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Evolution of Occupational Therapy Practice: Life History of Julie D Bass, PhD, OTR/L, FAOTA

Taylor Beatty

Michaela Zins

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Evolution of Occupational Therapy Practice: Life History of Julie D Bass, PhD, OTR/L, FAOTA

Michaela Zins, OTS & Taylor Beatty, OTS

University of North Dakota

Abstract

Objective: The purpose of the life history of Julie Bass, PhD, OTR/L, FAOTA, is to gain an insight into her life, her leadership experiences, and her years of work in the occupational therapy (OT) profession to provide current and future generations of occupational therapists a view of how occupational therapy practice has evolved over time.

Method: An in-depth, semi-structured interview was guided by an interview schedule prepared by the project directors. The interview took place via Zoom conference at the University of North Dakota and lasted two hours. The interview was transcribed verbatim and coded with 22 codes. The codes were collapsed into three categories, and then 12 themes emerged.

Results: The predominant themes reflect Dr. Bass' emphasis on the importance of maintaining impactful relationships, viewing the world through an occupational lens, and participating in research and advocacy to help advance the practice of occupational therapy. The findings indicate her success as a leader in occupational therapy practice and the impact she has made on the growth of the profession.

Conclusion: Throughout her career in higher education and occupational therapy practice, Dr. Bass has dedicated her time to maintaining personal and professional relationships, promoting advances in the profession of occupational therapy, and preserving her occupational lens on the world. Her passion, dedication, and advocacy have helped push the profession to advance into emerging areas of practice.

Evolution of Occupational Therapy Practice: Life History of Julie D Bass, PhD, OTR/L, FAOTA

This life history is one of 30 life history interviews, which are part of a larger project, *Histories of Individuals Who Have Been Influential in Developing Occupational Therapy (OT) at the National Level and Beyond*. The purpose of the study is 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 through the life history stories of occupational therapists who have held leadership roles at the national level and beyond. It is anticipated that the life history process will be a powerful way to gather this information. This study is intended to provide current and future occupational therapy practitioners with a view of history and how occupational therapy practice has evolved from its inception to current practice. This interview was conducted with Dr. Julie D. Bass, PhD, OTR/L, FAOTA. In this study, insight was received from Dr. Bass through a semi-structured interview lasting two hours via Zoom conference. Dr. Bass is currently a professor of occupational therapy at St. Catherine's University in St. Paul, MN. She has held multiple leadership positions throughout her career in the profession. The information received in the interview provided a glimpse of the evolution of occupational therapy practice over time, as well as personal information regarding priorities, contexts, opportunities, and influencing factors in her life.

Literature Review

Life history research was adopted by occupational therapy practice for its suitability for understanding occupational experiences (Wicks & Whiteford, 2006). Using a narrative life history approach to qualitative research allows researchers to comprehend human experiences in culture and in time while considering the personal, social, economic, and historical influences on

those experiences (Wicks & Whiteford, 2006). The student researchers gathered life stories from Dr. Bass in our study to help understand how the profession of occupational therapy has evolved and to uncover the influences that contributed to the changes that emerged.

Many changes have occurred in the occupational therapy profession across time. The most prominent changes that have impacted Dr. Bass' personal and professional life have been the emergence of Neurodevelopmental Treatment (NDT) in occupational therapy practice, the paradigm shift towards occupation-based models, the publication of the Occupational Therapy Code of Ethics, the passing of the American with Disabilities Act (ADA), and the advancement and implementation of technology. These historical events have impacted the way that Dr. Bass approached occupational therapy practice during her career and have shaped her perspective on the evolution of occupational therapy. The student researchers conducted a review of existing literature to gather information pertaining to the events that Dr. Bass highlighted as influential in the evolution of occupational therapy practice.

During her clinical practice career at Mayo Clinic in Rochester, MN, Dr. Bass recalls the influence of the emergence of Neurodevelopmental Treatment (NDT). NDT was particularly useful in treating patients who have had strokes or have acquired motor impairments. NDT became an emerging practice approach for OT by the 1990s. Since then, many therapists have made clinical efforts to advance this approach to improve the care for individuals with motor impairments (Howle, 2007).

