

**PRESENT POSITION &  
ADDRESS**

Academic Fieldwork Coordinator  
Clinical Instructor

University of Texas at El Paso  
College of Health Sciences  
El Paso, TX 79902-0581

Phone: (915) 747-8145  
Fax: (915) 747-8211  
E-Mail: [ralvarenga@utep.edu](mailto:ralvarenga@utep.edu)

**REGISTRATION &  
LICENSURE**

**Registered Occupational Therapist**, National Board for Certification in Occupational Therapy Certification #277593; 09/09/2010-Present

**Licensed Occupational Therapist in the state of Texas**, Texas Board of Occupational Therapy Examiners, License # 113846; 09/17/2010-Present

**License in Massage Therapy in the state of Texas**, Texas Department of State Health Services License # MT047342; 2000-Present

**ACADEMIC  
PREPARATION**

**The University of Texas at El Paso**  
Masters in Occupational Therapy, 2010  
*Graduated with Honors*

**The University of Texas at Austin**  
Bachelor of Science: Human Development and Family Sciences, 2007  
*Graduated with Honors*

**San Antonio College**  
Associates of Arts and Science: Graphic Design Interactive, 2003  
*College Scholar*

**Therapeutic Body Concepts Massage Therapy School**  
License in Massage Therapy, 2000

**PROFESSIONAL &  
TEACHING EXPERIENCE**

**The University of Texas at El Paso:** Occupational Therapy Master's Program  
1101 N. Campbell St, El Paso, TX, 79902  
July 2013 – Present  
*Academic Fieldwork Coordinator/Clinical Instructor*

**Anamarc College:** Occupational Therapy Assistant Program  
3210 Dyer St, El Paso, TX 79930, 915-351-8100  
Sept 2013-Nov 2013  
*Instructor*

- Course Taught: Neuromuscular Screening and Intervention

**El Paso Pulmonary Rehabilitation:** Outpatient Clinic  
4400 N. Mesa Ste. 4, El Paso, TX 79902, 915-351-1600  
June 2013 – Sept 2013  
*Occupational Therapist-PRN*

- Provide occupational therapy services for adults with diagnosis requiring pulmonary rehabilitation
- Use occupational process of data gathering, initial assessment, planning and goal setting, and discharge planning to assist patients in their everyday activities
- Develop and prepare appropriate therapeutic care plan
- Follow care plan objectives, keeping record of client progress
- Supporting and educating patients in activities related to their treatment plan of care

**Therapy Consultants: Home Health**

11351 A James Watt, El Paso, TX 79936, 915-849-6602

Jan 2013 – Aug 2013

*Occupational Therapist-PRN*

- Provide occupational therapy services for home bound geriatric/adult population
- Use occupational process of data gathering, initial assessment, planning and goal setting, and discharge planning to assist patients in their everyday activities
- Develop and prepare appropriate therapeutic care plan
- Follow care plan objectives, keeping record of client progress
- Supporting and instructing patients in activities related to their treatment plan of care

**El Paso State Supported Living Center: Habilitation Department**

6700 Delta, El Paso, TX 79905, 915-782-6300

Mar 2011 - July 2013

*Occupational Therapist-Full-time*

- Provide occupational therapy services for individuals with intellectual disabilities and mental health disorders:
- Evaluate and deliver therapeutic treatment
- Plan, develop, and oversee therapeutic programs and activities
- Review and analyze progress reports
- Oversee adaptive equipment production, maintenance, and repair
- Supervise work of COTA and habilitation techs
- Collaborate with interdisciplinary team providing adequate supports and services for the individuals at the center
- Support habilitation team during wheelchair clinics
- Review and edit individuals physical and nutritional management plan
- Plan and develop in-service training
- Provide input for individual's integrated health risk ratings
- Provide support as back up OTR for physical and nutritional management team
- Assist in implementing changes required to meet ICF requirements and DOJ settlement agreement

**Sante Pediatric Services: Outpatient Clinic**

6601 Montana Ave. Suite H, El Paso, TX 79925, 915-838-7604

Dec 2010-Mar 2011

*Occupational Therapist-Part-time*

- Provided Outpatient and home therapeutic services
- Evaluated and delivered therapeutic treatment for children ages 0-21 with a variety of disabilities

**Fieldwork Educator**

- March 2013: Co-instructor for 1 COTA student for Fieldwork Level I
- Summer 2011: Co-instructor for 1 COTA student for Fieldwork Level II
- May 2011: Co-instructor for 2 OT students for Fieldwork Level I
- May 2011: Co-instructor for 2 COTA students for Fieldwork Level I

