



Integrating Spirituality and Occupational Therapy Treatment: A Practical Guide

SsD, OTR/L, CHC, Dr. Laura Ayres Hayth

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This guidebook will aid occupational therapists in understanding spirituality integration, offering them tools, insights, and resources to help patients reconnect to their personal spiritual belief systems in order to achieve holistic wellness.

Occupational therapy and a spirituality-based approach to therapeutic intervention are naturally intertwined. However, even though it is part of the therapeutic scope of practice, occupational therapists are provided with minimal education in spiritual integration. As a result, not many practitioners are comfortable with this—which is why author Dr. Laura Ayres Hayth wrote this book.

Drawing on her background in occupational therapy, corporate health care, and spiritual studies, Dr. Hayth teaches practitioners how to direct their therapeutic intentions toward a path of sacred action, helping them to understand spirituality and the importance of spiritual connection for healing. With this foundation in place, Dr. Hayth offers examples of spiritual integration, resources, and a tool kit for making spiritual integration part of every practitioner's daily therapeutic practice.

Although initially created as a professional tool geared toward occupational therapists, the knowledge and tools this guidebook provides can benefit physical therapists, speech therapists, and many other health care professionals—paving the path for them to help usher in a new mind-body-spirit wellness paradigm.

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