

Licit, illicit, prescribed: Substance use and occupational therapy

Niki Kiepek . (2016). Licit, illicit, prescribed: Substance use and occupational therapy. Ottawa, ON: CAOT Publications ACE. 352 pp. \$59.99 (CAOT member). ISBN: 978-1-895437-93-5

Dr. Kiepek's book is an impressive work of integrative and critical professional reasoning and is worth reading as an exemplar of how to comprehensively address complex issues from the centre of occupational therapy. The book opens with a reconceptualization of substance use as an occupation, directly raising questions about the dominant discourse in occupational therapy that occupations are inherently health promoting. The functional impact of substance use is outlined from the outset within the Canadian Model of Occupational Performance and Engagement. The work then offers a critical sociohistorical genealogy of addictions in terms of definitions, theories of causation, and treatment. The reader is taken across explanations that span the individual (psychology of behavior, neurobiology), the social (discourses of deviance, health, and risk; capitalist structures, globalization, and economics), and the cultural (colonialism and oppression, embodiment, and gendered constructions of addiction).

The information is interwoven throughout the book in multiple forms, with summaries, key points, visual diagrams, illustrative quotations, and lists of Canadian resources. There are learning objectives and discussion questions for each chapter. Of significant interest are the narratives shared by occupational therapists who have developed their roles and expertise for individuals with substance-use disorders across a wide variety of Canadian service contexts.

The content integrates Canadian policies, occupational science, theories that are drawn from micro to macro units of analysis, and evidence-based practices from multiple disciplines. In addition to critical theories, this book covers practical neurobiological information on psychoactive substances, pharmacology, toxicology analysis, and reducing the medical consequences of high-risk behaviours. A large number of screening and evaluation tools are described across phases and foci for substance-use issues (such as acute care, during relapse, or addressing functional issues). The evaluation tools include references as well as clinical indication notes, such as recommended service setting (e.g., detox units or home care), and

highlights, such as problematic terms that do not align with person-first language (e.g., alcoholics).

Intervention considerations for multiple specific populations across the life span are given their own sections, including but moving beyond psychiatric client groups with or without comorbidities (e.g., individuals who are homeless or war veterans, have a traumatic brain or spinal cord injury, or are experiencing chronic pain). The only shortcoming I would point out is that the classification of clients by diagnosis or category does not explicitly name and address within-group heterogeneity; however, the introductory theories do discuss gender and globalization, and the client illustrations throughout the book implicitly illustrate working with diversity.

Overall, this is an excellent book for two reasons: (a) Dr. Kiepek is able to integrate her significant clinical experience with a sophisticated academic eye. Whether or not the reader is concerned directly with substance use, this book exemplifies state-of-the-art applied reflection, science, and theoretical reasoning for the unique vision and contribution of occupational therapy. (b) It offers the most recent, analytical, and occupation-focused overview of understandings and approaches for working with individuals experiencing addictions of any kind and thus is a must-read for all occupational therapists as these are challenges seen across all domains of practice.

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