



# Occupational Therapy: The First 30 Years 1900 to 1930

*Virginia A. Metaxas Quiroga*

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## **Occupational Therapy: The First 30 Years 1900 to 1930** Virginia A. Metaxas Quiroga

Ever since the occupational therapy profession emerged in the 1910s, it has had to explain itself to the world of medicine and to the public. The word therapy seems to have been understood easily; the word occupation has been more troublesome. In the early part of the 20th century, with its new focus on science and medicine, many interpreted it to mean vocational. But to the early occupational therapists it meant more than that. They took a holistic approach to health care, believing that, to achieve good health, a patient had to engage the body, mind, and spirit in the process of healing. For occupational therapists, today's world parallels that of a century ago. By studying the legacy of experience left by the profession's founders and immediate successors, readers can learn about their creativeness under dire conditions, which produced concepts and ideas that can enlighten us today. This book offers substantial knowledge and inspiration that enhances our competence, understanding, and courage.

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