

# CSUDH MSOT Program

Summer  
2021





SOTA had the opportunity to hear from Faith Moy and Amy Jesse. They spoke about their experiences with and roles in community-based therapy, especially in relation to their involvement at Integrity House. Professor Moy has been an OT for over 35 years, teaches and is fieldwork faculty for CSUDH's MSOT program, and supervises FWI and FWII students at Integrity House. Amy Jesse has been a member and leader at Integrity House for 14 years where she teaches the Respect class and mentors other club members. She is in her second term as a Regional Center of Orange County board member, and she volunteers at the Pacific Marine Mammal Center as a docent. During this Speaker Series, Amy and Professor Moy explained how the Clubhouse is run entirely by members with each member having an important role and responsibilities in the overall functioning. Amy shared about the supportive community she has at Integrity House and described the Respect class that she created and currently teaches. She works hard to teach self-respect and respect for others using activities and presentations that her participants are excited about. It was insightful to learn about Integrity House from both the perspective of a member and from an OT. We are so thankful to Amy and Professor Moy for taking the time to speak with us and share their insight and experiences!

Jenna Leland, Cohort 17



# Hand Therapy and Splinting Course

I am thrilled to share that after a long year of unprecedented interruptions and unknowns, we were finally able to gather again in-person for the highly anticipated hand therapy and splinting course! Twelve students joined me on Saturday July 24th and 31st, 2021 for two full days of interactive instruction in the specialized area of hand and upper extremity therapy.

The 12 student cohort was both anxious and excited to learn as much as possible to prepare for entry level clinical practice in this specialty. They were exposed to skill development in the areas of assessment, interpretation and intervention for a variety of non-operative hand and upper extremity diagnoses. They also had an opportunity to fabricate several common static custom orthoses (splints). Clinical reasoning and hands-on practice were woven into the class over the two days to highlight the responsibilities of a clinician.

I was so impressed with their ability to think through case studies and defend clinical decisions. They were able to incorporate their knowledge about anatomy, frame it within timelines of healing tissue and confidently explain the 'why' behind their decisions. They learned how to be detectives in order to optimally guide the progression of care. Fundamentally, they were challenged to think like therapists, and absolutely surpassed my expectations on their ability to interpret the information and reason through decision making.

I feel so honored to have had the opportunity to mentor this dedicated cohort. I could sense the trepidation when we started the first morning—hand therapy is scary, and so is the idea of being a clinician. That is tough enough when you are in class day in and day out, but spending the pandemic trying to learn from a distance and 'imagining' what being a therapist is like, is a daunting undertaking. But after two weekends of class, I can confidently say that this group of students is inspired and well on their way to being self-reliant clinicians!

I would be remiss to not take this opportunity to give a 'shout-out' to the entire team within the CSUDH Graduate Occupational Therapy Program. Kudos to the administrative individuals, academic staff and every support person required to pivot and embrace the challenges that Covid-19 has thrown our way. The efforts on behalf of the students is noteworthy—thank you for innovating to ensure learning and growth. The resilience demonstrated by everyone involved is beyond impressive.

I am proud to be part of this team! -Mo Herman, MA, OTR/L, CHT



# Hand Therapy and Splinting Course

Waking up at 6:30AM on a Saturday to attend class from 8AM-5PM was no easy sacrifice. But it was one of the best investments and decisions I made during my entire time as a student. From the moment we got there to the moment we left the class, all of us were kept on our toes and engaged as Dr. Herman asked us to make clinical judgments on the spot and justify why. We were forced to dig deep into our rusty anatomy knowledge and pry our eyes open as we watched a hand surgery procedure for the first time ever. But the best part (and arguably the most terrifying part) was when she asked us "why?" As second year OT students heading into our daunting fieldwork IIs, we knew that we would soon be making clinical judgments, but for the first time ever, we were being forced to come up with our own answers on the spot. At first, we were coming up with arbitrary answers that "felt right." But by day 2 of our learning with Professor Herman, we were starting to come up with answers that were backed up by our clinical reasoning and knowledge of the anatomy. We also gained valuable hands-on experience as we practiced making orthoses, and I began to understand why certain landmarks are important and the purpose of each.

