

Table 3-4. *Principles Central to the Lawton and Nahemow Theory*³⁰**Principles**

- Individual competence is the ability that enables an individual to function (person factors).
- Environmental press is the concept that is attributable to Murray in 1938. The aspects of the environment that act in concert with a personal need (occupations) to evoke behavior by the person.
- Adaptive behavior is the externally observable behavior of the individual based on the assumption that fulfillment of one's own potential pleasure to others and performances of complex tasks are equally important and can be achieved. The goal is to have an adaptive behavior that fits between the zone of maximum comfort and the zone of maximum performance potential.
- Affective response is the self-evaluated quality of the experience.
- Adaptation level is being able to screen out awareness of our visual, auditory, thermal, and other environments in order to concentrate attention and effort on the tasks that are central to living.
- Optimization function is the behavior that will be optimized if it fits within the zone of maximum comfort and the zone of maximum performance potential. As stimuli proceed further toward either higher or lower levels in intensity, the person may begin to evoke a negative response (bored, acting out).

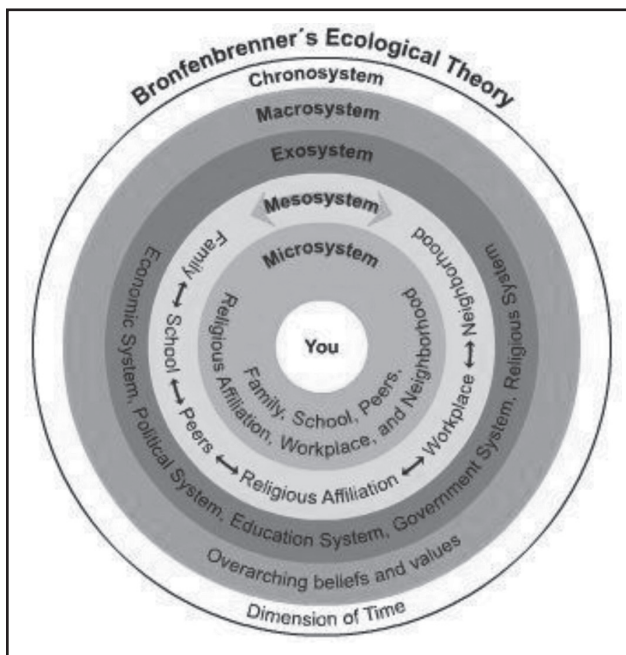


Figure 3-5. Bronfenbrenner's Ecological Theory and its definitions.³²

relatively new to our profession, as they have evolved in the last 30 years from new knowledge emerging from theory and evidence. Students often ask, "Why don't all of you that are developing models get together and come up with one model?" The answer is that models serve different purposes and have different degrees to which the constructs are explicated. Our hope in presenting 4 key

BOX 3-3

EXAMPLES OF MODELS USED IN OCCUPATIONAL THERAPY

- The Model of Human Occupation (MOHO)⁵²⁻⁵⁶
- The Kawa River Model (KAWA)^{57,58}
- The Canadian Model of Occupational Performance-Enabling (CMOP-E)⁵⁹⁻⁶¹
- The Person-Environment-Occupation-Performance Model (PEOP)⁶²⁻⁶⁸

models is to teach you how to recognize and use them to organize the information that will be central to your practice. It is our intent to introduce you to these models and suggest resources you can use to obtain an in-depth understanding of the ones that will best serve in your practice.

All 4 models (Box 3-3) have some common characteristics. For example:

1. All are client-centered and have the person, environment, and occupation as key elements that support the occupational therapy practitioner in understanding the client's occupational needs
2. All are ecological models that recognize the importance of stages of development as they influence motivation, skills, and roles
3. All emphasize the complex interactions of biological, psychological, and social phenomena