Dr. Bass also emphasizes the shift that occurred across the OT profession, and its impact on treatment and overall practice. The paradigm shift from previous medical models towards more occupation-based models began influencing the focus of occupational therapy interventions (Hinojosa, Kramer, & Royeen, 2017). In the beginning, OT was focused on keeping individual's

busy through the act of doing and engaging in meaningful tasks. As medical models advanced, OT shifted to stay with current trends and began to highlight range of motion, strengthening, and endurance throughout interventions. This change steered occupational therapy away from its core of purpose and meaning but was influential in finding a place for OT in medical settings. The current paradigm shift is focused on returning OT practice back to what separates it from other professions; client-centered and meaningful interventions. All of these shifts impacted Dr. Bass's career, but she always saw her clients and interventions through an OT lens.

With cultural changes in history pertaining to civil and women's rights, among other things, the American Occupational Therapy Association (AOTA) has updated its core values and developed a code of ethics as a guideline for practitioners. Throughout the course of her career, Dr. Bass faced challenges pertaining to integrity, ethics, and values. She explains the importance of referring to the AOTA Code of Ethics (2015) and Core Values of Occupational Therapy (2015) when faced with these dilemmas. AOTA published the first "Core Values of Occupational Therapy" in 1993 and subsequent versions in 2005 and 2015. These documents serve as a guideline for professionals when faced with ethical dilemmas and promote decision-making standards that stay true to OT's core values (AOTA, 2019).

A huge success for occupational therapists in the area of advocacy was the passing of the Americans with Disabilities Act (ADA). ADA passed in 1990, which opened new avenues of service for OT in areas such as work accommodations and environmental accessibility (AOTA, 2019). Dr. Bass spent several years working in the Minneapolis School District and advocating for accessibility for students in the district. The passing of the ADA was largely influential in the removal of environmental barriers and promoting access to programs and services in public and private sectors (AOTA, 2000).

Occupational therapy practice has evolved alongside the field of technology. Technology has been an active component of occupational therapy practice since the beginning of the profession (Smith, 2017). However, as advances in technology are made, occupational therapy professionals must stay up to date with the developing technologies in order to provide helpful solutions to clients (Smith, 2017). Due to the overall impact of technology on occupation, occupational therapists play an important role in optimizing occupational performance through the implementation of technology (Smith, 2017).

Theory

The process of this project was guided by the Kawa Model (Teoh & Iwama, 2015). The Kawa Model is a model of occupational therapy practice that utilizes a metaphorical river to identify five interrelated constructs of an individual's life (Teoh & Iwama, 2015). The five constructs include life flow and priorities, environments and constructs, obstacles and challenges, influencing factors, and opportunities for enhancing the flow of life (Teoh & Iwama, 2015). The elements outlined by the model include driftwood, rocks, riverbanks, and river. Driftwood represents personal resources and attributes that can be assets or liabilities. Rocks represent circumstances that block life flow, including obstacles, challenges, or disabilities. Riverbanks represent social and physical environments and contexts that act as support. The river itself is representative of the flow of life and overall occupations (Teoh & Iwama, 2015). Researchers used this model as a guide by incorporating the constructs into the semi-structured interview questions in order to gain an understanding of the flow of the participant's life. The model can be seen throughout the project in the discussion of Dr. Bass' personal information regarding priorities, contexts, opportunities, and influencing factors in her life. Specifically, the elements of

the model are applied to Dr. Bass' life and the evolution of occupational therapy practice with identification of aspects that represent driftwood, rocks, riverbanks, and river flow.

Description of the Participant

Background information about Dr. Bass was initially retrieved through a review of her resume and curriculum vitae (CV), as well as general web searches. Next, a two-hour-long interview was conducted via Zoom conference. Interview questions were developed to gain insight regarding Dr. Bass's professional career and the supports or challenges she faced to reach them.

Dr. Bass is originally from Rochester, MN, and currently resides in the Minneapolis/ St. Paul area. She shared that she stumbled upon OT through an interest inventory in her early years of post-secondary education. After receiving the results, she enrolled in OT coursework and never looked back. She graduated from the University of Minnesota with her Bachelor's of Science in Occupational Therapy in 1980. She then went on to receive both her Master of Arts (MA) and Doctor of Philosophy (PhD) in educational psychology from the University of Minnesota in 1989 and 1990, respectively.

