

Shades of Black Works

A Contemporary 'African Dance' between the 'Idea' and the 'Profession' of Occupational Therapy

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Biographies

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Abstract

OT is based on the idea that **the ordinary and extra-ordinary things that we do** to and with ourselves and others on a daily basis impact our individual and collective health and wellbeing. This potential manifests on a continuum between humane, constructive and inhumane, destructive occupations, or the 'best' and the 'worst' humans can be. And the mundane question '**how are you doing?**' captures OT's key-concern. It focuses on the often taken for granted relationship between what people do and their wellbeing.

But **what if** we distinguished between and interplayed more consciously the '**idea**' and the '**profession**' of OT? This dynamic mind-set may allow for OT's potential to be tapped into more fully, and for its practitioners to meaningfully contribute to the challenge of '**how our world is doing as a whole**'.

Although by far a definitive response, **Shades of Black Works** reflects an attempt to explore the power of the idea of OT beyond its institutionalized (professional) boundaries. The origins, the mission and the initial unfolding of this Cape Town-based company will be shared as an example of how the above proposal is worked with in the particular context of post-apartheid South Africa. Two concrete initiatives, **Ubuntu**tourism and the **AFRWEKAN** campaign, will be presented as a contemporary 'African dance' between the idea and the profession of OT.

Elelwani and Frank will present in English and Spanish.