



COLUMN EDITORS: CHRISTEL SEEBERGER  
AND JON RIVERO

## Private practice occupational therapy: Reasons for making a difference

Christel Seeberger and Jon Rivero

There are growing numbers of occupational therapists in private practice in Canada. Private Practice Insights Co-Editors Jon and Christel have some thoughts to inspire you to consider becoming an occupational therapist in private practice or to motivate you through the challenges of self-employment.

Christel Seeberger is the owner of tOTal ability, a private occupational therapy practice she founded in 2002. Find tOTal ability on Facebook, follow tOTalAbility on twitter and learn more about Christel and her team at [www.totalability.ca](http://www.totalability.ca).

### Christel's Top 10 reasons why she is an occupational therapist in private practice:

1. I get to do, be, become and believe what makes me feel like a hero every day.
2. Being in private practice helps me with my personal mission is to bring occupational therapy to the world.
3. My worst day in private practice/running a business is still better than my best day in public practice. And that isn't being critical of public practice!
4. Private practice is a 'just right challenge' for me.
5. It has given me the opportunity to lead and mentor in ways that I never thought I could or would.
6. I always thought my business name spoke to what I could do with my clients; but in fact "tOTal ability" really speaks to what my private practice has enabled me to do as an occupational therapist.
7. My favorite thing to help my team of occupational therapists (and anyone who asks) is by being a repository of occupational therapy information and resources.
8. I used to think I was afraid to fail and worked really hard to develop my occupational therapy skills so I wouldn't. But being in private practice, sometimes it really isn't that I am afraid to fail, it is that I am afraid to succeed in business, that scares me more!
9. Being in private practice serves my 24/7 obsession with occupational therapy like nothing else.
10. Occupational therapy isn't a job; it's a way of giving and living.

Jonathan Rivero is the Creative Director of Qi Creative Inc. Qi Creative is committed to empowering individuals and families of all needs to discover their passions and live their potential. To learn more please visit [www.qicreative.com](http://www.qicreative.com).

### Jon's Top 10 reasons why he is an occupational therapist in private practice:

10. I creatively expand the role of occupational therapy by offering unique ways to translate theory into everyday practice.
9. I create a way of life that allows me to travel the world and learn from other cultures.
8. I am responsible and accountable for the exact amount of my financial success.
7. I am fully able to create a balanced way of life that integrates my spirituality, self-care, leisure, and productivity.
6. I create a practice in which I explicitly use my unique passion and talents to serve Qi clients and inspire Qi coaches to do the same.
5. I charismatically promote self-expression to youth locally, nationally, and internationally.
4. I am enabled to 'be the change' that I want to see in my world by enabling occupation for myself.
3. I continuously challenge myself to grow and I am committed to lifelong learning to better serve the world.
2. I do what I love and love what I do.
1. Everyday I wake up and say "thank you" for the opportunity to live undeniably with passion and meaning and reap the benefits of unlimited potential!

Whether people's passions or interests are the same or different, private practice occupational therapists are represented all over Canada and continue to make a difference in the lives of others in both urban and rural communities.