Dr. Bass has a variety of work experience, including time as an OT at Mayo Clinic in Rochester, MN, and in the Special School District, Minneapolis Public Schools, Minneapolis, MN. Dr. Bass then went on to teach in higher education of occupational therapy at St. Catherine's University in St. Paul, MN. Throughout her career in higher education at St. Catherine's University, she has served multiple positions in higher education including Director of the Master's of Occupational Therapy program, co-director of the Doctor of Occupational Therapy program, and founding director of the Public Health Program. Dr. Bass has also served as the director of research for the American Occupational Therapy Foundation from 2012-2016.

She has contributed to a vast number of publications and has participated in research-related presentations at international, national, and state/regional levels. Currently, Dr. Bass is a professor in the occupational therapy department at St. Catherine's University, a role she has been in since 2002.

During the interview, Dr. Bass stated that she feels her occupational lens has greatly influenced her life from raising her daughters, developing relationships, and educating students. She believes that many of her experiences are due to her view of humans as occupational beings and the reciprocal relationship between health and occupation. It is evident that Dr. Bass has placed a high value on education, research, and the advancement of the OT profession, but these are not her only priorities. Dr. Bass enjoys spending time with her family, exploring the outdoors, and traveling within the United States and abroad. She provided many examples of her how values and occupational lens guided her career as an occupational therapist.

Methodology

Study Design

A qualitative study was performed using a life history approach, which allowed the focus to be on the participant's involvement in the evolution of occupational therapy practice. The semi-structured interview was guided by an interview schedule prepared by the course instructors; the questions were designed to be used with all the individuals interviewed as part of the larger project.

Participant Selection

The participant was selected from a participant list compiled through purposive sampling by the project directors. Informed consent was obtained prior to the interview, and the project

was reviewed by the UND Institutional Review Board and because of the study design, the formal IRB process was waived.

Data Collection

There were no specific gatekeeper issues, and initial contact was made by course instructors. Data was collected through a review of the participant's CV and resume, as well as constructing a verbatim transcription of a semi-structured interview. The two-hour interview was conducted via Zoom conference. The students initiated the Zoom conference from a private study room at UND School of Medicine, and Dr. Bass joined the conference from her home in Minneapolis, MN. Questions aimed to gain insight into the participant's experiences and views of how occupational therapy has evolved across time. The researchers then coded content from the transcription into 22 codes. Codes were then placed into three categories, where 12 themes emerged. A final assertion was created that encompassed each of the categories and themes.

Trustworthiness

Trustworthiness was established in this study through several measures. Member checking was conducted through email to ensure the accuracy of the emerging codes, categories, and themes. The final poster was also sent to the participant to review for accuracy of results and conclusions. The researchers also took reflective notes during the interview and transcription process to track the emergence of codes and themes.

Additionally, the researchers participated in reflexive journal entries to track biases, manage time, and document progress on the project. Throughout the course of the study, the researchers collaborated with project directors to ensure the steps were performed accurately. These measures helped to increase the validity and reliability of the study.

Data Analysis

The interview was audiotaped and transcribed verbatim. The transcription was reviewed, and the student researchers initially coded the transcription with 22 codes that reflected the main points from the interview. No inclusion or exclusion criteria were used while developing codes, as the researchers sought to identify common topics that Dr. Bass referenced throughout the length of the interview. The individual codes can be referenced in the appendix of this paper. The codes were then collapsed into three categories, and 12 themes emerged. The material was reviewed multiple times and was memoed by researchers for increased validity. The Data Analysis was guided by the Kawa Model. In compliance with the model, the codes, categories, and themes are representative of priorities, contexts, opportunities, challenges, and other influencing factors in Dr. Bass' life (Teah & Iwama, 2015). Finally, after careful consideration of the themes that emerged, a single assertion was developed to capture the main elements of the interview with Dr. Bass. The researchers consulted with project directors throughout the data analysis process.

