

Feel Good Friday
Week # 6
9/25/20

What is Occupational Therapy?

Occupational therapy is a healthcare profession that helps individuals find meaning and satisfaction in their daily lives through implementation of healthy habits and routines. We use the term occupation to mean any activity that occupies time; it can be anything the individual needs and/or wants to do.

The Intersections of Dance and Occupational Therapy

The BFA dance and musical theater program at USC are extremely unique in the way that the BFA participants are required to complete general education requirements in accompaniment with their major degree. What kind of impact does it have on a dancers' physical body and mental state? How can dancers rethink their habits and routines to supplement the rigor of their intense institutional experience? Many outsiders might wonder how dance can be perceived through the lens of academia. What does their class schedule involve? Do they just dance all day? Little do they know that a dance degree requires a tremendous amount of physical embodiment of many dance forms, as well as cross training to supplement this physical embodiment. BFA dancers are required to study origin forms of dance to inform how we can move dance forward. We are encouraged to declare minors, participate in collaborative projects, create social networks, travel and audition/apply for jobs, and fulfill USC's general education requirements. The list goes on and on and varies among individuals. Looking at dance at a professional level within the framework of an academic institution, there is a high risk for physical injury, poor mental state, and lowered quality of life. Looking at dance and movement through the lens of Lifestyle Redesign can allow us to identify risks and themes and address them accordingly.

Importance of Habits and Routines

How we go about sequencing our daily routine matters. The way that we engage in everyday occupations evolves throughout our lives and is shaped by our experiences. Establishing (or re-establishing) effective habits and routines can maximize the satisfaction we experience and free-up "space" for more complex cognitive functioning. Occupational therapy can help you, as a dancer, prioritize specific components of your life to improve your efficiency in the dance studio, in your classes, as you prepare for performances, and during performances themselves.

How to schedule an appointment with Occupational Therapy

You can schedule a free 15-minute consult or sign up online on your MySHR portal. You can also call (323) 442- 3340 or email us at otfp@med.usc.edu. Please put Kaufman Student Lifestyle Redesign Appointment in the subject line. OT consult times are Wednesdays 5:00 - 6:30 PM; Thursdays 1:00 - 4:00 PM; Fridays 1:45 – 3:00 PM

Content by:

Adam Vesperman, Kaufman BFA Alumni Class of 2020
Dr. Marisa Hentis