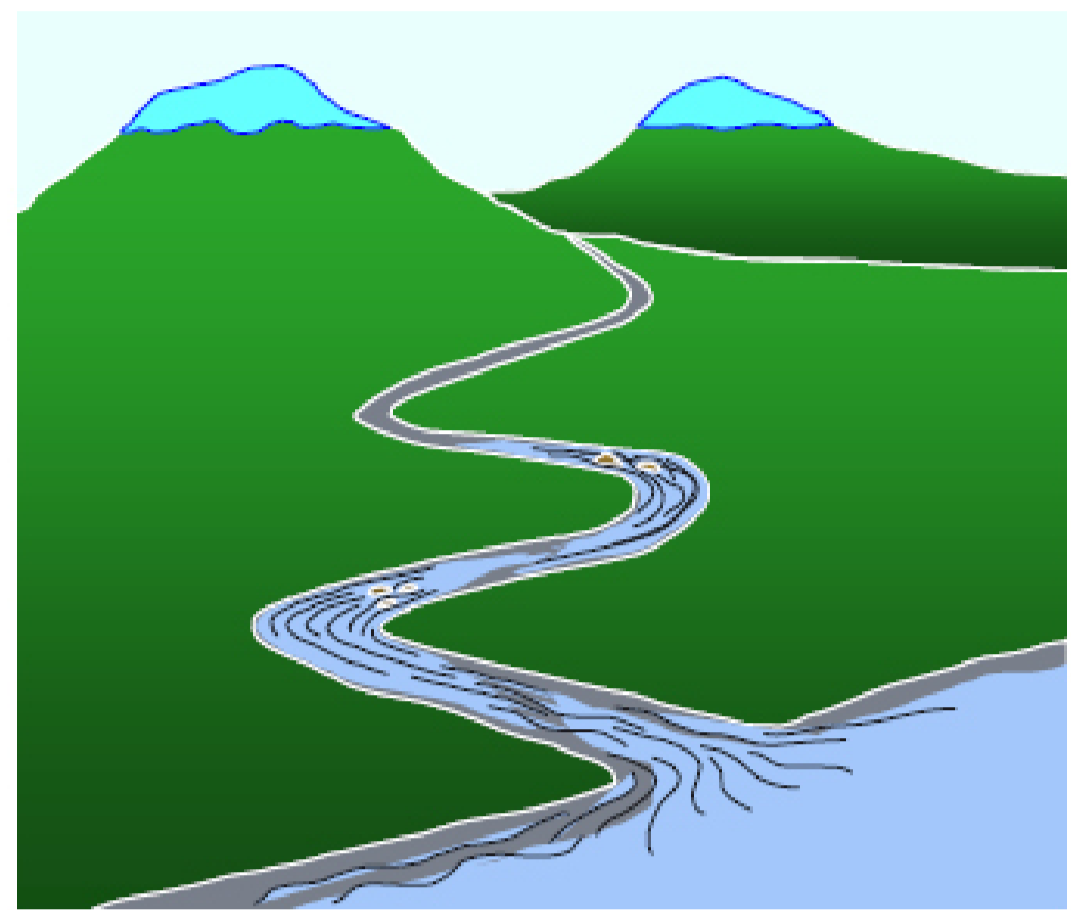


KAWA RIVER MODEL

Gertrud Quist Lauritzen, lecturer
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Portfolie

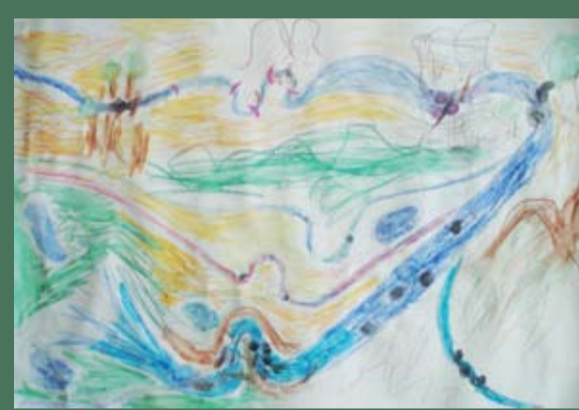
Ergoterapeutuddannelsen
University College Nordjylland
Start feb 2008 – Bachelor juni 2011