Findings/ Results

The three main categories that emerged from the coded data were relationships, perspective, and advancement. The researchers used triangulation to eliminate biases and to carefully identify themes that emerged within each category. The themes are directly supported by quotes from Dr. Bass, and member checking was used to confirm the accuracy of the themes.

Relationships

Throughout the interview, Dr. Bass placed great emphasis on the relationships she has maintained throughout her career and the influence these individuals have had on her. She explains that her connections with colleagues and mentors provided support in practice and

continued growth during her career. From this, researchers developed the first theme. Theme 1: Dr. Bass believes staying connected with colleagues builds a support network.

“Because sometimes when you’re smack in the middle of a difficult situation, you can’t even think about it objectively, you really need other people to help sort out what to do in that kind of situation.”

“I learned a lot about my practice and what it meant to be client-centered from my peers at the Mayo Clinic and then my peers in the Minneapolis School System when I worked there.”

Theme 2: Dr. Bass’ father emphasized the importance of providing value in all that she does in practice. In addition to relationships with her colleagues and mentors, Dr. Bass discusses the role that her family played on her growth and her approach to practice. Dr. Bass recalls a conversation that she had with her father that influenced the way she viewed her role as an occupational therapist.

“So when I started at Mayo, here I am spending time with my parents again, which I really valued. And they also always impacted on me the importance of understanding what something was worth.”

“So I remember my dad asking me because they couldn’t figure out what an OT does. So he would always say, well, what do you think it costs for a half-hour of therapy with you? And the question he asked me was, do you think the people that you’re working with, do you think they’re getting 50 dollars worth of value out of your work with them?”

Theme 3: Dr. Bass names Carolyn Baum, Virgil Mathiowetz, Sr. Genevieve, and Joy Huss as some of the mentors who provided guidance and wisdom throughout her career. Overall, she values mentorship and emphasizes her gratefulness to her mentors and their influence on her career path.

“I’m really grateful to my mentors, both inside and outside of OT, who just kept me moving forward.”

“Sometimes, your professional relationships change or even become negative. And you have to grapple with what to do in those situations. And your next question was how do you make sense of them? It’s really, really important that you have mentors or colleagues that you trust.”

“Whether it be the people that eventually become your mentors or colleagues, or the people that really contribute to big changes in your profession ... it really is about certain people, at certain points in time, that all of a sudden make big changes in us as individuals or in our profession.”

Theme 4: Dr. Bass believes that the relationships she has maintained throughout her career have had the strongest influence on her growth, both personally and professionally. Above all, Dr. Bass reiterates the importance of staying connected with individuals who positively influenced her life. She explains that people, whether they be mentors, colleagues, students, or family members, have impacted her life and career the most prominently.

“But getting passed down from my parents was the importance of staying connected to the people that could help you grow. So it wasn’t so much for me the professional associations that did that, as the people”.

Perspective

During the interview, Dr. Bass shared advice and stories that emphasized her unique perspective and how the OT profession has shaped her personal and professional views. She highlights how her view of the world through an OT lens has led her to maintain a positive

outlook on life, as many things happen for a reason. Dr. Bass utilized this meaningful perspective as motivation to guide her professional career, including her practice with clients.

Theme 1: Dr. Bass believes that many things in her life have occurred by happenstance and have positively influenced her career path and personal experiences. By embracing the concept of serendipity within her life, Dr. Bass found the importance of putting herself outside her comfort zone and let things happen. She would introduce herself to leaders at national and state conferences to establish networking and accepted job positions that she had never envisioned herself taking. All events were truly meaningful to her, and she was grateful for what OT has given her.

“I mean, if I think back, if I had not stumbled upon occupational therapy, it would have been a rather different life.”

“I can say from the very first time I stumbled upon OT, most of what’s happened in my professional life has been serendipity. Just kind of putting yourself out there a little bit, and then seeing what happens.”

“Those OT experiences kind of translated to a personal life perspective. It wasn’t just about OT, just think how much richer my life has been.”

Theme 2: Dr. Bass emphasizes the power of meaningful occupation in providing motivation and leading to better outcomes. She provides several examples of situations she has experienced in practice in which meaningful occupation was important in engaging clients in their own recovery process. One of these examples was a time that she chose to go canoeing in the wilderness with a Native American boy, as he felt connected to nature and found meaning in this occupation. In another example, she found that when working with farmers in Rochester at Mayo Clinic, they were more motivated by occupations that were meaningful.

