

Curriculum Vitae
Catherine W. Brock

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Education

- 2021 OTD University of Alabama at Birmingham – Birmingham, AL
Post-Professional Clinical Doctorate - Occupational
Therapy.
- CIRTL Teaching Certificate – Practitioner Level.
Center for Integration of Research, Teaching, and
Learning at The University of Alabama at Birmingham.
- 1992 BS University of Alabama at Birmingham – Birmingham, AL
Bachelor of Science – Occupational Therapy.

Professional Experience

- 10/2020-Present **Occupational Therapist**
Benchmark Physical Therapy – Fairhope, AL
- Lymphedema Management
 - Wound Care Management
 - Pelvic Motor Dysfunction
 - Upper Extremity Dysfunction / Orthopedics
 - Neuromuscular Re-education
 - Occupational Therapy Services
- 9/2006 – Present **Adjunct Faculty Instructor**
University of South Alabama – Mobile, AL
- Guest Lectures / Presentations: Lymphedema Management, Wound Care Management, Neuro-Developmental Treatment, and Life Care Planning
 - Research Assistant: Urinary Incontinence and Effects on Aging Females, Effects of Chronic Venous Insufficiency on Lifestyle
 - Clinical Instructor: Level I Fieldwork, MSOT Students
- 7/1999 – Present **Certified Life Care Planner – Independent Consultant**
- Life Care Planning Services

- 9/2015 – 6/2020 **Private Practice Owner / Occupational Therapist**
Specialized Therapy Services, Inc. - Fairhope, AL
- Lymphedema Management
 - Wound Care Management
 - Pelvic Motor Dysfunction
 - Upper Extremity Dysfunction / Orthopedics
 - Neuromuscular Re-education
 - Wheelchair Management / Fitting
 - Occupational Therapy Services
- 5/2007 – 11/2015 **Occupational Therapist**
Mercy Medical Home Care Agency – Fairhope, AL
- Evaluate and provide intervention to geriatric, adult and pediatric population in a home care setting to a wide range of conditions
 - Directly supervise support staff, including certified and licensed assistants, certified nursing assistants and volunteers
- 9/2004 – 05/2007 **Occupational Therapist**
Restore Therapy – Mobile, AL
- Evaluate and provide intervention to a geriatric population in a skilled nursing and long-term care setting to a wide range of conditions
 - Directly supervise support staff of certified and licensed assistants
- 10/2000 -10/2002 **Occupational Therapist**
Enduracare Management Services – Daphne, AL
- Evaluate and provide intervention to geriatric, adult, and pediatric population in both inpatient and home care settings
- 10/2000-10/2002 **Occupational Therapist**
Vorán Services – Mobile, AL
- Evaluate and provide intervention to a primarily adult population in acute care, outpatient, and inpatient rehabilitation setting
 - Directly supervise support staff of certified and licensed assistants
- 6/1994 – 10/2000 **Occupational Therapist / Assistant Director**
Therapy Management Services – Mobile, AL
- Evaluate and provide intervention to the adult and geriatric population in all settings of inpatient

rehabilitation, outpatient, skilled nursing, long term care, and hospice: Mercy Medical - Daphne, AL

- Assist in Occupational Therapy Department management
- Directly supervise support staff of Occupational Therapists, technicians, volunteers, and certified and licensed assistants
- Program Development: BEE SAFE fall prevention, continuing education
- Clinical Instructor: Level II Fieldwork, BS and MSOT students

1/1994 – 06/1994 **Occupational Therapist**

Suncoast Rehabilitation – Naples, FL

- Evaluate and provide intervention to a primarily adult population in an outpatient setting with a focus on hand and upper extremity injuries/work hardening
- Orthotic fabrication and management of weekly hand clinic

1/1993 – 12/1993 **Occupational Therapist**

Therapy Management Services – Mobile, AL

- Evaluate and provide intervention to the adult and geriatric population in a skilled nursing, hospice and long- term care setting to a wide range of conditions
- Directly supervise all support staff of technicians and certified and licensed assistants

Licensure

State of Alabama – License to practice Occupational Therapy

State of Florida – License to practice Occupational Therapy

Certifications

1996 National Board for Certification in Occupational Therapy. (OTR)

1999 Certified Life Care Planning. Catastrophic Case Management Certificate Program – Intelicus Curriculum in conjunction with The University of Florida. Certified by the ICHCC. (CLCP)

2015 Certified Lymphedema Therapist. Academy of Lymphatic Studies. (CLT)

2016 Board Certified in Biofeedback – Pelvic Motor Dysfunction.
BCIA. (BCB-PMD)

Memberships

American Occupational Therapy Association
Alabama Occupational Therapy Association

Scholarship

2020 The Use of Devices in the Treatment of Urinary Incontinence
University of Alabama at Birmingham – Birmingham, AL

- A Scoping Review for Publication
- Capstone Project

2018 Effects of Chronic Venous Insufficiency on Lifestyle.
University of South Alabama – Mobile, AL

- Assist with patient population, evaluation and supervise research project in conjunction with MSOT students -
Poster presentation application to AOTA

2017 Effects of Urinary Incontinence on Aging Females.
University of South Alabama – Mobile, AL

- Assist with patient population, evaluation and supervise research project in conjunction with MSOT students -
Poster presentation application to AOTA

Service

2020 Appointed Recognitions Chair.
Alabama Occupational Therapy Association.

Awards

2019 Occupational Therapy Award of Excellence.
Presented by The Alabama Occupational Therapy Association

Outstanding Fieldwork Supervisor.
Presented by The University of South Alabama, Mobile, AL.

Continuing Education

Neuro-Developmental Treatment in the Treatment of Adults with Hemiplegia

- Introductory Course
- Orthotic Management of Upper Extremity
- Completed 3-week certification course – Rehabilitation Institute of Chicago – Chicago, IL

Advanced Use of Modalities for Occupational Therapists

Evaluation and Treatment of Visual Perceptual Dysfunction

Upper Extremity Myofascial Releasing Techniques - MFR I

Mind-Body Medicine – Focus on Immune System, Pain, and Emotion

An Integrative Approach to the Examination and Rehabilitation of the Shoulder

Innovation in Practice: The Best of Environmental Access

The Management of Burns

Home Accessibility for Older Adults: An Occupational Therapist's Guide

Arthritis

Psychotropic Drugs and Behavior Management

Introduction to Upper Extremity Mobilization

Annual Attendance to the International Symposium on Life Care Planning

Lymphedema Management

- Complete Certification Course
- Management of Lymphedema Affecting the Head and Neck

Physical Therapy for the Breast Oncology Patient

Advanced Wound Care Certification Course

Pelvic Motor Dysfunction

- Pelvic Floor Level 1 and 2 – Herman and Wallace Pelvic Rehabilitation Institute
- Biofeedback Training and Incontinence Solutions
- Completion of required training for board certification in biofeedback for pelvic motor dysfunction

References

Available Upon Request