



FALL

2019

NEWSLETTER

CSUDH

OCCUPATIONAL THERAPY

SEPTEMBER 6, 2019

COHORT 14 PINNING CEREMONY

One of my first assignments as a new faculty member this Fall was to proctor the comprehensive written and oral exams, and attend the pinning ceremony at the end of the day. This was quite an initiation! At the pinning ceremony students were mingling and laughing, relieved to be finished with the long day of testing. Even though I didn't know any of them it was clear that this group had built strong relationships with each other over the course of their time in the program. When it came time to confer the pins to each student I was struck by the amount of support the cohort gave each person receiving their pin. The ceremony was a mix of gravity and delight, with plenty of humor blended in. The students had clearly worked hard up to and on this day to earn the moment, and the faculty were clearly proud of what they had achieved. In the subsequent receiving line of faculty it was encouraging to see many of the faculty and students greeting each other warmly. Having just joined the faculty, I started to see my good fortune to become part of this community that works hard, plays well, and enjoys each other. --Dr. Sheryl Ryan

"The Pinning Ceremony, was the final culminating event that celebrated our successful completion of didactic course work over the past year and eight months in our MSOT program. It was a well wish that our professors gave us-- a passing of the torch of the many lessons we had learned to now take it into fieldwork. Their words of confidence, encouragement, and perspective included advice that only they could give us, as they had watched us collectively grow, cry, and triumph over these past five semesters. Finally, The Pinning Ceremony was a celebration for all of us in our cohort, to cheer and celebrate entering a new phase, and to remind ourselves that we believe in each other." -Laura Yamaguchi



SUNDAY, SEPTEMBER 8, 2019

TEA WITH A SCHOLAR

BY: DR. LORA WOO & LOREE PHAM

The Occupational Therapy Association of California (OTAC) has hosted Afternoon Tea with a Scholar for the past 17 years. Conceived by our own Dr. Heather Kitching, the Tea was envisioned to be a venue for occupational therapy practitioners to engage in discussion on occupational science and advanced clinical practice, as well as, revenue generation for OTAC. Past Tea scholars have included past AOTA Presidents, Dr. Florence Cromwell and Dr. Florence Clark and our own Dr. Terry Peralta-Catipon. This year's Tea scholar was Dr. Beth Pyatak sharing her work on Redesigning lives: Integrating Lifestyle Redesign principles into OT practice for clients with chronic conditions and disabilities.

The Tea has been held at the USC Center for Occupation and Lifestyle Redesign in Los Angeles, a beautiful 3-story Queen Anne Victorian house "dedicated to the study of how everyday activities, or 'occupations', shape human health and well-being" (<https://chan.usc.edu/about-us/center>). Tea sandwiches, scones, lemon bars, and salads (a California twist) were served alongside iced tea; catering coordinated by our own Dr. Lora Woo. Our students were integral as volunteers with set-up, clean-up, sandwich making and other food preparation. Thank you to Danielle Luce, Cassie Mingoia, Micaella Salunga, and Debbie Kim for their time and effort.

This year marks the 17th year of OTAC's annual Afternoon Tea with a Scholar event, which took place at the historic Center for Occupation and Lifestyle Redesign® at USC. Attendees were immediately greeted by a spectacular array of dishes including fresh salads, quaint finger sandwiches, delicate desserts, and refreshing iced teas. While enjoying the food meticulously planned and prepared by our very own Dr. Lora Woo (with help from Dora Woo, CSUDH C15 students and USC students), students and occupational therapists had the opportunity to mingle with one another, as well as with prominent and distinguished members of the occupational therapy profession who were also in attendance. Once everyone had their fill of the delicious food, Dr. Beth Pyatak presented her intervention research and facilitated this year's discussion topic on "Redesigning Lives: Integrating Lifestyle Redesign Principles into OT practice for clients with chronic conditions and disabilities." Dr. Pyatak explored interventions for adolescents and adults with type 1 and type 2 diabetes. Her research demonstrated how Lifestyle Redesign® can enhance the health and quality of life of clients with chronic conditions through promoting agency and intrinsic motivation, orchestrating daily habits and routines, and developing holistic, individualized plans to enhance engagement and participation. Throughout the presentation, students and occupational therapists of all backgrounds contributed to a meaningful and thought-provoking discussion, which left us all feeling inspired and excited to come back again next year.