“And so we had spent the early part of the spring getting all of the kids ready for this boundary water canoe trip, and I knew it meant a lot to him as a Native American.”

“At that point in time, those techniques (NDT) were not motivating at all for farmers who wanted to get back on the tractor. What drove them was their motivation to do things that were meaningful to them. So they would figure a way to use that arm, their hand impairments, much more if we could tap into what was meaningful to them than if we just handed them cones or something else that actually had no meaning to them.”

Exploring options that provided meaning for each client also aided in making interventions more feasible than rote exercise. Dr. Bass’s mother had a torn rotator cuff and had seen physical therapy for rehabilitation. They provided her with exercise to complete at home but failed to address her ability to perform them. By comparing the motions of the exercises with something more feasible for her mother, Dr. Bass was able to problem solve and find a more meaningful way for her mother to complete the exercises. *“She just shook her head and said. ‘You know I can’t do those (exercises).’ And so then we took the activity analysis approach and said okay, let’s look at what they’re trying to have you do with exercise and think how you can do it to reduce the pain. We came up with a system where she lays in bed every morning and every night she has to touch the headboard ten times.”* These experiences led Dr. Bass to emphasize using meaningful, occupation-based interventions throughout her practice.

Theme 3: Dr. Bass has taken a positive outlook on both the personal and professional challenges she has faced throughout her life. While embracing serendipity, viewing individuals as occupational beings, and emphasizing meaningful occupation, Dr. Bass has fostered a positive perspective on life and occupational therapy practice. She has approached both new opportunities and challenges with a strong mindset of morals and ethics to guide her decisions.

“I can’t think of a single challenge I’ve had other than the ordinary stuff that quickly fades over time. You will run into situations that relate to either integrity, ethics, or values.”

“I think another thing to know is when a situation starts to affect your own health and well-being because there are situations where something is happening where you can see you are starting to internalize stress or internalize something that doesn’t feel right. I’ve walked away from a committee, or walked away from a situation because it was not good for me to be in these situations or with these people.”

“I think that because I really value the individuality and the humanity and the idea that we are this unique being that is put on this earth. I think that this has opened me up to working with people from different traditions, different beliefs, and different values. So when I work with people, either as students or in a clinical setting, I really try to show that respect side and try to understand their personal values, and that spiritual dimension that they bring, so use of therapeutic use of self.”

Theme 4: Dr. Bass views the world through an occupational lens, and it has influenced all aspects of her life. During the course of the interview, Dr. Bass shared advice and stories that emphasized her unique perspective and how the profession of OT has shaped her personal and professional views. Dr. Bass also emphasized the importance of viewing an individual as a whole and all the factors that impact their occupational performance. In her perspective, it is rarely one underlying component that leads to an occupational deficit, but many components tied together.

“It’s always been this idea that there is this reciprocal relationship between our health and our occupations. So our health kind of dictates our occupations and our engagement in occupation and in turn influences our health.”

“OT is the bridge between biomedical and sociocultural, and to me, that really resonates a lot because that’s why we are in so many different places.”

Advancement

Prevalent throughout the interview is the influence Dr. Bass has had on the advancement of occupational therapy practice. She has played a large role in advocating for individuals with disabilities, participating in research, and encouraging advancement into emerging areas of practice. She explains that these roles were made possible by taking opportunities that were presented to her along the way.

Theme 1: Dr. Bass has advocated for individuals with disabilities throughout her career in the areas of accessibility, social participation, and engagement in leisure occupations. Throughout her career, she has been a voice of advocacy for students and individuals who have not had equal opportunities. She emphasizes the importance of pushing boundaries to allow individuals access to experiences and promote their engagement in occupations. In reflection of her time with the Minneapolis school system, Dr. Bass explains, *“I worked with students, but my primary role was to work with teachers to make sure that the kids had access to the same experiences.”* She reflects on additional ways she has been involved in advocacy throughout her career.

“Remember, ADA was still in its infancy in terms of trying to think about pushing boundaries and giving people access to the same experiences that everybody else had.”

