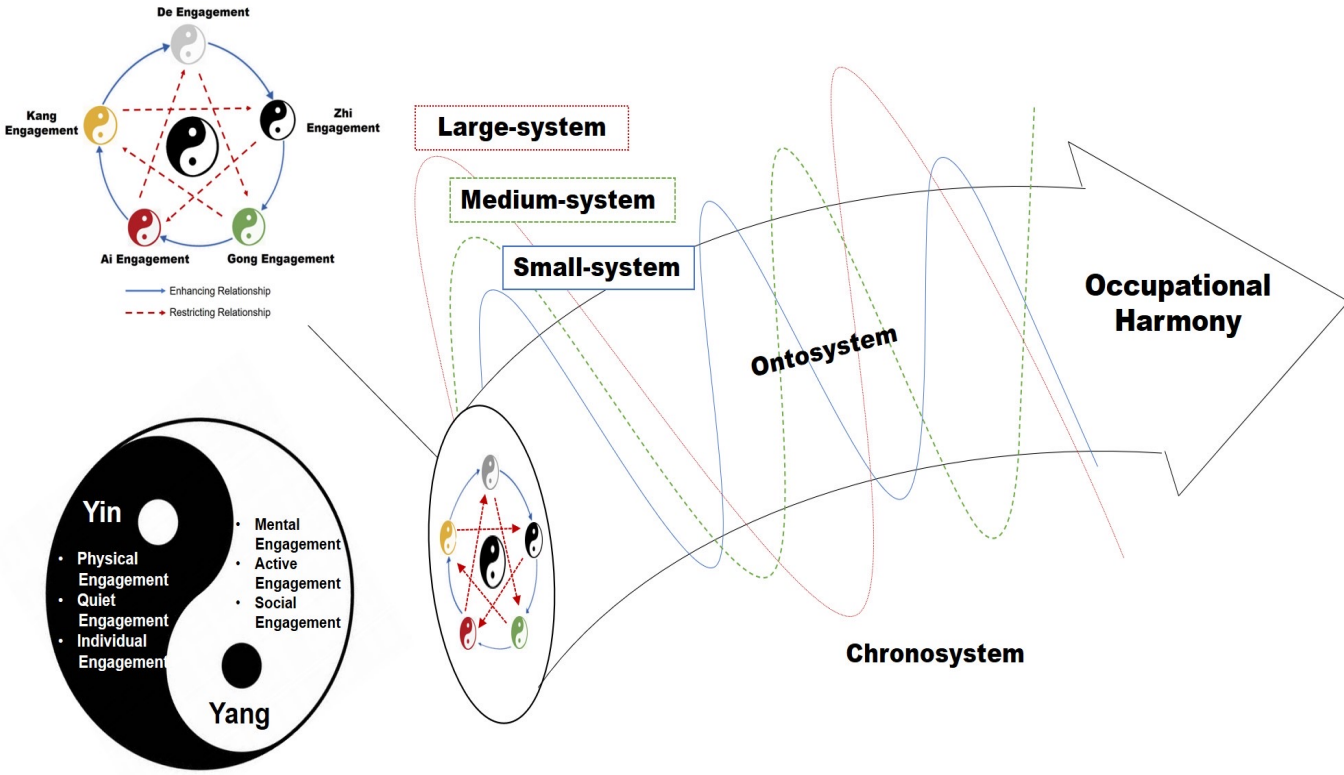
- Compared to internationally recognized occupational therapy practice models like MOHO, PEO, CMOP-E, and the Kawa Model, the Occupational Harmony model exhibits the following distinctive features:
 - Direct link between occupation and health
 - Comprehensive and unified framework
 - Client-and-team-interaction approach



PART 04

Conclusion & Vision

Conclusion & Vision



A Unified Clinical Framework

Culturally-Grounded, Universally Relevant

An Invitation for Worldwide Collaboration

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Q&A

Thank you!

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