



4th Annual OT in Mental Health Symposium - VIRTUAL

Sunday, July 10, 2022 – 8:45am to 3:00pm (earn 5.5 PDU's)

8:45am – 9:00am	Welcome and Introduction
9:00am – 10:00am	Optimizing Client Mental Health through Trauma Responsive Occupational Therapy Practice
10:00am – 11:00am	Beyond the Medical Model: Seeing Psychosis through a Human Lens
11:00am – 11:15	Break
11:15am – 12:15pm	Attachment, Trauma, and Mental Illness: Intersections and Implications at the Micro, Meso, and Macro Levels
12:15pm – 1:15pm	Trauma, Marginalized Intersectional Identities, and Your Occupational Responsibility
1:15pm – 1:30pm	Break
1:30pm – 2:30pm	Occupational Therapy and Intimate Partner Violence: Overcoming Trauma and Finding Meaning
2:30pm – 3:00pm	Presenter Panel: Q&A

VIRTUAL

Participate from anywhere you have a strong internet connection

RECORDING WILL BE AVAILABLE BY JULY 18, 2022 FOR REGISTRANTS.

DATE AND TIME
July 10, 2022
8:45 AM to 3:00 PM

Register Online
<https://www.otaonline.org/education/ot-mental-health-symposium>

Register by Mail
Send registration form to:
OTAC, P.O. Box 276567
Sacramento, CA 95827

Register by Fax
916/294-0415

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

REGISTRATION FORM *One form per person. Please type or print clearly. Check appropriate boxes.*

OT/OTA MEMBERS	OT/OTA NONMEMBERS	STUDENT MEMBERS	STUDENT NONMEMBERS
<input type="checkbox"/> \$79	<input type="checkbox"/> \$99	<input type="checkbox"/> \$39	<input type="checkbox"/> \$59

TOTAL DUE: \$_____ Please review the cancellation/refund policy below.

Name _____

School District _____

Home Address _____

City _____ State _____ Zip _____

Email _____

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PAYMENT OPTIONS: CHECK ONE

Check (make payable to OTAC) MasterCard Visa AMEX

Credit Card Number _____

Exp Date _____ VCode _____

Cardholder Name _____

Cardholder Signature _____ Date _____

SUBMIT PAYMENT:

Fax to: 916/294-0415, or Mail to: OTAC, PO Box 276567, Sacramento, CA 95827, or

REGISTER ONLINE - <https://www.otaonline.org/education/ot-mental-health-symposium>

Cancellation/Refund Policy. \$25 is retained to cover cancellation/refund processing costs. Written notice must be received in the OTAC office by July 7, 2022 to be eligible for refunds. No refunds after this date. Disclaimer: OTAC reserves the right to make changes to the program. No refunds will be made based on these changes.

OTAC is a nonprofit organization whose mission is to be the collective voice representing the occupational therapy profession.

Schedule, Topic Descriptions, and About Our Presenters

Recording will be available by July 18, 2022 for registrants.

8:45am - 9:00am -- Welcome and Introduction

Ingrid Leu, OTD, OTR/L

9:00am – 10:00am -- Optimizing Client Mental Health through Trauma Responsive Occupational Therapy Practice

Amy Lynch, PhD, OTR/L, TBRI® Educator, FAOTA

Trauma has a rippling impact upon the habits, roles, and routines of our clients, responsible for instability in mental health and jeopardizing satisfaction in self and occupational engagement. In this keynote, Lynch will discuss the "who, what, where" and why the time is now to put trauma-informed principles at the forefront of our practice.

10:00am – 11:00am -- Beyond the Medical Model: Seeing Psychosis through a Human Lens

Elise Blanton-Hubbard, MOT, OTR/L; Twylla Kirchen, PhD, OTR/L, CLA; Christine Linkie, PhD, OTR/L, CPRP

In this session, participants will engage in a discussion related to the importance of understanding psychosis as a human experience rather than through the lens of the medical model. The presenters and facilitator, who are educators and practitioners, have been a part of the AOTA Psychosis Community of Practice (CoP) for several years and have shared their work at the AOTA Annual Conference. The focus of this discussion will be centered on how best to embed the human process perspective into occupational therapy practice.

11:00am - 11:15 -- Break

11:15am - 12:15pm -- Attachment, Trauma, and Mental Illness: Intersections and Implications at the Micro, Meso, and Macro Levels

Carol Lambdin-Pattavina, OTD, OTR/L

Despite a growing body of evidence that is 50 years in the making, little space is afforded dialogue about and exploration of the intersections between attachment, complex trauma, and illnesses that often bear psychiatric labels in the medically-oriented psychiatric community that continues to dominate mental health care. Understanding these intersections can shift occupational therapy practice and intervention outcomes at the micro (individual), meso (community), and macro (societal) levels. Participants will gain a better understanding of the implications of insecure attachments on mental illness and explore trauma-sensitive approaches that can foster healing for all clients.

