

# CURRICULUM VITAE

**Name:** Grisel Contreras, MOTR

**Address:** 500 W. University Ave. El Paso, TX 79968

**Phone:** (915) 747- 7268

**Email:** [grcontreras@utep.edu](mailto:grcontreras@utep.edu)

## OCCUPATIONAL THERAPY

Dedicated Registered Occupational Therapist, offering knowledge of the theoretical principles of this profession; bilingual fluency (Spanish); and solid credentials that include current Texas license, AOTA Member, Kinesiotape, and iLs Certification. Background includes extensive experience in hand therapy, outpatient pediatric, and Academia. Well-versed in broad range of OT programs, treatments, and modalities for restoring function and mitigating disability for diseased and injured patients. Enthusiastic team player deeply committed to delivering quality of care and achieving superior patient outcomes.

### **OT LICENSE:**

- *Texas Occupational Therapy License since 2007-present*
- *Texas License No. 112431 Expiration 06/30/2023*

## EDUCATION

**Master of Science in Occupational Therapy**, 05-2007, GPA 4.0

University of Texas at El Paso

Noteworthy Achievement: Received Outstanding Graduate Student Class Award 2007

Received Best Clinical Student Award 2007

**Post-Professional Occupational Therapy Doctorate at Baylor University**

Expected graduation in May 2022.

## PROFESSIONAL EXPERIENCE

**University of Texas at El Paso**

**Clinical Assistant Faculty**

**January 2020-Present**

**Dahlia Castillo. OTR, OTD Program Director** [dahlia@utep.edu](mailto:dahlia@utep.edu)

- Lead instructor for the OT 5324 Occupational Performance in Early Childhood course Fall 2021 semester.
- Prepared Lab activities for Occupational Performance in Adults course (4-hour lab) for the Fall 2020 semester.
- Lead instructor for the course Occupational Performance for the Older Adult (3-hour lecture) for the Spring 2020 semester.
- Lead instructor for the Activity and Adaptation I course (2-hour lecture) for the Spring 2020 semester.
- Summer 2020 and 2021 courses: Surface Anatomy and Legal, Ethical Issues in

Occupational Therapy, and Activity and Adaptation II.

- Prepared syllabus in accordance with ACOTE 2018 Standards.
- Implementation of various educational methods including Team Based Learning (TBL).
- Developed individual and group assignments to challenge clinical thinking and prepare students for their fieldwork experience.

**Baylor University OTD Program  
Adjunct Faculty for entry-level OTD Program  
Spring 2021-Present**

**Lori McNamara, Assistant Program Director [Lori\\_McNamara@baylor.edu](mailto:Lori_McNamara@baylor.edu)**

- Lead group of entry-level OTD students during Lab immersion conducted virtually for the Spring 2021 semester for the Activity Analysis and Neuroscience in Occupational Therapy courses.
- Lead group of entry-level OTD students during Lab Immersion conducted in face-to-face format for ten-day duration for the Mental Health in OT, Foundations in OT, and Fieldwork Level I experience.
- Implementing various teaching-learning methods to engage students and promote a positive learning experience.

**Therapia Staffing Solutions  
Tele-health in NM School District  
March 2019-May 2021  
Contact Shannon Taylor: (954) 952-0899**

- Tele-therapy services for schools in New Mexico including completion of occupational therapy evaluations, participation in IEP and REED meetings, and supervision of certified occupational therapy assistants.
- Complete evaluations for school aged children within the school-setting as part of the Eligibility Determination Team (EDT).
- Develop Individualized Education Plans for students that qualify for Special Education Services in New Mexico.
- Communicate with team members of the EDT.
- Direct supervision for COTAs providing face-to-face treatments in the school setting.
- Complete progress reports and development of school-based treatment goals.

**El Paso Orthopedic Surgery Group  
Hand Therapy Department  
04-01-2015 to 04-01-2018  
03-2010 to 04-2012**

- Evaluated and treated patients from all group ages with an Orthopedic-hand condition using objective measurements and establishing functional goals and treatment plans to reincorporate patient to his/her prior occupation.
- Knowledge in the fabrication of thermoplastic splints for a wide variety of conditions including flexor tendon repair, extensor tendon repair, Dupuytren's contracture, wrist fractures, cubital tunnel syndrome, CMC joint repair, and arthritic hand, among others.
- Implementation and knowledge of protocols for diagnoses to assure best rehabilitation outcomes.
- Documented evaluations, re-evaluations, progress reports, and daily notes in a computer-based program.
- Completed peer-to-peer reviews to assure patient will receive therapy needed.
- Worked in close contact with orthopedic surgeons following physician orders and plan of care for the patients.