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The academic discipline of Occupational Science celebrated its 30th year at the University of Southern California on September 19th. With this year's USC Chan Occupational Science Symposium, this was a commemoration of the "founding mothers" of OS at USC and the work of the occupational scientists past and present. Current chair of the USC Chan Division of Occupational Science and Occupational Therapy, Dr. Grace Baranek, welcomed everyone to the sold-out symposium. Starting off the celebration was a keynote panel of the founders of occupational science at USC: Dr. Elizabeth Yerxa, Dr. Ruth Zemke, and Dr. Florence Clark. The panel discussion was moderated by Dr. Janice Burke, a student of Mary Reilly's and her work on occupational behavior. Each founding member reflected on the mid-1980's at USC OT and the discussions and events that gave shape to occupational science. Dr. Yerxa spoke of the need for a foundation for occupational therapy. At a conference in Australia during the formative years of OS, Dr. Yerxa met Ann Wilcock who was also envisioning a discipline such as occupational science. Dr. Zemke shared her history of coming to USC from the mid-west (Wisconsin) where she was working in a physical disabilities setting. A colleague had recommended she go to USC; and lo and behold, the transformation she was about to undertake with the USC OT faculty!

When Dr. Yerxa retired in the late 1980's, Dr. Clark stepped into her "shoes". She was determined to realize Dr. Yerxa's vision of a new academic discipline despite the many tensions that existed (e.g., a biological or social science, a local or global perspective, focus on quantitative or quality research, a basic or applied science). As Dr. Clark states, "The conflicts were resolved serendipitously" and she and the faculty bombarded the profession with "cognitive dissonance": the first NIH funded OT research with the well-elderly study, the value of qualitative research, the amount of research monies garnered, etc. What was founded was not a "frame of reference" but an academic "discipline". And Occupational Science is not a science of pathology but a science of HOPE.

The rest of the morning was a vision of OS by Dr. Baranek and the presentations of the faculty's research in Lifestyle Redesign for chronic conditions, activity and fall prevention in older adults, neural plasticity and neurorehabilitation, use of sonography and occupational performance, and sensorimotor integration. An international panel in the afternoon had graduates sharing their work in global developments in OS. The afternoon also included the Wilma West Lecture by Dr. Clare Hocking of Auckland University of Technology, Occupation in context: A reflection on environmental influences on human doing. And the Keynote Lecture: Social networks and the spread of new ideas and practices by Dr. Thomas Valente, Interim Chair of Preventive Medicine and Professor of Preventive Medicine at USC concluded the celebration of 30 years of Occupational Science.

Alums and CSUDH faculty celebrated with the USC faculty and staff: Terry Peralta-Catipon, Yan-hua Huang, Heather Kitching, Gina Phelps, Marilyn Noriega, Bonnie Nakasuji, and Lora Woo, as well as, current CSUDH OT student, Loree Pham.

THE 26TH USC CHAN OCCUPATIONAL SCIENCE SYMPOSIUM

By: Dr. Lora Woo



JAPANESE OT STUDENT CAMPUS VISIT

BY: DR. ERIC HUANG

BY: JASMINE OKOMOTO

The event provided a wonderful opportunity for a unique cross-cultural connection, with all of us being brought together by our shared study of occupational therapy. Both CSUDH faculty and student volunteers contributed to sharing a sample of the CSUDH OT experience with the visiting students. Faculty members Dr. Hwang and Professor Moy provided engaging lectures on topics such as current OT practice in the U.S. and sensory integration. Meanwhile, the CSUDH students put their coursework into practice by leading group activities for the visiting students. On day one, students competed in index card tower building competitions, made their own beats in a drum circle, and played "fruit basket" with a parachute and beach ball. On day two, students engaged the senses by making slime, stress balls, and aromatherapy bracelets. Student volunteers also led brief campus tours and learned that squirrels are apparently a rare sight in Japan, as many of the Japanese students paused to marvel at the assertive squirrels scurrying around campus. On both days, the CSUDH students and Japanese students were able to get to know one another over lunch and, somewhat hilariously, test the effectiveness of Google Translate in the process. Despite the language barrier, students bonded over a variety of topics and shared plenty of laughs. The weekend came to a close with a certificate award ceremony for the attending Japanese students. Additionally, each visiting school graciously presented various gifts to the CSUDH faculty and students, including snacks, souvenirs, and handmade crafts. It was truly a one of a kind, memorable experience that I'm glad I was able to be a part of. A special thank you to everyone who volunteered: Adrian Navarro, Ciara Nagao, Elena Bovetti, Kathy Nguyen, Kelsey Hardeman, Kimberly Vu, Nicole Khuon, Rachel Moore, Thelma Iwuchukwu, Traci Kapp, Yola Lin, and Yoly Stratman.