12:15pm - 1:15pm -- Trauma, Marginalized Intersectional Identities, and Your Occupational Responsibility

Alaa Abou-Arab, OTD, OTR/L; Nuriya Neumann, MS, OTR/L

This conversation will create a trauma-focused space for learning about experiences and perspectives related to trauma and healing from minoritized and often neglected identities. Panelists will share information about historic and current day attitudes, biases, and systems of oppression that impact engagement in meaningful occupations and access to health and wellness. The focus of this session is to develop and deepen participants' understanding of intersectional identities and their relationship to trauma and health as well as identifying the role of occupational therapy practitioners in mitigating the harm caused to marginalized communities across the lifespan and improving outcomes for all individuals.

1:15pm - 1:30pm -- Break

1:30pm - 2:30pm -- Occupational Therapy and Intimate Partner Violence: Overcoming Trauma and Finding Meaning

Heather Javaherian, OTD, OTR/L, FAOTA

Intimate partner violence (IPV) affects about one in five women and one in seven men. The trauma of violence by an intimate partner has a significant impact on mental health and occupational participation. This presentation will describe the role of occupational therapy in working with survivors of IPV, interventions, as well as challenges to service provision. Implications for advocacy will be discussed.

2:30pm - 3:00pm – Presenter Panel

Join all the presenters for this Q&A opportunity.

About Our Presenters



Alaa Abou-Arab, OTD, OTR/L, is a husband, father, author, longtime activist, and co-founder of kNOwBiaS, LLC. He received a Doctoral degree from Temple University, and his research centered on the exploration of racial bias among occupational therapy

professionals. He has recently published a chapter named *Trauma-Informed Care: Historical and Modern Implication of Racism and Engagement in Meaningful Activities*, in a text from AOTA Press titled *Trauma, Occupation, and Participation: Foundations and Population Considerations in Occupational Therapy*. He is currently practicing as an acute care therapist in Los Angeles, CA.



Elise Blanton-Hubbard, MOT, OTR/L, is an occupational therapy practitioner at the First Hope Program in Contra Costa County, CA. Her experience is primarily in psychosocial community-based and pediatric practice settings. Previously, she was the occupational therapy

supervisor at the Pathways Kickstart program working with transition-aged youth experiencing clinical high risk and first episode of psychosis in coordinated specialty care. She also has experience working with veterans in permanent supported housing through the U.S. Department of Veteran's Affairs San Francisco's HUD-VASH program and residential rehabilitative treatment at San Diego VA's Aspire Center. Her practice interests include mental health, psychosis, sensory regulation, trauma, mindfulness, compassion-focused approaches, volition, and occupational engagement. Blanton-Hubbard is a founding member of the AOTA Psychosis Community of Practice (CoP).



Heather Javaherian, OTD, OTR/L, FAOTA, is an associate professor and program director at Loma Linda University. She graduated with a master's degree from D'Youville College in 1996 and a doctorate from Creighton University in 2004. Her research and practice areas include intimate

partner violence, end-of-life care, ergonomics, primary care, and education. Javaherian provides pro bono services and supervises students in domestic violence settings and ergonomics. She is part of Roots Down, Inc., which serves survivors of domestic violence. Javaherian coordinates interprofessional education opportunities in the occupational therapy program. She teaches classes involving education, OT

theory, occupation across the lifespan, research, lectures on various specialized topics, and participates in several interprofessional education initiatives. Javaherian has presented at regional, state, and national levels and has authored several publications. She has served the profession at the national level as editor in the Education special interest section and at the state level as a regional director in Ohio. She now serves on the Executive Committee for the Occupational Therapy Association of California. In April 2019, Javaherian was named to the Roster of Fellows of the American Occupational Therapy Association.



Twylla Kirchen, PhD, OTR/L, CLA, is an associate professor and founding director of the Rocky Mountain Occupational Therapy Program in Billings, Montana. She is also the director of the Occupational Therapy Clinic at Yellowstone Boys and Girls Ranch (YBGR), an adolescent psychiatric residential

treatment facility. She supervises student researchers and has recently received NIH-INBRE grant funding to support the clinic and research related to occupational engagement of Native American youth residing in a psychiatric residential treatment facility (PRTF). Kirchen is an AOTA Psychosis Community of Practice (CoP) member.



