

Rebuilding the 'self' in cancer survivorship

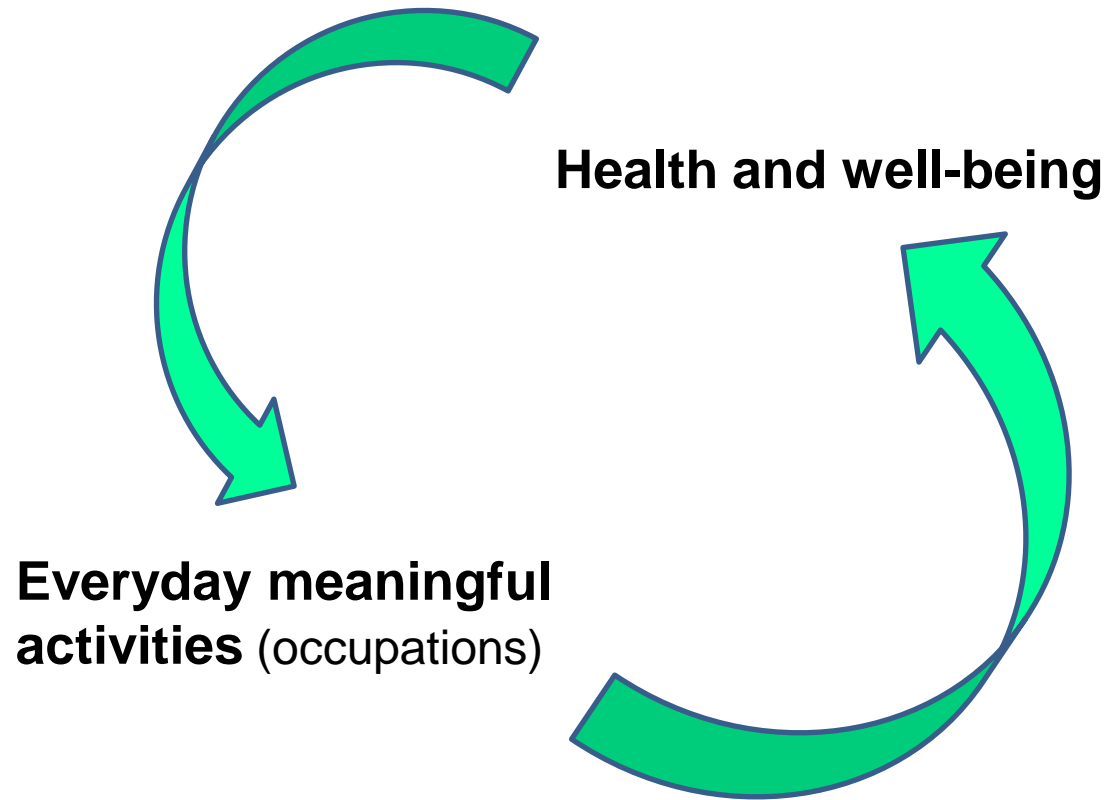
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I'm an occupational therapist

. . . . and so this relationship is important



My PhD

How do our activities of daily life enable us to construct our identities?

A satisfying repertoire
of daily occupations

Participating in the
world, adapting to
change, expressing
oneself

A resilient
sense of
identity

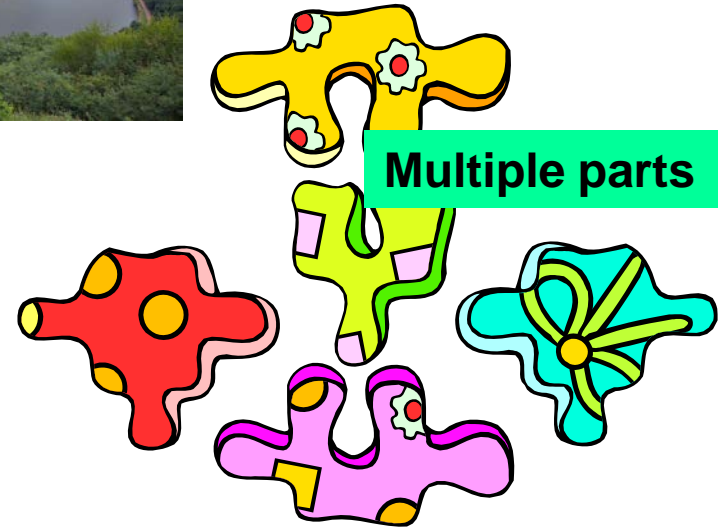


Identity

Continuity, but changing



**Shaped by society
and also self-consciousness**



Multiple parts

In my PhD . .