Forty students and three instructors from Kyoto I-Ken College, Fukuoka I-Ken College and Nagoya I-Ken College in Japan visited our campus October 5 - 6, 2019. The event launched with Dr. Hwang's stimulating lectures about OT current practice, employment outlook and education in the United States. Eleven CSUDH OT students mingled with the guest students during lunch time. A campus tour took place after lunch and, as a "tradition" during the tour, a group photo was taken in the Shinwa Japanese Garden located on the first floor of SBS. Following the tour, CSUDH OT students led group-dynamic activities such as drum circle and parachute activities. The first day ended too quickly with enormous joy, fun and laughter.

The second day of the event featured Dr. Faith Moy's lecture and lab/fun activities on Sensory Integration Intervention in Pediatric OT. The guest students rolled up their sleeves and took off their shoes, indulging themselves in all sensorimotor games and activities. A subsequent calm-down session proceeded with Dr. Hwang's administration of Sensory Profile (Adult/ Adolescent Version) with the students. The analysis and decoding of Sensory Profile results amazed many students by enabling them to explain their own unique behavioral or habitual patterns. After lunch, the CSUDH OT students continued to set up a few sensory stations (e.g., mindfulness, stressballs making). The whole event was concluded in the late afternoon with a certificate award ceremony where Dr. Hwang handed a certificate of attendance to each guest student. This was truly a wonderful cultural-exchange and friendship-building event for Japanese and American OT students; many ended up with smiles, tears and hugs, wishing to continue the friendships through social media (e.g., Facebook, Instagram etc.).



OTAC 43RD ANNUAL CONFERENCE EXPO 2019

BY: DEBBIE KIM

Advocacy is what attracted me to the field of occupational therapy, and the OTAC conference was a great way for me to explore this theme throughout the multiple sessions and gatherings. As a professional, I was encouraged to reevaluate discussions on salary as a way to practice self-advocacy in the student track session. The presenter cited the book "Fearless Negotiation" as a foundation for her talk on the three aspects of pay negotiations: salary, flexibility, and culture. She emphasized that one's needs and desires shift constantly due to circumstantial and environmental changes, so the negotiation process should be approached with great preparation, grit, and humility. As an OT community member, I was also informed of the legislative developments at the national and state level. The lobbyists from Washington D.C. and Sacramento both shared their current work pushing for various developments such as an interstate compact license, which would facilitate travel therapy without incurring an out-of-state cost. As an OTAC representative, I was able to discuss with other student representatives regarding the need for increased involvement and creating spaces for OT students and professionals. Lastly, I attended two sessions regarding the LGBTQIA population to learn more about how clinicians have been providing effective yet sensitive care within the subpopulations of children with autism and adults with disabilities. These emerging areas were unified in their message – we must do our individual work (i.e. introducing one's preferred gender pronouns and learning about specific occupational needs) to promote safety and inclusivity within the culture of OT. Despite having been a large, weekend conference, the nature and content of the sessions at OTAC allowed me to connect personally with the research and expand my perceptions of occupational therapy as an empowering, helping profession.