Navn: _____



My life's river

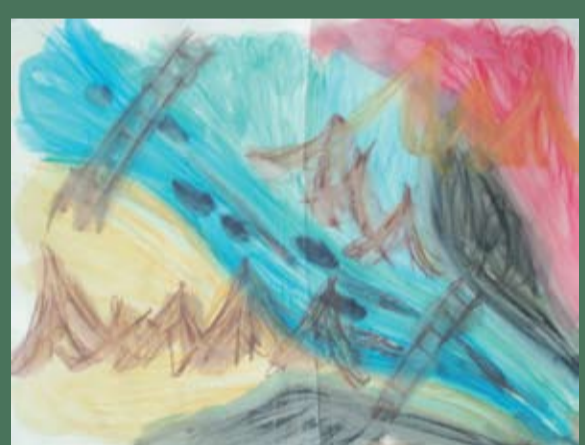
Introduction: "If your life until now is described as a picture of a river— how would your river then look like?"



Elements in the Kawa-model

- Kawa: river
- Mizu: water
- Torimaki: riversides and riverbottom
- Iwa: stones
- Ryuboka: driftwood

Quotations from focusgroup



"...you get to think a lot over your life"

"...it is some very personal things you have in your drawing"

"...the river was a very good starting point for a conversation"

"...there are a flow in my river – my life"

Symbols: Spaces – even if it is narrow – stands for me as a symbol for HOPE, COURAGE and WILL TO LIVE.

KAWA

Participants

Lone Kolding, Lise Frey and Kristina Frank – clinical supervisors for OT students.

Sanne Brocks, practitioner and extern lecturer in OT education.

Ole Mygind and Gertrud Quist Lauritzen, Lecturers at the OT education.

Time

September 2006 - june 2007, 4 meetings.

Goal

Testing the Kawa-River-model:

- With students from the occupational therapy education.

- In practice together with clients dealing with somatic activity problems.

- In practice together with clients dealing with psychiatric activity problems.

Outcome of the Project

- Implementation of The Kawa Model in the OT curriculum.
- Communicate experience of the project to students from the OT education.
- Presentation for practice OT's in a network meeting in Northern Jutland.
- A group of OT students have written a thesis based on the project.
- Danish KAWA – webside presenting the results.

Testing in practice - in psychiatric and somatic rehabilitation

Drawing 1

Describes the life from birth and till now.

The river is drawn by a depressed person in his 50s where the depression are going to decrease.

The client uses 40 minutes to draw, talks afterwards about another 40 minutes.

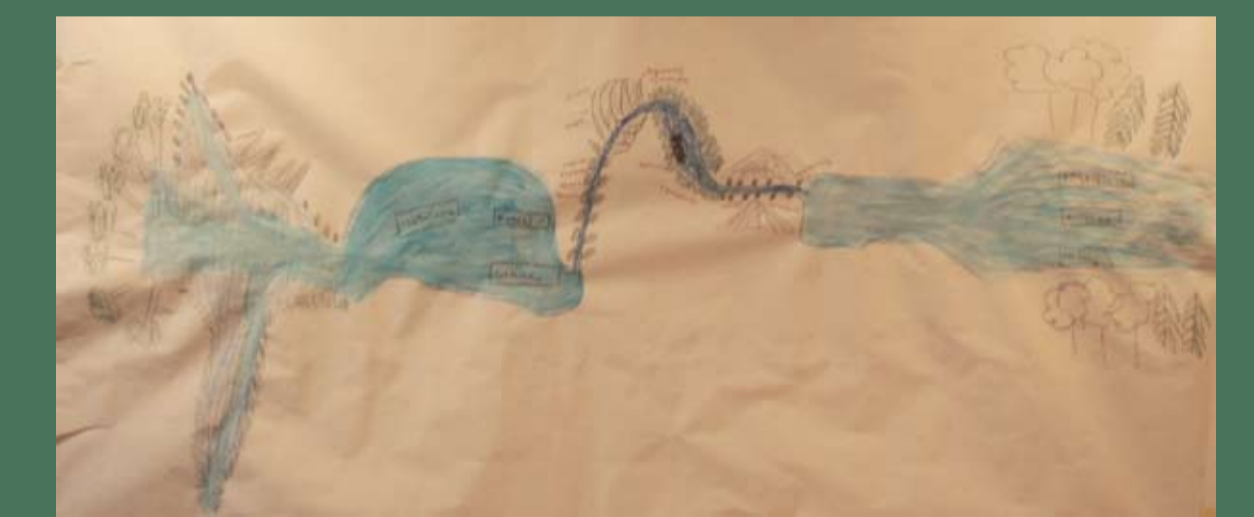
This person has difficulties telling about and "remembering" his life.