- I used narrative analysis to understand the meanings that people attach to important activities
- I constructed a framework which provides a representation of how our everyday activities help build our identities



**The Framework of the
occupied self:
three dimensions**

The changing self		

The active self			

The located self	Time	Place	Body	Society/ relationships

Each dimension has different facets.
 These may be more or less important for each individual

The changing self	Self is changed	Occupation is changed

The active self	Agency	Competence	Morality

The located self	Time	Place	Body	Society/relationships

Each dimension has different facets.

These may be more or less important for each individual

Me and boating



The changing self	Self is changed	Occupation is changed		
	<ul style="list-style-type: none"> •Approach problems differently 	<ul style="list-style-type: none"> •On management group now 		
The active self	Agency	Competence	Morality	
		<ul style="list-style-type: none"> •New skills 	<ul style="list-style-type: none"> •Low carbon foot-print 	
The located self	Time	Place	Body	Society/ relationships
	<ul style="list-style-type: none"> •Connection to history 	<ul style="list-style-type: none"> •In the countryside •Near industry •Small house on water 		<ul style="list-style-type: none"> •Being with friends •Canal communities

Biographical disruption

● Illness and trauma can impact on identity



This matters, because:

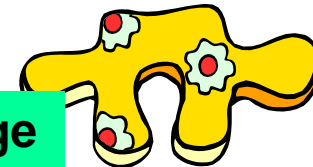


The anticipated future is altered



Continuity, is threatened

Everyday activities may change



Social interactions may change



New, maybe conflicting, views of the self may emerge

Surviving cancer

- Cancer survivorship has doubled in the last 40 years
- 2 million people in the UK
- *People survive – but how well do they live?*

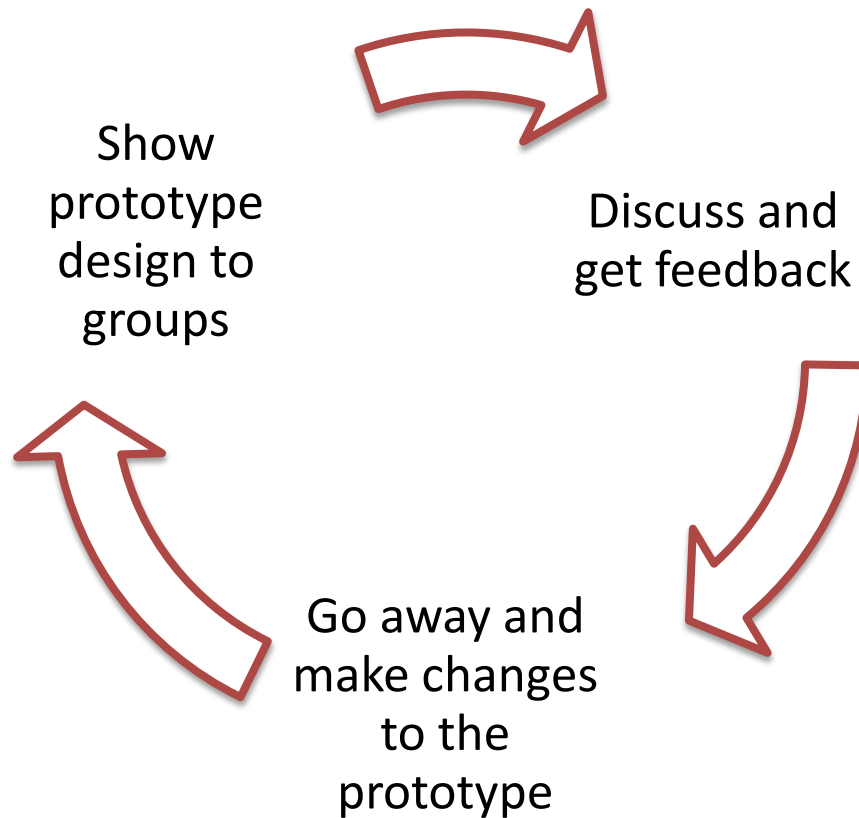
My plan

- To develop a useful and relevant therapeutic tool, based on my framework, to help survivors and their therapists to imagine and plan ways forward for rebuilding the 'self'

Participatory design process

- Potential end-users have input into the design of the tool
- 2 groups of people with expertise will help me:
 - cancer survivors
 - Specialist occupational therapists

An iterative cycle



Prototype possibilities

- A self-help workbook with therapist manual?
- An on-line tool?

The next stage after this

- Building a bidding team
 - Finding funds
 - Piloting in a clinical setting
-
- And in the future, applications in other areas, e.g. mental health

Challenges

- Getting published (professional journals vs high impact!)
- Fitting in to current research structures

Achievements & Impact

- Conferences
 - virtual and real
 - national and international
- Clinically based masterclasses
- PG supervision
- Building networks

Thank you!

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