



## Career Guide

# Occupational Therapy

## Profession Description

Occupational therapy (OT) is an allied health profession that involves the therapeutic use of everyday activities, or occupations, to treat the physical, mental, developmental, and emotional ailments that impact a patient's ability to perform day-to-day tasks.

As such, an occupational therapist is a practitioner who uses therapeutic techniques to improve, rehabilitate, or maintain a patient's ability to perform everyday activities.

About half of occupational therapists work in offices of occupational therapy or in hospitals. Others work in schools, nursing homes, and home health services.

## Academic Requirements

- Occupational therapists typically need a master's degree in occupational therapy
- While some also choose to pursue a doctoral degree to advance further in the field
- All states require occupational therapists to be licensed

## Professional Associations

- American Occupational Therapy Association (<https://www.aota.org/>)
- Accreditation Council for Occupational Therapy Education (<https://acoteonline.org/>)

## Further Resources

- Glass Door (<https://www.glassdoor.com/index.htm>)
- Bureau of Labor Statistics (<https://www.bls.gov/>)
- Explore Health Careers (<https://explorehealthcareers.org/>)
- NU Career Guides (<https://careers.northeastern.edu/group/career-guides/>)

## Related Fields

- Physical Therapy
- Behavioral Health