**The University of Texas at El Paso: Occupational Therapy Department**

1101 N. Campbell St, El Paso, TX, 79902

Sept 2008 - Dec 2009

*Research Assistant / Teacher Assistant*

- Conducted research on pertinent literature
- Inputted research data
- Assisted with classroom requirements as needed
- Cadaver lab assistant during Fall 2009: prepared cadavers for exams, assisted students with dissections, quality control on lab equipment

Jan 2008 - Aug 2008

*Research Assistant: Texas Ramp Project*

- Assisted non-profit organization building ramps for homebound individuals with disabilities
- Surveyed sites for ramp construction
- Interviewed clients and volunteers to create El Paso Texas Ramp Project website
- Provided graphic design layouts for ramp modules
- Created brochures for potential El Paso volunteers
- Translated documents from English to Spanish as needed

**University of Texas at Austin:** Natural Sciences College  
Austin, TX,

Jan 2007 - Aug 2007

*Research Assistant*

- Inputted research data, created endnotes, and conducted research on pertinent literature
- Translated consent/assent forms and surveys from English to Spanish
- Interviewed potential research assistants
- Designed newsletter layout and postcards for participants

## INTERNSHIPS/ FIELDWORK

**Sante Pediatric Services:** Outpatient Clinic  
El Paso, TX  
January 2010-March 2011

**Del Sol Medical Center:** Outpatient Clinic  
El Paso, TX  
April 2010-June 2010

## HONORS/ ACHIEVEMENTS/ VOLUNTEER

- Award for Most Distinguished Instructor, UTEP Center for Excellence in Teaching and Learning, 2015
- Generation 2000 Coordinator for College of Health Sciences, El Paso, Jan - Mar 2009
- Student Occupational Therapy Association - President, 2008 - 2009
- Children's Grief Center, Sept 2008- 2009
- El Paso Texas Ramp Project - Historian/Designer, Jan - Aug 2008
- Austin Child Guidance Center, 60+ hours, Spring 2006
- Sailor of the Year, 1999

## SCHOLARLY AND CREATIVE ACTIVITIES

### RESEARCH

“Adapting to Technology: Phenomenology of the Experience of Insulin Pump Use among people with Diabetes”

The purpose of the graduate study was to explore the perceptions, of people with diabetes that enable adaptive behaviors during initial and continued use of insulin pump therapy. The study was not published.

### PRESENTATIONS

Yamashita, K, Pious, A., Gil, Y., & Alvarenga, R. *Mental wellness through tai chi, qigong, and yoga*. Texas Occupational Therapy Association, UTEP OT Program, El Paso, TX, April 25, 2017.

Peevey, E., Gutierrez, A., Munoz, V., & Alvarenga, R. *Preventing mental health issues in adolescents*. Texas Occupational Therapy Association, UTEP OT Program, El Paso, TX, April 25, 2017.

Levandowski, S., Stelter, L., Ratcliff, K., Alvarenga, R., Ruelas, J, & Williams, K. *Reflections on a Fieldwork Coordinator Community of Practice: The Texas Academic Fieldwork Coordinator Consortium*, Poster Presentation, American Occupational Therapy Association Annual Conference, Philadelphia, PA, April 1, 2017

UNIVERSITY OF TEXAS  
AT EL PASO

Alvarenga, R., Stelter, L., Ratcliff, K., Levandowski, S., Ruelas, J., & Williams, K. *Addressing Fieldwork Challenges to Support Ethical Dilemmas*, Texas Occupational Therapy Association, Mountain Central Conference, Sugarland, TX, November 5, 2016

Stelter, L., Alvarenga, R., Levandowski, S., Ruelas, J., & Williams, K. *Promoting fieldwork best practice: Supervision, feedback, and reimbursement*. Texas Occupational Therapy Association, Mountain Central Conference, Richardson, TX, November 2015

Anderson, B., Gutierrez, M., Lin, J., Wigginton, L., & Alvarenga, R. *OTS against bullying: How OTs can help*. Texas Occupational Therapy Association, UTEP OT Program, El Paso, TX, April 2016

Dillon, S., Husted, M., Mathew, J., Ortiz, E., & Alvarenga, R. *Discerning between Dementia and Depression in Regard to Occupational Therapy*. Texas Occupational Therapy Association, UTEP OT Program, El Paso, TX, April 2015 UTEP

Alvarenga, R. *Understanding the multidimensional client when considering intervention approaches*. Accepted by Center for Excellence in Teaching and Learning, Sun Conference in El Paso, TX, March 2015

*What is Occupational Therapy*, UTEP Ability Awareness Symposium El Paso, TX, 2014

**TEACHING RESPONSIBILITIES**

1101 N. Campbell St, El Paso, TX, 79902

July 2013 – Present

Position: Academic Fieldwork Coordinator/Clinical Instructor

**Courses Taught 2016-Present:**

- OT 5312 Psychosocial Aspects of Occupations
- OT 5301 Analysis and Adaptation I

