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## Neural Basis of Adaptation

### Motivation, Intention, Resilience, and Goal-Directed Behaviors

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**OVERVIEW** In this chapter, occupational adaptation is defined as a neurobiological process guided by cognitive and emotional systems to support growth, occupational engagement, and health. Goal-directed behavior and intention, motivation, and resilience critically contribute to this process. As described in Chapter 3, early experiences in conjunction with genetic and epigenetic factors shape neural processes underlying occupational adaptation throughout the life span. Changes in health and well-being as a result of trauma or prolonged exposure to stressors (biological or psychological) critically affect neural networks and their adaptability. In return, neuroplastic changes reflect a person's resources for occupational adaptation and his or her ability to cope with adversity or trauma, thus influencing the recovery process.