

VIRTUAL

THIS SESSION WILL BE
RECORDED AND AVAILABLE TO
REGISTRANTS APPROXIMATELY
14 BUSINESS DAYS FOLLOWING
THE EVENT.

DATE AND TIME
Tuesday, September 30,
2025
6:30pm – 7:30pm

REGISTER BY
Monday, September 29, 2025

Register Online
[HERE](#)

QUESTIONS?
Contact OTAC staff:
Email staff@otaonline.org
Call toll-free (888) 686-3225



FREE. OTAC MEMBERS ONLY.

Tuesday, September 30, 2025 | 6:30pm to 7:30pm

Mindfulness Practice for Stress Reduction (1 PDU)

Finding ease in every day: mindfulness and stress reduction for busy occupational therapy practitioners

Presenters Tessa Milman, OTD, OTR/L, and Jennifer Jones, OTD, OTR/L, BCP

This session will review strategies for reducing stress in your daily life, including mindfulness approaches that can be embedded into daily life. Participants will identify what they can keep doing, start doing, and stop doing in their daily personal and work lives to reduce stress and build resilience. Informal and formal practices will be shared and opportunities provided to practice.

ABOUT THE OTAC EDUCATION PASSPORT

A member-only benefit/program

Earn all the PDUs needed annually (12 FREE PDUs) to renew your license. (Licenses are renewed every two years on your birthday.)

FREE. 12 monthly 1-hour virtual webinars.

Check out our online events calendar.

FREE. 5+ virtual on-demand learning webinars.

Find them here.

FREE. 1 or more sessions at the OTAC Annual Pre-Conference Institute.

Check out the 2025 Annual Conference program here.

PLUS, discounted PDUs. Annual Conference, Special Topic Forums, and symposia throughout the year.

Check out our online events calendar.

BONUS! Includes PDU tracking in your account.

Note: Free Education Passport webinars are under the umbrella of the Special Topic Forums (STF).

Mindfulness Practice for Stress Reduction (1 PDU)

ABOUT OUR PRESENTERS



Tessa Milman, OTD, OTR/L, teaches mental health, clinical reasoning, and qualitative research in the Chan Division of Occupational Science and Occupational Therapy at USC, utilizing team-based learning and other learner-centered pedagogies. Her

courses incorporate diverse perspectives and critical theories, to support occupational therapy students to become culturally humble practitioners who care deeply about lived experiences and embody person-centered and trauma-informed approaches. Milman is passionate about integrating lived experience with academic knowledge within teaching and practice, and embedding justice, equity, diversity and inclusion into occupational therapy practice and curriculum. She has practiced and supervised students in pediatric and adult mental health settings. In her role as director of student support and engagement and instructor of a course focused on reflection and self-care, she also focuses on supporting resilience in occupational therapy graduate students.



Jennifer Jones, OTD, OTR/L, BCP, is an associate professor of clinical occupational therapy at the University of Southern California and appointed faculty at the USC University Center for Excellence in Developmental Disabilities at Children's Hospital Los

Angeles. Jones has over 15 years of pediatric experience working in homes, schools, clinic, and community settings with advanced training in sensory integration and feeding disorders. She has a passion for including families in intervention and providing neurodiversity affirming, client-centered, and culturally humble care. Jones has presented at the international, national, and local level to occupational therapy practitioners and interdisciplinary audiences.

ABOUT SPECIAL TOPIC FORUMS (STF)

Why OTAC Special Topic Forums? To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners.

To earn PDUs. Registrants must complete the post event survey that is emailed out within one week following the event.

Event Disclaimer.

This event is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition, or professional



development issues being discussed, but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

[Click here for OTAC's complete disclaimer/terms. You must agree to these disclaimers/terms. Please don't register if you do not.](#)

About OTAC. OTAC is a nonprofit, 501c6. This means that end-of-year net revenue is retained for operations and benefit of the members and is not distributed to private owners. It is governed by an elected, noncompensated Board of Directors and hires a professional association management team.

OTAC Mission Statement. OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy and its practitioners.

Special Topic Forum - VIRTUAL

FIND OTHER SPECIAL TOPIC FORUMS and SYMPOSIA [HERE](#) THROUGH OUR ONLINE MASTER CALENDAR

OTAC 2025 7TH Annual SCHOOL-BASED SYMPOSIUM VIRTUAL • SEPTEMBER 13 •

OTAC 2025 2ND Annual OTA SYMPOSIUM VIRTUAL • SEPT. 20 •