**Courses Taught 2013-Present:**

- OT 5340-5343 Fieldwork Studies
- OT 5136 Preceptorship
- OT 5424 Occupational Performance in Mental Health

**Courses Taught 2015:**

- OT 5302 Analysis and Adaptation II
- OT 5312 Psychosocial Aspects of Occupations

**Courses Taught 2014:**

- DRSC 5396 Medical Kinesiology and Biomechanics
- OT 5102 Surface Anatomy
- OT 5325 Occupational Therapy in School-Aged Children

**Service learning/volunteer/observation activities within context of courses**

- UTEP Ability Awareness Participants (OT 5424)
- Alternatives Centre for Behavioral Health (OT 5302, 5312, OT 5424)
- YWCA Transition Living Center (OT 5302, 5312, OT 5424)
- El Paso State Supported Living Center (OT 5312, OT 5424)
- La Familia (OT 5302, 5312, OT 5424)
- Xceed (OT 5302, 5312, OT 5424)
- James Butler Socorro ISD Spring Games (OT 5312, OT 5302)
- Boys and Girls Club (OT 5302, 5312, OT 5424)
- Houchen Community Center (OT 5302, 5312, OT 5424)
- Sunridge at Palasides (OT 5302, 5312, OT 5424)

## **LEARNING**

### **Center for Excellence in Teaching and Leadership (CETaL)**

- Community Engagement Scholarship Institute 2016-2017
- Wisdom Wednesday-Students with Hidden/Invisible Disabilities: Oct 2015
- UTEP Ability Awareness presentations in context of OT 5424: Oct 2015
- Fall Instructor Retreat-Flipping the Classroom: Aug 2015
- Liberating Structures Workshop: April 2015
- Sun Conference: Attended several presentations: Mar 2015
- Engaging students in dilemma problem-solving across disciplines: Aug 2014
- New Faculty & Graduate Instructor Training: Aug 2014

### **Health Exchange Lectures**

- Attended 3 lectures promoting progress as an educator: Spring 2015

### **SERVICE ACTIVITIES: Professional and University**

#### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

- **American Occupational Therapy Association:** 2009-Present
- **Texas Occupational Therapy Association:** 2009-Present

#### **DEPARTMENTAL ACTIVITIES**

- Coordinated, with 4 other hosts, AOTA Fieldwork Educator Workshop for local occupational therapist: July 2015
- Coordinated student involvement in the Young Achievers Forum: Feb 2014-OT awareness activities and education to middle school and high school students
- Member, OT Centennial Preparation Committee: Spring 2014
- Student advisement: 2014-present
- Assist professors in planning and coordinating service learning placements for clinical courses in the Spring and Fall: 2014-present
- OT Department Faculty Search committee member: Spring 2015
- Assisted in Accreditation preparation: Spring 2015
- Coordinated student involvement in the San Elizario Health Fair: Oct 2014-OT awareness activities, education and training

#### **COLLEGE ACTIVITIES**

- Guest Lectures:
  - Ceramic Art class- What is Occupational Therapy? Jan 2015
  - Kinesiology 1303- What is Occupational Therapy? April & October 2015
  - Proctor for Neuroscience class and exams 8 times during Spring 2015
  - Proctor Research course: April 2014
- Participated-On-campus open house for CHS Rehab Science programs: Sept 2015
- Participated-Faculty in Orange and Blue Day: Feb 2015
- Participated-Health Fair OT Booth for 100 Minutes of Dancing, Wellness, & Healthy Living Expo for Centennial Celebration: April 2014
- Committee Member, IT Committee: 2015-Present
- Committee Member, Community Affairs Committee: 2014-Present
- Committee Member, Task for Development of AT Clinical Teaching/Research Lab: 2014-Present

#### **UNIVERSITY ACTIVITIES**

- Committee Member, IT Senate Committee: 2014-Present
- Participated in Center for Civic Engagement Student Intern Panel: Aug 2015
- Committee Member, Advisory committee for Center for Civic Engagement

#### **COMMUNITY/COLLABORATIVE SERVICE**

- PIMA OTA Program Advisory Board- July 2015
- Volunteer patient- PT comprehensive practical exams: Fall 2014

## PROFESSIONAL DEVELOPMENT

### ADMINISTRATION

#### FIELDWORK ADMINISTRATION (2013-Present)

- Coordinate student clinical placements
- Ensure student compliance with site requirements (immunizations, background/drug screens, etc)
- Contract management
- Course instruction
- Student advising
- Enter data into software
- Maintain current annual records from facilities
- Collect/analyzing fieldwork educator and student evaluations (FWPE and SEFWE)
- Conduct on-site clinical visits
- Write site visit reports
- Develop affiliation agreements for new clinical sites
- Maintain compliance with fieldwork related ACOTE accreditation standards
- Assist in completing annual ACOTE report
- Provide educational programs for clinical fieldwork educators

