



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Anne-Le Morville is an occupational therapist and a lecturer at the Metropolitan University College in Copenhagen, Denmark. She has a MSc in Occupational Therapy/Occupational Science from Karolinska Institute in Stockholm.

Anne-Le has worked clinically in local rehabilitation centres within both mental health and gerontology and is now doing research as a registered phd-student at Lund University in Sweden. Throughout her professional life as an occupational therapist, she has looked at the impact that the surrounding environment has on daily life and occupations.

Anne-Le's research is focused on the deprivation that most asylum seekers are subjected to during their stay in an asylum centre due to the environment. The project has so far revealed that the exposure to torture has an effect on asylum seekers ability to find meaningful occupations and create balance in daily life.

Crafting occupations and creating balance in an asylum centre – is it possible?

More often than not, both asylum seekers and refugees experience loss of valued occupations and identity, due to the loss of social network and the roles, habits and occupations connected with these. Those who seek asylum in Denmark encounter constraints on access to work, education, private accommodation and regular social welfare benefits and, as policies of dispersal exist; they have little or no say about where they will live. Unlike those who have been granted refugee status an asylum seekers' future is still uncertain with the fear of repatriation making planning and productivity very challenging.

Some are able to create activities and a structure in daily life, and even find an immediate value and purpose with the present doings. The value of the activities and their perceived status often differ from earlier life, so the questions is whether they can be deemed as meaningful activities or occupations that gives balance and meaning in daily life.