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# Editorial - March 2023

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**Dr. Sivan Regev**



**Dr. Gili Hoter Ishay**

This issue opens 2023 with shines a spotlight on the occupational therapy profession as it collaborates with related disciplines. The three articles in this issue discuss occupational therapy interventions for individuals and groups, as well as developing a broader picture of occupational therapists as part of the health care system.

The article by Tal Dagan, Dr. Galit Yogev-Seligmann and Dr. Michal Kafri: **Self-management and its Associations with Function and Health Related Quality of Life among People with Multiple Sclerosis**, shows how we can contribute to managing the illness and improving quality of life of people with Multiple Sclerosis as part of the health care team, in this case, along with physiotherapy.

The article by Dr. Sharon Ost Mor:

**The Positive Solitude Phenomenon: Debating its' Correspondence with the Occupational Therapy Practice Framework**, introduces the concept of "being alone" and highlight its benefits and opportunities. It suggests expanding the phenomenon from the usual context, which is often negative, such as loneliness or boredom. The article connects the perspective of gerontology to the concepts of positive solitude and the advantages it provides for occupational therapy. Additionally, the article describes the concept and expands knowledge through the contexts of religion, literature, and research.

Finally, the article by Dr. Adi Stern, Noa Lavi and Dr. Analu Verbin: **What's Cookin'...- Culinary Group Intervention for Adults with Eating Disorders**, is a glimpse of an innovative cooking group for people dealing with

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eating disorders. Through cooking, investigation, and discussion, the group refers directly to the activity of eating, which is a central and complex occupation for the participants. Furthermore, it demonstrates the collaborative efforts between professions in the psychiatry domain.

This issue brings up the meaningful interface of occupational therapists with other health care professionals. In today's climate where professional standards are under threat, it is critical to emphasize the professional abilities of occupational therapists and their wide collaboration with other fields which ensure that service users receive more effective treatments.

Pleasant reading,

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