Dating as an Occupation: Swipe Right for OT

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OT Process

Matt will identify and practice online and offline conversation.

OT discusses his responses to the questionnaire and clarified Matt's goals and priorities.

OT observed that he was friendly with great sense of humor and positive social skills.

Matt is a 34 year old financial analyst living in a suburb of Dublin and would like to have a girlfriend.

Matt’s goals and priorities.

The PEO model details the “transactive, dynamic relationships that occur when people engage in occupations within given environments over time” (Strong & Gruhl, 2011, p. 33).

Aims to address this gap in practice and detail how dating can be imbedded in the OT process.

Client Occupational Profile:

- Matt is 34 year old financial analyst living in a suburb of Dublin and would like to have a girlfriend.
- Little history of relationships – one significant relationship lasting six months when he was 19.
- Sends a majority of his time working and states that he is often too tired to “go out” or make social plans on the weekends.
- Enjoy going out but does not golf often and his other occupations are quite solitary: playing video games, watching movies, reading.
- States he can be a “bit shy” and nervous to “approach” women when he is out.
- Many of Matt’s friends have started to get married and have families, leaving him with less friends to go out with socially to meet women.
- Started online dating in the past 4 months, with 3 dates thus far.
- Would like to improve on his communication skills while chatting online and would like help on how to go from online to offline and actually ask them out on a date.
- Matt shared that when he does meet someone from an online site, she doesn’t know where to take them or which places/activities might make a good date.

OT Process:

- Matt completed an initial interview questionnaire over email and sent to the OT in advance of their meeting.
- During the first session in a hotel lobby over coffee, Matt and the OT discussed his responses to the questionnaire and clarified Matt's goals and priorities.
- The OT observed that he was friendly with great sense of humor and positive social skills.

Long Term Goals:

1. Matt will identify and practice online and offline conversation skills to improve communication, with minimal assistance from OT.
2. Matt will research and visit new venues/activities for dating to improve social occupations, with moderate assistance from OT.
3. Matt will identify one new leisure occupation to engage in to improve lifestyle balance, independently.

Intervention:

1. 1st Session: Matt researched online about places he could take a potential date. The OT prompted Matt to look for activities or environments that provided unique interactions. Matt discovered a wine bar that had an interactive wine tasting machine that would be a fun activity, as well as a coffee shop with a good atmosphere, a reasonably priced dinner venue, and a bowling alley (Goal 2).

2. 2nd session: Matt and the OT visited the different venues as part of the session (Goal 2). While at the venues, Matt and the OT discussed strategies to improve conversations on and offline (Goal 1). Matt identified powerful questions that he could ask that related more to the client’s values and traits he wanted in a potential partner. As a take home goal to work on lifestyle balance, Matt decided to look into Meetup.com for social activities happening in the community. He hoped this might spark an interest in a new leisure pursuit (Goal 3).

References


Case Study: Matt

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