

Sabrina Spellman, OTD, OTR/L

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EDUCATION

West Coast University, Center for Graduate Studies – Los Angeles, CA Aug 2018

Doctorate in Occupational Therapy

- Cumulative GPA: 3.32

San Diego State University – San Diego, CA Aug 2014

Bachelor of Science in Health

- Cumulative GPA: 3.30

CERTIFICATION & LICENSURE

NBCOT Certification Feb 2019

California State Occupational Therapy Licensure Feb 2019

CPR/AED Certification Certified June 2018 – Present

American Heart Association

Hospital Fire and Life Safety Certified June 2018 – Present

SureFire CPR

CarFit Certified June 2018 – Present

Technician Training and CarFit Training

OCCUPATIONAL THERAPY RESIDENCY

Community For You – *Community-based mental health* Nov 2018 – Mar 2019

Hawthorne, CA

- Conducted a needs assessment and developed an occupational therapy wellness program in a non-traditional setting
- Executed large-group interventions such as, with limited resources and funding
- Provided therapy to clients living with dual-diagnoses such as schizophrenia, schizo-affective, bipolar, depression, delusional, PTSD, psychosis, and substance-use disorders
- Addressed adverse symptomology of clients living with dual-diagnoses and comorbidities through a client-centered wellness program focused on improving daily habits, roles, and routines
- Collected and analyzed qualitative data to measure program's efficacy

OCCUPATIONAL THERAPY FIELDWORK EXPERIENCE

A Time of Recovery – *Inpatient Psychiatric Health Facility* Apr-July 2018

Level IIB Fieldwork – Venice, CA

- Developed 1:1 therapeutic intervention for patients admitted on psychiatric holds
- Implemented group sessions centered on therapeutic exercise, coping strategies, and self-care
- Worked amongst interdisciplinary team to provide effective client centered care

Leaps N Bounds Occupational Therapy – *Outpatient Pediatric Clinic & School Based* Jan - Apr 2018

Level IIA Fieldwork – Carlsbad, CA

- Performed and interpreted assessments; PDMS-2, WRAMA, SPM, Sensory Profile
- Conducted parent/client evaluations, produced evaluation reports and individualized goals
- Implemented 1:1 treatment sessions based on development process and improved daily functioning

Garden Crest Convalescent Hospital – Inpatient

Nov 2017

Level IC Fieldwork – Gardena, CA

- Observed 40+ hours of occupational therapy in an older adult population (65+).
- Implemented occupation-based interventions, which included compliance with precautions and client-centric care.

Palomar Medical Center - Inpatient and ICU Hospital

Aug 2017

Level IB Fieldwork – Escondido, CA

- Observed in the ICU, Inpatient, Cardiac, Orthopedic settings
- Assisted OTR in various patient ADL performance, positioning, and adaptive equipment training
- Gained experience and practice with computer-based documentation

Casa Colina Hospital – Outpatient Clinic

Apr 2017

Level IA Fieldwork – Fieldwork Pomona, CA

- Observed OT sessions involving CVA, SCI, Parkinson’s Disease, GBS, and Diabetes Management
- Facilitated occupational therapy group exercise for Parkinson’s Wellness Group
- Participated in facility and professional development collaboration workshops

PROFESSIONAL WORK EXPERIENCE

UC Health - Occupational Therapist

July 2013 – Present

Broomfield, CO

Hospital – Outpatient

- Evaluate patients and analyze medical history to set realistic rehabilitation goals.
- Design and execute treatment plans for patients across the lifespan rehabilitating from trauma, injury, or illness.
- Recommend changes and interventions in patients’ home or work environments.
- Provide education to patients and caregivers through clear oral and written means.
- Supervise, educate, and evaluate multiple COTAs.
- Document using computerized documentation system: Meditech.

Arvada Public School District - Occupational Therapist

Aug 2012 – June 2013

Arvada, CO

School

- Provided interventions to facilitate student participation within school environment.
- Adapted and modified the environment, including assistive technology, to meet individual student needs.
- Monitored effects of intervention to assess continuation, modification, or discontinuation.
- Documented evaluations and treatments using computerized documentation system: IEP Direct.

Point Loma Naval Base – Child and Youth Program Assistant

Apr 2016 - Aug 2016

San Diego, CA

- Provided primary care for preschool children from ages 3 - 5
- Prepared curriculum and lesson plans for students
- Recorded observations and documented children’s developmental progress

Apr 2016 - Aug 2016

RESEARCH

Effectiveness of Occupational Performance Coaching (OPC)

March 2019

West Coast University Center for Graduate Studies Capstone – Los Angeles, CA

- Completed thorough needs assessment via interviews, chart reviews, and evidence-based literature review.
- Designed and implemented a ten-week research study evaluating “Occupational Performance Coaching for Caregivers of Children with Functional Feeding Difficulties”

PRESENTATIONS

- Poster Presentation on Habitat for Humanity – Research Presenter Feb 2017
West Coast University, Center for Graduate Studies – Los Angeles, CA
- Completed thorough literature review regarding demographics and occupational needs of homeless population in Los Angeles, California.
 - Developed research proposal to assist individuals transition from chronic homelessness to home ownership through Habitat for Humanity.

PUBLICATIONS

Koy, J.C., Thompson, A., & Lopez D. (2108). Vestibular Processing, an Occupational Approach. 8-12.

MEMBERSHIPS & AFFILIATIONS

- American Occupational Therapy Association: Member #12345 Jan 2018-Present
Occupational Therapy Association of California: Member #1234567 Jan 2018-Present

COMMUNITY SERVICE & VOLUNTEER

- Special Olympics Southern California May 2018
Duarte, CA
- St. Barnabas Senior Center Fall Prevention Course Feb 2018
Instructor/Volunteer Los Angeles, CA
- Triumph Foundation – Over-The-Line Wheelchair Oct 2017
Van Nuys, CA
- St. Barnabas Senior Center Health Fair Oct 2017
Los Angeles, CA
- PT Day of Service: AIDS WALK Oct 2017
Los Angeles, CA

LEADERSHIP EXPERIENCE

- Occupational Therapy Association of California (OTAC) – Student Delegate** Jan 2016 – Jan 2017
West Coast University, Center for Graduate Studies
- Symposium as OTAC Student Delegate.
 - Shared information gathered from attendance at numerous professional conferences with OT department.
- Student Occupational Therapy Association (SOTA) – Board Member** Jan 2015 – Jan 2016
West Coast University, Center for Graduate Studies
- Assisted with facilitating SOTA meetings for student body.
 - Actively informed SOTA members of OTAC events, membership, and networking opportunities.

AWARDS & HONORS

- OT Award of Merit Oct 2017

CONTINUING EDUCATION COURSEWORK

- 2013 OT CPI – Using the OTAC Occupational Therapist Clinical Performance Feb 2018
Instrument for Students: A Self-Guided Training Course
E-Learning Course
Instructor: Lisa Frank, OT, OTR
0.2 CEUs/2 hours

SKILLS & PROFICIENCIES

Languages – Proficient in Spanish

Software experience(s) – Rehab Optima, Meditech, and IEP Direct

REFERENCES

Available upon request

or list three to five people

- Name, Title
- Relationship
- Contact info (email & phone number)