“I think that in some ways, faith has allowed me to try to be a really strong advocate for people that may have been disadvantaged or slighted. I feel that it is an obligation on my part, I don’t just provide therapy, but I think about their well being beyond.”

Theme 2: Dr. Bass has made a large contribution to research in OT through her role as director of research for the American Occupational Therapy Foundation. Specifically, she pushed for increased funding and promoted the importance of the science of occupational therapy practice, rather than just the art.

“The really cool thing about that role is, I don’t consider myself a scientist, I consider myself a scholar, but one of the things we had not been doing is really convening our scientists in occupational therapy.”

“If we didn’t figure out how we were going to push forward into science, into a new era, we were really concerned that we were going to lose our trajectory. So then during that time period, AOTF now has an intervention research grant program which is supposed to be a springboard for people that need the small funding, to go and get the big funding.”

Theme 3: Dr. Bass emphasizes the emerging role of OT in the practice areas of technology and public health. In addition to encouraging the advancement of the sciences in occupational therapy practice, she highlights the importance of occupational therapy moving in these directions in order to increase the importance of the role of occupational therapy.

“So I was becoming concerned that OT was really not looking at how we as a profession could address health and wellness, rather than just disability and illness.”

“That’s another area where OT needs to move in that direction because in history we worked with polio, then polio went away. We worked with tuberculosis, and then tuberculosis went away So we really need to think about what the new health problems are that are on the horizon and how do we move into these areas.”

“I can’t believe how much technology is influencing both practice and education, and I think that is one of the areas where we really have to be aware of going forward.”

Theme 4: Dr. Bass encourages taking advantage of opportunities that present themselves unexpectedly in order to grow and contribute to the advancement of occupational therapy. Dr. Bass credits the opportunities that she has had in her influence on the advancement of occupational therapy practice. She highlights the importance of continuing to learn and grow throughout a career, rather than becoming satisfied.

“Anything you do beyond your immediate practice setting opens opportunities for you. I had such a wonderful experience at Mayo, but if I had only stayed at Mayo, I think back about all the things I would have missed out on because I didn’t take the next step and the next step and the next step.”

“I was always seeking out learning opportunities; I was always reading and taking continuing ed. courses and staying connected with people and asking them what I should do next.”

The 12 themes were selected by the researchers and supported through direct quotes from the interview transcription. In order to connect each of the themes, the researchers developed a final assertion. Final Assertion: Throughout her career in higher education and occupational therapy practice, Dr. Bass has dedicated her time to maintaining personal and professional relationships, promoting advances in the profession of occupational therapy, and preserving her occupational lens on the world.

Discussion/ Conclusions

The Kawa Model (2015) guided the data collection, data analysis, and aided in forming the results of this study. The three main categories derived from the interview data can be translated into elements within the Kawa Model (2015). Several historical events throughout the

evolution of occupational therapy during Dr. Bass' life are also representative of elements of the Kawa Model (2015).

Within the literature review, the paradigm shift across occupational therapy models was emphasized. Through a metaphorical connection to the Kawa Model (2015), the paradigm shift represents the impact of the river banks on Dr. Bass's life river. The Relationships category encompasses the individuals that have impacted Dr. Bass' life and represent the river banks (physical and social environments) in the model. The social environment was highly influential on both her personal and professional career and shifted along with the view of OT at the time. As her knowledge and her colleague's knowledge grew, they were able to make advancement within the profession. The various physical environments in which she has worked (i.e., higher education, Mayo Clinic, etc.) represent other aspects that have supported the flow of her life.

The Perspectives category relates to Dr. Bass's view of life through an occupational lens, which was also impacted by the paradigm shift in OT. Her values and beliefs (driftwood) remained constant as OT practice shifted from medical models and back to more occupation-based models. Dr. Bass's driftwood enhanced the flow of her river as she was able to stay true to her beliefs. The development of the AOTA Code of Ethics (2015) is another example of driftwood in Dr. Bass' life. The Code of Ethics (2015) became an important resource for Dr. Bass throughout her career as she used this document to guide her decisions in challenging situations. The emergence of the Code of Ethics (2015) was influential in enforcing moral guidelines and encouraging consistency in decision-making across occupational therapy practice. Additionally, technology is representative of driftwood in both Dr. Bass' life and the evolution of occupational therapy practice. Technology is a resource that has been influential across time and will continue to be an asset for occupational therapy practitioners for years to come.