October 17-20, 2019

SOTA HALLOWEEN BREAKFAST

On October 31, 2019 SOTA hosted a Halloween themed breakfast event for all the CSUDH MSOT students. As the aroma of hot coffee, bagels, pumpkin waffles and muffins circulated EAC 500, the highlight of the party was having our three sections of Cohort 15 mingle and play games together as well as delight in each other's creative costumes. This year's winners for best group costume were Angela Ahn, Sarah Chacon, Kelsey Hardeman, Kimberly Flores, Elvy Fuentes, and Deborah Han who dressed up as the loveable characters from the animated film, Inside Out and the winners for best individual/pair costume, Elisabeth Lawson and Rachel Moore were inspired by our pediatric semester and dressed up as theraputty and a pediatric client. Everyone was excited to see Dr. Hwang join the festivities dressed up as Albert Einstein. Thank you to all our faculty who supported our desire to dress up and show our school spirit and a special thank you to Dr. Medina who threw her neurology class an unforgettable Halloween party and haunted house experience this year as well.





DINNER WITH **ALUMNI TOROS**

BY: Teresa Cao

In November, CSUDH hosted the first Dinner with an Alumni Toro with Daniel Rodriguez who graduated with his MSOT in 2010. Daniel facilitated a well-organized discussion regarding the role of OTs in LAUSD, the intricacies of his day to day schedule, and the type of clients he treats in the field. With undergraduates and my C14 classmates, Tiffanie and Lara, we also discussed the difference between OT and PT, the timeline of the OT application process, and the opportunities that CSUDH's master's program has to offer. Overall, it was an enriching event that not only allowed us to gain insight from an expert in school-based pediatrics, but also provided us the opportunity to share our student experiences with future applicants. The unique dynamic with an OT practitioner, graduate students and undergraduate students contributed to the event's success and personal takeaways. I hope CSUDH continues to host events like these to help us build our OT community.

HAND THERAPY SOCIETY

Of Greater Los Angeles Award

Written by the Office of Development within University Advancement

Graduate student Sydney MacWilliams is the 2019-2020 recipient of the Hand Therapy Society of Greater Los Angeles Scholarship. Sydney received her Bachelor of Science in Occupational Therapy at San Jose State University in 2013.

Sydney chose to attend CSUDH in order to complete a Master of Science in Occupational Therapy (MSOT). Her ultimate career goal is to become a certified hand therapist and to continue to learn and grow in her profession. As a full time graduate student, she has worked on a variety of research projects which include qualitative research topics like The Lived Experience of Older Adults in Intergenerational Programs as well as quantitative research such as Risk Factors of Burnout and Compassional Fatigue Among Occupational Therapists.

Outside of the classroom, Sydney volunteers for Hands on Care where she aids and observes the occupational therapist with patients. She also volunteers at Skills Plus Stroke Survivor Adult Education where she assists both the occupational therapist and students in exercises and projects. During the fall 2019 semester, Sydney performed fieldwork at Torrance Memorial Hospital where she has worked in an outpatient setting with lymphedema patients. Through this fieldwork, her interest in hand therapy has grown exponentially.

As she nears the end of the program, she is currently supporting herself solely through financial aid. The Hand Therapy Scholarship will enable her to continue working on her MS degree as well as alleviate some of her financial stress. She is honored to be recognized as an outstanding student through the generosity of the Hand Therapy Society of Greater Los Angeles Scholarship.



Congratulation!

SYDNEY MACWILLIAMS

"I'm humbled to receive the HTGLA Scholarship. Having the opportunity to explore the diverse settings occupational therapy has to offer through CSUDH MSOT curriculum has had an overwhelming influence on my professional development. These last two years have taught me to be more flexible, not only in practice but, with regard to my own personal OT journey. I thought I had an idea of what setting was best suited for me. However, I felt I had to go out of my comfort zone when deciding on FW II placements. With that, I accepted a level II hands placement despite feeling unsure and intimidated. Although recent classroom curriculum and hands-on splinting courses had begun to spark my interest, I had a past experience in hands and felt it wasn't a good fit for me. Allowing myself to re-explore hand therapy and seeing my own growth in just three months was a positive learning experience in itself. I thank the CSUDH MSOT program for encouraging me to take a chance and make every opportunity one to grow and adapt from." --Sydney MacWilliams

