

VIRTUAL

DATE AND TIME

Tuesday, April 14, 2026
6:30pm – 7:30pm

- Session will **NOT** be recorded for attendees' use.
- PDUs will be entered into your OTAC account. (Be sure to complete the post-event questionnaire to be eligible for PDUs.)

REGISTER BY
Monday, April 13, 2026

Register Online
[HERE](#)

QUESTIONS?

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



FREE. EXCLUSIVE FOR OTAC MEMBERS ONLY.

Strategies to Avoid Burnout (1 PDU)

Presenter Baily Zubel, OTD, OTR/L

This session will explore the growing issue of burnout among practitioners and the impact on sustainability of the profession, including contributing factors, sharing current data, and discussing the broader implications for workforce retention.

Learning Objectives

During this session, participants will:

- Analyze current trends and data related to new graduate attrition and job dissatisfaction in therapy.
- Evaluate possible strategies for reducing burnout and improving support systems for early-career practitioners.

Fee Free. Exclusive for OTAC members only.



Baily Zubel, OTD, OTR/L, is an occupational therapy practitioner and serves as the senior director of occupational therapy and speech at SLEA Therapies. She has significant experience working with children with a wide variety of diagnoses and settings including in the clinic, home, and school settings. Zubel is an adjunct, part-time lecturer at CSU Dominguez Hills for the doctorate program.

ABOUT SPECIAL TOPIC FORUMS

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.

ABOUT THE OTAC EDUCATION PASSPORT

An exclusive 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 in November.

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.

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

Tracking PDUs. PDUs earned are recorded in registrant's OTAC account.

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.

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

**Call for Presentations and Posters is open
for the 2026 Annual Conference &
Innovation Expo. Due May 4, 2026.**

Click on the graphic.

