

BACHELOR THESIS ABSTRACT

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Bachelor thesis title: Use of the Feldenkrais Method in the occupational therapy

Abstract of the bachelor thesis:

The Feldenkrais Method (FM) intervention uses body awareness and movement to induce a process of active learning aimed at achieving functional independence and a desired level of quality of life for the individual. The same is also the interest of occupational therapy, which focuses specifically on issues of self-sufficiency and the ability to participate in activities that are meaningful to the individual. FM has a wide range of applications, can be applied to people of different ages, with different types and stages of disability and can be described as a non-invasive method of neuromodulation. However, the use of FM by occupational therapists has not yet been recorded in the Czech Republic.

The aim of this thesis is to investigate how FM can help patients from the perspective of occupational therapy and to describe it professionally through a review and suggestion of selected FM elements useful in occupational therapy and their application in a heterogeneous group of patients. This is a qualitative research based on the voluntary participation of four diagnostically different probands in eight FM sessions under the guidance of a certified practitioner and on a repeated individually focused occupational therapy assessment using objective standardized tools (WHODAS 2.0, Box and Block Test) and a subjective questionnaire. According to the results of the evaluation, the participants' quality of life and self-awareness improved, and at the same time their participation in the lessons represented a meaningful activity that they aspire to continue. The conclusion is that the Feldenkrais method or its elements are applicable in many areas of occupational therapy. It would be worthwhile to pay more attention to FM and to deepen the findings so far.

Key words: occupational therapy, Feldenkrais method (Feldenkrais), self-awareness, quality of life