Lastly, within the Advancement category, the challenges that Dr. Bass has faced throughout her career represent rocks or barriers to life's flow. The different pathways that she has taken to advance her career represent several streams in her life flowing into one river. The passing of the American with Disabilities Act in 1990 (AOTA, 2019), can be seen as a large rock being removed in the field of occupational therapy. The rock, inaccessibility for many Americans with disabilities, was removed with the passing of ADA (1990). This had also been a rock in Dr. Bass' life as she continuously advocated for students in the Minneapolis School System to have access to equal opportunities. In terms of advancement, Dr. Bass also emphasizes the importance of taking opportunities, which is representative of life flow.

Overall, the categories and themes that emerged throughout the interview paint a picture of the priorities, contexts, opportunities, and influencing factors in Dr. Bass' life. Accepting a position in higher education was a major turning point in Dr. Bass's career path. It opened the door for opportunities that she may have never experienced otherwise. This was one of many strokes of serendipity that influenced Dr. Bass's life. She continues to stay involved at both the state and national levels to advance the profession of occupational therapy into emerging areas of practice and advocating for the important role that occupational therapists have. Her passion for occupational therapy was evident throughout the interview, as she shared multiple meaningful experiences from her career that have influenced her personally and professionally.

This story of Dr. Bass's life history has the potential to add to the OT profession as she has dedicated her life to leadership and advancement in the field of OT. Throughout her career, she has taken on various roles, while her compassion and occupational lens have remained constant. OT practice has overcome many changes throughout the years and Dr. Bass is an example of how an occupational therapist can grow alongside the profession. Her passion and

contributions, paired with her value of relationships, have led to significant achievements within the OT profession on both a state and national level.

Appendix

Evolution of Occupational Therapy Practice: Life History of Julie D Bass, PhD, OTR/L, FAOTA
Michaela Zins, OTS and Taylor Beatty, OTS

Codes	<ul style="list-style-type: none"> - Collaboration - Influence - Interdisciplinary - Family - Colleagues - Mentorship - Full Circle - Self-Awareness - OT Lens - Meaningful - Serendipity - Boundaries - Ethics - Occupation - Education - Opportunity - Advocacy - Problem-solving - Leadership - Research - Technology - Resources 		
Categories	Relationships	Perspective	Advancement
Themes	<ol style="list-style-type: none"> 1. Dr. Bass believes staying connected with colleagues builds a support network 2. Dr. Bass' father emphasized the importance of providing value in all that she does in practice 3. Carolyn Baum, Virgil Mathiowetz, Sr. Genevieve and Joy Huss were some of the mentors who provided guidance and wisdom throughout her career 4. Dr. Bass believes that the relationships she has maintained throughout her career have had the strongest influence on her growth both personally and professionally 	<ol style="list-style-type: none"> 1. Dr. Bass believes that many things in her life have occurred by happenstance and have positively influenced her career path and personal experiences 2. Dr. Bass emphasizes the power of meaningful occupation in providing motivation and leading to better client outcomes 3. Dr. Bass has taken a positive outlook on both the personal and professional challenges she has faced throughout her life 4. Dr. Bass views the world through an occupational lens in all aspects of her life 	<ol style="list-style-type: none"> 1. Dr. Bass has advocated for individuals with disabilities throughout her career in the areas of accessibility, social participation, and engagement in leisure occupations 2. Dr. Bass has made a large contribution to research in OT through her role as director of research for the American Occupational Therapy Foundation 3. Dr. Bass emphasizes the emerging role of OT in the practice areas of technology and public health 4. Dr. Bass encourages taking advantage of opportunities that present themselves unexpectedly
Assertion	<p>Throughout her career in higher education and occupational therapy practice, Dr. Bass has dedicated her time to maintaining personal and professional relationships, promoting advances in the profession of occupational therapy, and preserving her occupational lens on the world.</p>		

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