AOTA / NBCOT

NOVEMBER 1 & 2 2019



Cohort 15 students, Kallie Miller and Vanessa Ortiz, attended the AOTA/NBCOT Student Conclave in Chicago. Despite the chilly weather, they were warm with student camaraderie and a passion for learning! They attended sessions on AI technology for neurological rehabilitation, OT and entrepreneurship, current legislation and its implications for OT practice, and OT and oncology, just to name a few. They also learned NBCOT test-taking strategies, and attended the NBCOT-sponsored knowledge bowl. Kallie and Vanessa completed their trip with Chicago deep-dish pizza and a trip to Millennium Park.
--Kallie Miller

In early November 2019, I was given the opportunity to attend the AOTA/NBCOT National Student Conclave in Chicago. The purpose of this two-day conference is for OT student to get together to learn more about the profession and to network. During those two days, I was able to attend sessions that talked about the impact of OT in virtually reality, oncology, policy making, and stroke recovery. There were also sessions that focused on the experiences of OTRs and OTAs within the field and when taking their NBCOT exam. A keynote speaker also was to present on her journey in starting a business within the OT community. She was very inspiration and provided loads of advice on how to navigate the hardships we may experiences as new OT practitioners. However, my overall favorite part of this conference was listening to the guest speaker, Stevie. He talked about the difficulties he encountered with his disability and the different ways he was able to build self-determination. He now owns his own company that manufactures clothes and is able to travel the world telling his story. This conference made me feel excited about my journey towards becoming an OT and made me realize that there is still a lot of work that needs to be down within our profession. I would recommend this conference to any students who would like to meet others within the profession and see the different ways they can get involved. -- Vanessa Ortiz

BULGARIA TRIP PEDIATRIC

By: Dr. Paul Penoliar

Svetla Gigorova having a 15-year-old child with severe cerebral palsy became frustrated with the lack of professional services available to help her daughter in Bulgaria. In 2010, she mobilized her colleagues with similar situations to band together and work with physiotherapists in the local area of Gabrovo, Bulgaria, to provide their children the care that was desperately needed. In two years, she became recognized by the local government for their tireless work with these children and granted an NGO status. They formed two entities named Foundation Care for Children with Disabilities and Daily Center for Disabled Children and Youth and moved into a brand-new facility in 2012. She currently serves as the Director of both NGO's and has transformed the facility to care for children with residential, day care and outpatient needs. Dr. Paul L. Penoliar, the International Program Coordinator for the CSUDH Department of OT, discussed the possibility of a collaboration with Svetla and her organization and was extended an invitation to share our knowledge with her team in December 2019. The intern participants from Cohort 15 included: Patricia Ling, Angela Ahn, Ashlyn Coen, Courtney Jarvis, Deborah Han, Ely Fuentes, and Megan Lee. Additionally, the interns were joined by Samantha Gruen from Cohort 12 to provide her knowledge and expertise in pediatrics for treatment planning/development and provision of care. The interns performed exceptionally well integrating the theory and interventions from the pediatric semester throughout each session. The CSUDH Department of OT mission is "to prepare entry-level clinical practitioners with knowledge, skills, and understanding necessary to practice in traditional as well as emerging occupational therapy roles with an excellent foundation for later specialization and lifelong learning." I believe we can say mission accomplished!



SOTA

HOLIDAY SPIRIT WEEK



During the last week of their Fall 2019 semester, Cohort 15 celebrated with a Holiday Spirit Week. Students and faculty showed their holiday cheer through several themed days. They enjoyed sporting funky holiday socks, cozying up in their winter flannels, stayed warm with holiday sweaters and finally rolled into their last final wearing holiday pajamas. At the end of the week, they were especially grateful to Dr. Townsend and Professor Moy for hosting a small potluck and finals celebration after their last final. The students loved relaxing, making holiday cards and gingerbread houses, and eating all of the delicious food provided. Cohort 15 has now completed their first year of the program and are ready to take on the next year ahead!

MSOT STUDENTS' MEMORABLE MOMENTS



Clayton Skye Gibson was born at home on December 1st. Noel is recovering well. Zeal likes his new brother but he is jealous for mom's attention.

-- Josiah Gibson



*AMY
VERNETTI*

JUNE 22, 2019



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