Life History: Judy Godfread, OTR
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Introduction
- The purpose of this qualitative study was to understand the evolution of occupational therapy practice in the lens of the practitioner, Judy Godfread, in her years of practice in North Dakota from 1976-2012.
- The study collected life histories of influential occupational therapy practitioners in ND and WY. The goal was to detail the contributions of these individuals and how they shaped the context of practice in two rural states. Key information was gathered regarding influences that influenced occupational therapy during the years the participants practiced.
- The study is intended to provide current and future generations of occupational therapists a view of the history and how occupational therapy practice has evolved from its inception to current practice in North Dakota.

Methodology
- Qualitative study using a life history approach
- Participants were purposively selected and assigned to student researchers.
- A semi-structured interview was developed using the Kawa Model as a guide, researchers modified questions tailored uniquely to each individual
- IRB approval was obtained and informed consent was given by Judy prior to the interview.
- Additional data sources included a resume provide by the participant, internet search, and literature review.
- The interview was conducted at coffee shop in Grand Forks, ND.
- Following the interview, the researchers transcribed the interview verbatim.
- Trustworthiness was established by the researchers completing reflective journals to control for bias and using field notes.
- Notation were made regarding body language, environmental influences, and additional information shared during the interview.

Data Analysis/Findings
Data analysis was completed using the verbatim transcription of the interview. The data was coded, then grouped into categories and themes were identified. Three main categories were identified:

Category: Avocation
Themes:
• Get your foot in the door and show what you have, while developing what you don’t
• Being by yourself grows confidence in your abilities

Category: Emotional Intelligence
Themes:
• Pick up on what people are feeling and use it therapeutically

Delivering the best care/becoming the best therapist
Themes:
• Enjoy what you do, and make it purposeful and holistic
• Be a good team member, know your role and collaborate with others

Occupational therapy has changed a lot in the eyes of Judy, and she has been impacted by the changing of time through different contexts.

Judy had to overcome many barriers when she first began practicing in rural North Dakota; barriers including being isolated, not having a large network to reach out to for assistance, having to get her foot in the door to advocate for herself what she could bring as an occupational therapists to the hospital in Bottineau, ND. She was diligent in growing the confidence in her skills and relying on her education.

The times changed while Judy was a practitioner, and she changed with them as well.
• The growth of technology allowed for more access to resources and networking that was not available before
• Technology allowed for more clients to be reached via Telehealth while she was at Altru
• IDEA gave disabled kids in the school, more inclusivity and exposure, which helped them benefit greatly.

Judy’s personality and open-mindedness have been factors that have allowed her to develop as a professional.
• Judy has developed her skills to grow confidence in herself and have no regrets from her career

The factor that helped Judy progress and become so beneficial in occupational therapy has been her emotional intelligence
• Being able to identify clients emotions as well your own emotions and being able to use them therapeutically

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References