#### CONTINUING EDUCATION COURSES/PROFESSIONAL TRAININGS

- **The Power of Occupational Therapy: Our Bridge to the Future of Health Care**, TOTA Conference CEU Course, Sugar Land, TX November 5, 2016
- **Facilitating Fieldwork Success: Action Plans, Faculty Supports and Targeting Student and Site Challenges**, TOTA Conference CEU Course, Sugar Land, TX November 5, 2016
- **Mindfulness in Occupational Therapy: Best Practice Using Crafts**, TOTA Conference CEU Course, Sugar Land, TX November 4, 2016
- **Shelf Ready Materials for Behavioral (Mental) Health Practice**, TOTA Conference CEU Course, Sugar Land, TX November 4, 2016
- **Stress on the Body and the Brain: Implications for Occupational Therapy**, TOTA Conference CEU Course, Sugar Land, TX November 4, 2016
- **Advanced Soft Tissue Approaches for the neck**-HomeCEUConnection, January 9, 2016
- **Therapeutic Yoga 1: Introduction into Yoga Risks and Benefits**-HomeCEUConnection, January 8, 2016
- **Medical Therapeutic Yoga: Foundations for using Yoga in Integrative & Preventive Medicine**-HomeCEUConnection, January 7, 2016
- **Lymphedema for Beginners**, UTEP Occupational Therapy Program, El Paso, TX, December 12, 2015
- **Art Dilly Lecture Panel Discussions of OTs who are working in Mental Health**, TOTA Conference CEU Course, Richardson, TX November 9, 2015
- **Incorporating Behavior Management Techniques in Treatment Sessions**, TOTA Conference CEU Course, Richardson, TX November 9, 2015
- **Advanced Mindfulness Techniques that Change the Brain**: PESI, El Paso, TX, May 7, 2015
- **Interventions for Children with Developmental and Movement Challenges**, EPIC Pediatric Therapy, El Paso, TX, May 1, 2015
- **Classroom Ergonomics and Posture**, UTEP OT Program, El Paso, TX, April 11, 2015
- **Proactive and Reactive Strategies to Ensure Fieldwork Success**: TOTA Conference CEU Course, Sugarland, TX November 9, 2014
- **Mental Health Recovery and Wellness: Occupational Therapy Role**: TOTA Conference CEU Course, Sugarland, TX November 9, 2014
- **Basic Introduction to Physical Agent Modalities**: TOTA Conference CEU Course, Sugarland, TX November 8, 2014
- **Education Session: Future Trends in Leadership & Occupational Therapy, History of Occupational Therapy, Military and Occupational Therapy**-UTEP, El Paso, TX, April 24, 2014

## PROFESSIONAL DEVELOPMENT

- **We build our own future: Managing and maximizing the role of academic fieldwork coordinators:** AOTA Annual Convention and Expo: Baltimore, MD April 2, 2014
- **Fieldwork Educators Certificate Program Workshop:** AOTA Course, Albuquerque, NM March 7-8, 2014
- **Holistic Hydrotherapy Techniques-**Apollo Online Correspondence course, February 23, 2014
- **Kinesiology Taping: Movement Assessments & Corrective Exercise-** Medical Minds in Motion, El Paso, TX, January 19, 2014
- **Integrated Neuromuscular Re-Education-** Cross Country Education, El Paso, TX, March 15, 2013
- **AAC for Children: Basic Strategies for Immediate Results-**ASHA online course, April 2012
- **Introduction to basic AAC strategies-**ASHA online course, April 2012
- **Effective Neurological Management of Sensory Processing Disorder-**Cross Country Education, El Paso, TX, March 16, 2012
- **CE for Texas Massage therapist: Pathology of Chronic conditions for massage; living with HIV/AIDS; introduction to marketing; working with clients with health problems; introduction to PTSD-**Elite Continuing Education online, February 24, 2012
- **Orthopedic Massage Techniques for Cervical Pain-**Cross Country Education, El Paso, TX, January 24, 2012
- **Issues in Evaluation and Treatment of Individuals with Developmental Disabilities: Integration of Clinical Services-**DADS Habilitation Therapy Conference, Austin, TX, October 12-14, 2011
- **Doppler Ultrasound-**EPPSLC Training November 2011
- **Rifton in-Service: Intervention with Adaptive Equipment-**El Paso, TX, October 2011
- **Dysphagia-A Perspective on Sensory and Behavioral Problems-**Paso Del Norte Children's Developmental Center, El Paso, T X, April 8, 2011

### MANAGEMENT SKILLS TRAINING

- U.S. Navy Leadership Training, 2000
- The 7 Habits of Highly Effective People by Steven Covey, 1999
- U.S. Air Force Leadership Training, 1999