Carol Lambdin-Pattavina, OTD, OTR/L, is an assistant professor in the Department of Occupational Therapy at the University of New England and has been a licensed occupational therapy practitioner for over 22 years. Her area of expertise includes adolescent and adult mental health and wellness,

focusing on the lasting impact of complex trauma. Lambdin-Pattavina has specialized in working with individuals in the community and supporting service users to craft a life of their design through occupation. She has spearheaded the development of several community-based programs including: a supported employment program for community-dwelling adults, a computer training program for those with chronic mental health challenges, and a sensory-based program for adolescents from hard places who have experienced complex and acute trauma. She is a staunch advocate for those labeled with mental illness. She is actively involved in the community to improve systems of care and eradicate the stigma that breeds occupational injustice. Lambdin-Pattavina's research interests include community, occupation-based interventions for marginalized individuals, the scholarship of teaching and learning, and inter-professional education. She has extensive teaching experience in courses related to mental health, occupational analysis, group work, communication, and

therapeutic use of self. She currently serves as the MHSIS chair for the American Occupational Therapy Association and recent scholarly contributions include chapters in Trauma, Occupation, and Participation (Lynch, Ashcraft & Tekell Eds.), An Occupational Perspective on Leadership (Dunbar-Smalley & Winston Eds.), Occupational Analysis and Group process (O'Brien & Solomon Eds.), and Psychosocial Occupational Therapy (Carson, Ed.).



Christine Linkie, PhD, OTR/L, CPRP, is an assistant clinical professor in the Occupational Therapy Program, Rehabilitation Science Department of the School of Public Health and Health Professions at the University of Buffalo. She also serves as an adjunct faculty research advisor at

Gannon University. Her experience includes being a senior occupational therapist in the public school system and program director in community-based psychiatric rehabilitation and early intervention, sensory integration, and outpatient clinic settings. Research interests include occupational engagement, functional cognition, mental health, stigma, bullying, caregiving, and psychosocial well-being in people with neurological/ physical health conditions. Linkie is a founding member of the AOTA Psychosis Community of Practice (CoP).



Amy Lynch, PhD, OTR/L, TBRI @ Educator, FAOTA, is an associate professor at the College of Public Health in the Occupational Therapy Department at Temple University and has been an occupational therapy practitioner for almost 30 years. Postdoctoral training has included intensive trauma training and an

approved educator status of Trust-Based Relational Intervention (TBRI @ - Dr. Karyn Purvis, Texas Christian University) and Phase 1 certification in the NMT measure (Bruce Perry, Child Trauma Academy). She is trained in all the HALO Project curricula and is a Making Sense of Your Self Worth facilitator. She is the lead editor for the American Occupational Therapy Association's first-ever book on trauma: Trauma, Occupation, and Participation: Foundations and Population Considerations for Occupational Therapy. Lynch has received over \$500,000 in funding to support occupation-focused research in trauma-informed care. She has presented regionally, nationally, and internationally on topics including but not limited to trauma and early adversity, attachment, social-emotional regulation, family occupations, international/domestic adoption, foster care, and developmental care. She is also a parent to two amazing

children who began their lives in institutional settings, so she deeply understands the impact of trauma through personal and professional experiences.



Nuriya Neumann, MS, OTR/L, (she/her/hers), is a queer, cis, White, Jewish occupational therapy practitioner living in San Diego and working as an assistant program director at Kickstart an early intervention for psychosis program. Neumann has engaged in advocacy focused on LGBTQIA+ issues for the

past decade at academic institutions, in varied healthcare settings, and as a board member of the Network for LGBTQIA+ affairs in Occupational Therapy. Neumann has served LGBTQIA+ clients at a residential addiction recovery program and youth mental health settings in her clinical work. She is passionate about health promotion and wellness. She aims to center her work on social justice, anti-racism, and intersectional perspectives to advocate for increased access to quality care for LGBTQIA+ people and marginalized groups.

About This Virtual Symposium

All sessions will be recorded. Participate virtually on July 10 and then re-watch the sessions at your convenience until August 31, 2022. Recordings will be available July 18, 2022.

Earn up to 5.5 PDUs.

PDUs will be entered into your MyOTLicense cloud-based PDU tracking 'filing cabinet.' (Must be an OTAC member or MyOTLicense subscriber. This service is available only to OT/OTA licensees.)

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

Why OTAC Symposia? 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.

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.

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

Symposium Disclaimer. This Symposium 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 the educational event.

Symposium Committee

Jessica De Brun, OTD, MOT, OTR/L
Sherry Hite, MOT, ORT/L
Ingrid Leu, OTD, OTR/L
Erin McIntyre, OTD, OTR/L

About MyOTLicense. MyOTLicense is a secure, web-based, easy-to-use virtual information and management tracking tool to help occupational therapy practitioners manage their professional information: licenses, certificates, memberships, professional development. You can think of MyOTLicense as your professional virtual electronic filing cabinet.