Drawing 2

The client is sitting on the floor, drawing her life as a river on a paper which is 2 meter long

Stones and rocks symbolize bullying, sexual molestation and missing help – failure.



Life-flow increases when the client gets a job as an apprentice and become a mother.

The river narrows again when a good friend commits suicide.

She gets into a new, unhappy relationship, gets pregnant and have an abortion. All this brings a new depression and anxiety.

The river expands a lot when she starts this course.

The drawing ends with visions and ambitions for the future.

"It still is different to see everything there on the paper".

Drawing 3

47-year old woman suffering from cronical pain.

She draws in 20 minutes, and we use 20 minutes to talk about the drawing.

The surroundings in the drawing tells that she is very fond of nature, but are restricted in using it (illustrated by the uneven trackless hills).

The river contains a lot of stones. The big ones are her cronical pain, the small ones are the limitations in her daily activities.

The driftwood are herself and the resources she feels when she is able to forget the pain.

The choppy waves shows that she has a day with so much pain that the day is difficult to get through.

On a good day the water will be quiet.



Bachelorproject

December 2007, University College Nordjylland, Autors; Linda Baszczak, kinderup@pedersen.mail.dk & Laura Cecilie Christensen, laura.cecilie@hotmail.com

Research topic

How do Danish occupational therapists experience the Kawa-models potential and relevance in danish practise, as well as, the model's prospective contribution in comparison to other occupational therapy models?

Conclusion

The Kawa-model can be used both as an interview and discussion tool in treatment. It can facilitate clients to gain a deeper understanding of their lifecircumstances through drawing and telling his own story.

Using the Kawa-model supports clientcentered therapy and helps client to find ovn resources.

Is a attached to the creative tradition in occupational therapy.

Perspectives

The Kawa model can be used to supplement other more "western-oriented therapy models.

Can be used to evaluate occupational therapy services.