**Anamarc College and PIMA Medical Institute**  
**OTA Full Time Faculty Member**  
**04/30/2012-01/15/2015**

- Full time OTA instructor for the Occupational Performance in Adulthood course.
- Instructed students in the most recent treatment techniques utilized to treat patients with neurological and orthopedic conditions.
- Developed assignments to challenge the clinical reasoning of the students as well as to provide opportunities to help members with disabilities within our binational community.
- Prepared Laboratory hands-on time for the students to prepare them to meet today's expectations in the workplace.
- Participated as clinical educator for some of our students in a clinic in Juarez, Mexico providing therapy services for people with disabilities.
- Guest speaker in the First Congress of Physical Therapy held in Juarez, Mexico in June 2014 with the presentation titled "Occupational Therapy Services for Bedridden People", including prevention, treatment techniques, and biomechanics for the caregiver during transfers.

**Las Palmas Outpatient Clinic/Inpatient Rehab**  
**02/17/2012 to 03/30/2013**

- Evaluate and treat patients from all age groups with a variety of condition including Orthopaedic, neurological, sensory-motor, and functional deficits affecting the Performance of ADL's.
- Supervise fieldwork II Students from the University of Texas at El Paso.
- Work with an interdisciplinary therapy group and opportunity to explore inpatient and acute settings.
- Document evaluations, re-evaluations, progress reports, and daily notes.
- Work with adult and geriatric population and helped in the restoration of patient's prior level of function after a disease or disability.
- Developed Treatment plans to improve patient's quality of life.
- Managed high volume caseload and organized daily schedules.
- Instructed patients and families in home exercise programs.
- Lead patient group therapy.
- Participated in daily Health care assessment meetings with MD's, PT's, SLP's social workers, Psychologist and case managers.
- Performed diagnostic and prognostic exams to evaluate muscle, nerve, joint and functional abilities

**ActionCare Pediatric Therapy Services**  
**09/2007 to 02/2010**  
**Contract Basis work**  
**04/2013-11/2015**

- Evaluated and treated children from 0-21 years from a wide variety of diagnosis including but not limited to: Cerebral Palsy, Down Syndrome, Autism, Pervasive Developmental Disorder, Asperger Syndrome, Learning Disabilities, and Attention Deficit Hyperactivity Disorder, among others.

- Application of different pediatric assessments including: Bruininks-Oseretsky Test of Motor Proficiency, 2<sup>nd</sup> Edition(BOT-2); Motor- Free Visual Perceptual Test – 3<sup>rd</sup> Edition (MVPT); The Beery-Buktenica Developmental Test of Visual-Motor Integration (Beery VMI) 5<sup>th</sup> Edition; Peabody Developmental Motor Scales – 2<sup>nd</sup> Edition (PDMS-2); Sensory Profile, Caregiver Questionnaire; Revised Hawaii Early Learning Profile (H.E.L.P. Charts); and Denver Developmental Screening Test.
- Participated on co-treatments with Speech Therapists and Physical Therapists to maximize patient's outcomes.
- Documented patient's daily notes, bi-monthly reports, evaluations, and re-evaluations.
- Help in the organization and growth of occupational therapy department.

### **VOLUNTEER AND KEY ACHIEVEMENTS**

- Provided therapy services for adults and children with disabilities in Juarez, Mexico and supervised OTA students in the provision of therapy services during FW 1 experience for people of low socioeconomic status.
- Guest speaker in the first Congress for Physical Therapy in Juarez Mexico in June 2014.
- Instructed physical therapy students from Mexico during a hands-on LAB on safe transfers techniques and biomechanics principles.
- Developed a handwriting skills program for children with Down syndrome based on the sensory integration theory with application in Mexico.
- Worked as a Research Assistant in a project in El Paso area to measure accessibility in apartment dwellings. Provided input in the development of measurement techniques and acquired knowledge about implementing Universal Design.

### **RELEVANT COURSES.**

- Team Based Learning at UTEP
- Integrated Listening Certification
- Splinting for the UE
- Pediatric Yoga
- Handwriting Without Tears Program
- Introduction to Neurodevelopmental Treatment Association (NDT)
- Kinesio Tapping CKT1, CKT2 and CKT3. Pending Test for certification
- Myofascial release techniques
- Upper extremity splinting seminars
- Development of Personalized Sensory Diets
- Sensory Dysfunction Related Workshops

Proficient in Windows Word, Power Point, Medical Manager, and Black Board