Melanie Welker Credo of Helping

 I believe in happy endings. I believe that every individual can have their own perfect happy ending. But before there can be an ending, there must be a beginning and a middle. Sometimes situations in life change causing a person to have to rethink how they are going to live their life and still find that happy ending. Occasionally one needs help to find the road to the happy ending.

 Who are you? What makes you unique? What will you do to have that happy ending? I have learned through first hand experiences that I myself am responsible for the answers to all these questions. Being brought up in such an amazingly loving family and surrounded by very positive and uplifting people has engrained the importance of love and self-worth in me. I learned from an early age that having values and honoring them is very imperative. My most important values are family, love, and helping others reach their full potential.

 I have always been a happy outgoing person. This past year I have really began to think about who I really am and what I want to do to have my own happy ending. I found out that making others happy and feel the same way I feel about life is just what I want to do. Finding out what is meaning full to others and helping them find ways to do that in their daily lives inspired me to enter the occupational therapy field.

 Before anyone can fully help another person they must learn and know how to love, grow and help themselves. “They key to becoming an effective helper is to allow one’s self to grow, to mature, to become more aware of feelings as well as thoughts, to be able to identify those beliefs that lead to behaviors that facilitate healing…”. (Davis) When helping others one must focus specifically on what the individual wants and sees out of their own life. Keeping a separation between your own wants and needs is essential. The helper/ helpee relationship should be a valued connection for both parties. “The important truth is this matter is that no person can take responsibility for another person. We can only take responsibility for ourselves.” (Davis) This statement highlights the importance that one knows that they are not there to make the person be happy, but to help guide that person and help them find what makes them happy and how the best way to achieve that is.

 Humanity and helping others be all they can be go hand and hand. Finding the best quality of life determined by that individual is essential for their happiness. I believe that without humanity on cannot truly be happy. Through the use of occupational based activities individuals can find humanity and reasons for their being which then leads to fulfillment and Dignity. “Dignity emphasizes the importance of valuing the inherent worth and uniqueness of each person.” (Kanny, 1993) Occupational based activates can inspire individuals to have pride, worth, and accomplishment in what they are doing. Similar to what Mr. Z had regained in getting back to doing pottery. (Desai, 1997).

 Happy endings are not something that just happens in movies. Happy endings can be a reality to any individual that wants to make life worth living. Simply finding what makes you happy and continuing to find what makes you happy throughout life is the key to having a happy ending.

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