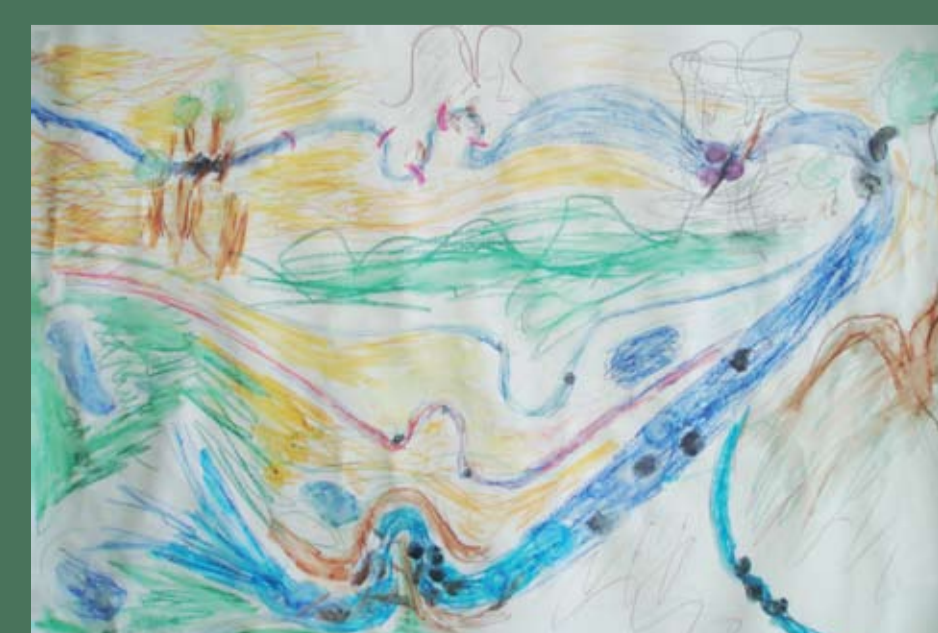
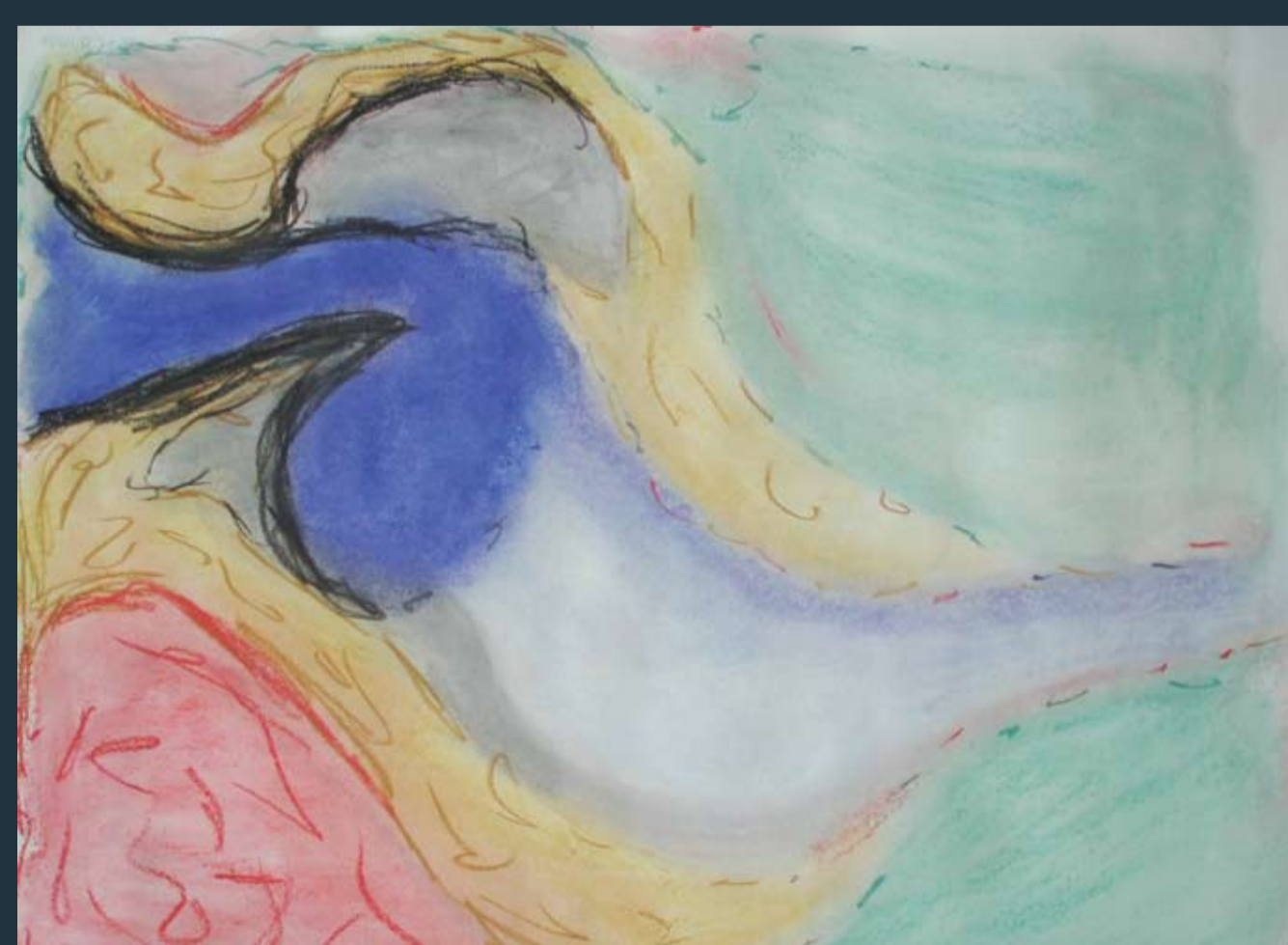
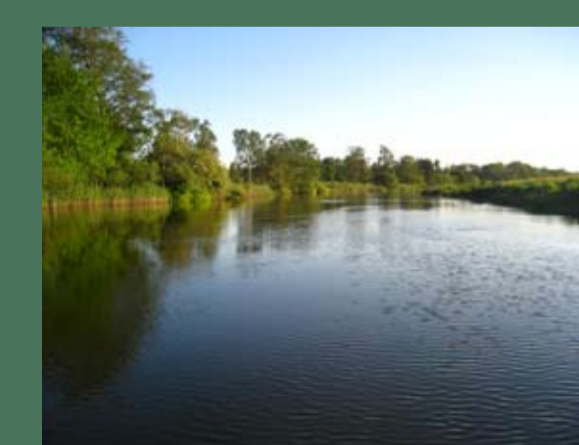
"We see the model's potential connected to rehabilitation in connection to clients with afasia as an area relevant to research".

Quotations

"...it is very intimate to make a drawing".

"...the painter gets more secure with me".

"...we have learnt each other to know better".



References – contact

www.kawamodel.com · <http://olemygind.pbwiki.com/Kawa>

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