

**Catherine W. Brock, OTD, OTR/L, CLCP, CLT, BCB-PMD**

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**Education**

- May 1, 2021 OTD University of Alabama at Birmingham – Birmingham, AL Post-Professional Clinical Doctorate - Occupational Therapy.
- May 1, 2021 CIRTL Teaching Certificate – Practitioner Level. Center for Integration of Research, Teaching, and Learning at The University of Alabama at Birmingham.
- December 11, 1992 BS University of Alabama at Birmingham – Birmingham, AL Bachelor of Science – Occupational Therapy.

**Professional Experience**

- 06/2021 – Present **Assistant Professor of Occupational Therapy**  
Department of Occupational Therapy  
University of South Alabama – Mobile, AL
- 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 – AL #0615  
State of Florida – FL #OT19519

## Certifications

- February 1993 National Board for Certification in Occupational Therapy. (OTR)
- June 1999 Certified Life Care Planning. Catastrophic Case Management Certificate Program – Intelicus Curriculum in conjunction with The University of Florida. Certified by the ICHCC. (CLCP)

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

December 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 - Present Recognitions Chair.  
Alabama Occupational Therapy Association.

## **Awards**

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

2018 Outstanding Fieldwork Supervisor.  
Presented by The University of South Alabama, Mobile, AL.

## **Presentations**

September 2021      ALOTA State Fall Conference – Presenter  
The Use of Devices in the Reduction of Urinary  
Incontinence – A Scoping Review

## **Professional Development**

October 1994          Advanced Use of Modalities for Occupational Therapists

October 1994          Evaluation and Treatment of Visual Perceptual Dysfunction

November 1994        Upper Extremity Myofascial Releasing Techniques

October 1995          Mind-Body Medicine – Focus on Immune System, Pain, and  
Emotion

April 1996            An Integrative Approach to the Examination and Rehabilitation  
of the Shoulder

February 1997        Myofascial Release I – John Barnes, P.T.

October 1997          Orthotics Used with the NDT Approach to Neurologic Patients

October 1998          Neuro-Developmental Treatment in the Treatment of Adults  
with Hemiplegia

- Completed 3-week certification course – Rehabilitation  
Institute of Chicago – Chicago, IL

October 2001          Innovation in Practice: The Best of Environmental Access

April 2004            The Management of Burns

September 2007       Psychotropic Drugs and Behavior Management

December 2007        Introduction to Upper Extremity Mobilization

January 2008          Home Accessibility for Older Adults: An Occupational  
Therapist's Guide

January 2008          The Management of Arthritis

Fall 2000-2013        Annual Attendance to the International Symposium on Life  
Care Planning

- July 2015                      Lymphedema Management
- Complete Certification Course
  - Management of Lymphedema Affecting the Head and Neck
- September 2015              Pelvic Motor Dysfunction
- Pelvic Floor Level 1 and 2 – Herman and Wallace Pelvic Rehabilitation Institute (6/16 and 9/19)
  - Biofeedback Training and Incontinence Solutions (9/15)
  - Completion of required training for board certification in biofeedback for pelvic motor dysfunction (12/16)
- January 2018                    Advanced Wound Care Certification Course
- October 2018                   Physical Therapy for the Breast Oncology Patient
- March 2018                      Management of Lymphedema Affecting the Head & Neck
- June 2021                        Dry Needling for Occupational Therapists

**References**

Available Upon Request