At the end of two days, I am left with the understanding that there is so much more that I don't know, and there is so much more to be learned! However, I feel much more equipped with knowing that I know where to look, which questions to ask, and how to think critically as a clinician. -Jennifer Kim, Cohort 16

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I had the privilege of attending the Hand therapy and splinting course run by Dr. Herman over the past two weekends and it was amazing! We gained valuable experience during her lectures where we went over anatomy, common conditions, the basics of hand therapy, and then practiced making splints. It was so helpful to have such an expert coming around and giving us hands on support and feedback for how to make custom orthoses. Dr. Herman really showed us how to build our clinical reasoning and how important it is to be able to justify each decision we make with clients. I was unsure if I was interested in hand therapy, but Dr. Herman showed us a side of hand therapy that was so fascinating and evidence based. We had the opportunity to watch a few surgeries and then discuss in class how we would approach these clients post op. I have so much new knowledge and many resources that will serve me going into FW2 and the profession. I highly recommend this course for anyone interested. The upper extremity knowledge can be applied in so many settings outside of a strictly hand therapy clinic. Thank you to Dr. Herman and the department for putting together such a comprehensive and helpful course!

-Kathryn Kelley, Cohort 16



# History of the CSUDH MSOT Cohort Songs

## Cohort 17 Song

By: Chris Simmons

I really enjoyed the process of thinking about a cohort song that would reflect the experience of C17. After hearing C16's selection and watching their lip sync video, I was curious to know what songs the other cohorts had chosen as a small glimpse into their ethos. I also saw this playlist as a way for students from C17 to connect (on some level) with other cohorts, given that we are still fairly isolated due to Covid-19. The playlist ended up being quite an eclectic mix with a combination of popular hits as well as some more unexpected, yet fitting selections, including no less than two Queen songs. For me, the list captures not only the collective aspirations and insight that I see in my peers, but also the resilience that has allowed us to persevere in this program during a global pandemic.

Spotify:

<https://open.spotify.com/playlist/3DD6Qu7tcm74Y0LqdANLT4?si=d1130cc9ab884d26>

Apple Music:

<https://music.apple.com/us/playlist/csudh-msot-cohort-songs/pl.u-06ox78gCZIALP>

## Brief Summative History

The first Red Shirt Ceremony took place in the spring of 2014 when Cohort 9 welcomed Cohort 10 into the phase of the curriculum inclusive of fieldwork education. The first Red Shirt Ceremony to be held on Zoom was that for Cohort 16 (due to the arrival of COVID-19 in the spring of 2020). Cohort 17's Red Shirt Ceremony is the first to be fully recorded and the beginning of an archive of recorded events. - Dr. Heather Kitching

Cohort 9: On Top of the World (Imagine Dragons, 2013)

Cohort 10: Happy (Pharrell, 2013)

Cohort 11: The Nights (Avicci, 2014)

Cohort 12: Under Pressure (Queen, 1981)

Cohort 13: Walking on a Dream (Empire of the Sun, 2008)

Cohort 14: Don't Stop Me Now (Queen, 1978)

Cohort 15: Glorious (Mackelmore, 2017)

Cohort 16: The Show Goes On (Lupe Fiasco, 2010)

Cohort 17: With a Little Help from My Friends (The Beatles, 1967)

### References/Source Material

Dr. Terry Peralta-Catipon (personal communication)

Red Shirt Ceremony Slides, files of former AFWCs, Dr. Diane Mayfield & Dr. Heather Kitching  
Spring 2014 CSUDH OT Newsletter <https://www.csudh.edu/Assets/csudh-sites/ot/docs/newsletters/spring-2014-newsletter.pdf>



# World Federation of Occupational Therapists



## **Congratulations to the following faculty and students for their accepted proposals in the WFOT in Paris, France for 2022!**

1. Title: Collective occupations in migrant adaptation amid an occupationally unjust world – Terry Peralta–Catipon
2. Title: Shedding light on hidden Filipino occupations: A critical interpretive synthesis – Terry Peralta–Catipon, Michael Sy, Ricardo Carasco, Penafrancia Ching, Daryl Yao, & Veronica Dee
3. Title: Transgender peoples’ comfort with how others perceive their gender identity and association with outness and perceived treatment: implications for work and school participation – Daniel Swiatek, Tracy Becerra–Culqui, et al
4. The Occupational Aftermath of Sexual Assault Survivors Sheryl Ryan, Juliet O’Brien, Rachel Reyes, and Lauren “Mele” Weaver
5. Appraising psychiatric care from a different angle: Occupational therapy activities and cardiorespiratory fitness for inpatients with chronic psychiatric disorders – Eric Hwang
6. Title: Factors that Correlate with and Predict Caregiver Burden in Intergenerational Asian American Caregivers – Yan–hua Huang
7. Title: Understanding the Occupation of Drag – Michael Tran, Lauren Vilorio, Caresse Zhong, and Courtney Ramirez

CSUDH MSOT  
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2022