

**Title: Where will I go, if I let them go? The Meaning in Cattle Herding.**

**Abstract.**

*Cattle herding is a major occupation among the Turkana people of North Western Kenya. However its meaning is seldom described in occupational therapy and science literature. This qualitative study explores the meaning of herding as a human occupation as experienced by the herders. Empirical data involving interviews and observations was used. Four male adult informants described their experience of herding. Analysis used a modified form of Karlsson's (1995) Empirical Phenomenological Psychological method (EPP). Findings suggest that doing is the central focus on occupational performance. Findings were subjects of discussion. It is posited that comprehension of these findings may translate into skilful design of therapy programs in tandem with the local occupational forms and dynamics. This may also provide the foundation for the entrenchment of local occupations into the academia and applications of occupation as a therapeutic media.*

**Key words:** Occupation, Cattle herding, meaning of occupation, Turkana herders & Occupational therapy.

**AUTHOR:** Mr. David Kabarak Ebong'on (Msc. OT), Chairperson, Kenya Occupational Therapists' Association(KOTA).

**ADDRESS:** P.O. Box 20723-00202 Fax: +254 272 5272 **-NAIROBI-KENYA**

Phone number: +254 722 354 216

E-mail address:[davidkabarak@yahoo.com](mailto:davidkabarak@yahoo.com)

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