

AOTA SPECIALTY CONFERENCE

Women's Health Program Guide

October 10-11, 2025 | Portland, OR

Pre-conference sessions on October 9



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AOTA SPECIALTY CONFERENCE

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AOTA
INSPIRE
Annual Conference & Expo
APRIL 23-25, 2026



Thursday, October 9

9:00 am–12:00 pm | Columbia/Willamette

WORKSHOP 1

Beyond The Pelvic Floor for a Multi-system Approach to Pelvic Rehab

Laura Rowan, OTR/L, Essential Pelvic Health, Old Chatham, NY

Join us for the “Beyond the Pelvic Floor” pre-conference workshop, where occupational therapy professionals specializing in women’s health will explore the vital connections between the pelvic floor, respiratory system, and nervous system. This 3-hour session will provide foundational concepts, mind-body manual techniques, and case study reviews, all aimed at enhancing your understanding and treatment of pelvic health clients. Participants will engage in hands-on activities to ensure immediate application of learned strategies into their clinical practice, empowering them to make a meaningful impact on patient outcomes.

1:00 pm–4:00 pm | Columbia/Willamette

WORKSHOP 2

Integrative Pelvic Care for Pregnancy (IPC-P) - A Biopsychosocial Framework for Birth Preparation

Sujata Martin, MS, OTR/L, Pelvic Soul, LLC, Tampa, FL

Discover a biopsychosocial framework for prenatal occupational therapy care in this interactive workshop. Through hands-on learning, develop customized birth prep and pregnancy care plans using Interventions to Support Occupations and self-advocacy to enhance health, well-being, and participation.

SPECIAL EVENT

5:30 pm–6:15 pm | Columbia/Willamette

AOTA Town Hall

Come and have a dialogue with AOTA’s CEO Katie Jordan, OTD, OTR/L, FAOTA. AOTA wants to hear from you.

Friday, October 10

KEYNOTE

9:00 am–9:45 am | Salon E

The Missing Piece: Occupational Therapy’s Call to Action in Maternal Mental Health

Maully Her Lo, PP-OTD, MS, OTR/L, University of Wisconsin - Milwaukee, Milwaukee, WI

Occupational therapy is the missing piece in maternal mental health. This session challenges traditional narratives, explores occupational therapy’s untapped role, and empowers participants to reimagine care through identity, justice, and bold interdisciplinary action.

10:00 am–11:00 am | Salon E

Concurrent 101

Thriving Together: Trauma-Informed Approaches to Promoting Family Resilience in Early Intervention

Kia Burks, OTD, OTR/L; Evguenia Popova, PhD, OTR/L, both of Rush University, Chicago, IL

Contributing Author: M. Veronica Llerena

This session presents trauma-informed strategies to build social supports as a means to bolster family resilience, with case examples and tools to support parents, increase advocacy, and guide occupational therapy professionals in addressing disparities in early intervention.

10:00 am–11:00 am | Salons AB

Concurrent 102**The Role of Occupational Therapy in Managing Post-Exertional Malaise in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Symptom Exacerbation in Long COVID Patients***Amy Mooney, MS, OTR/L, Private Practice, La Grange, IL*

This short course introduces occupational therapy practitioners to the assessment and management of Post-Exertional Malaise (PEM) or Post-Exertional Symptom Exacerbation (PESE) in ME/CFS and Long COVID. It emphasizes PEM/PESE screening, pacing, and rest to enhance patient functional capacity and quality of life outcomes.

11:15 am–12:15 pm | Salon E

Concurrent 103**Reducing Suicide Risk During the Menopause Transition Through Community Interventions***Stephanie Edwards, Wrexham University, Wrexham, United Kingdom; Rebekah Jarrar, OTD, OTR/L; Kaylee Munch, OTR/L, both of University of St. Augustine for Health Sciences, St. Augustine, FL*

This session explores suicide risk during menopause and highlights community interventions as a protective factor. It will promote holistic, socially responsive approaches that can inform occupational therapy practice and enhance midlife women's mental health outcomes.

11:15 am–12:15 pm | Salons AB

Concurrent 104**Supporting Life's First Co-occupation: Occupational Therapy's Distinct Role Within Interdisciplinary Lactation Care***Kimberly Krebs, University of Pittsburgh, Pittsburgh, PA*

This session explores the unique value of occupational therapy practitioners within interdisciplinary lactation and postpartum care. Participants will actively propose ways to increase occupational therapy visibility in this emerging practice area.



2:00 pm–3:00 pm | Salon E

Concurrent 105**Trauma-Informed Occupational Therapy for Pregnant and Postpartum Teenagers***Sabina Khan, PhD, OTD, OTR/L, University of St. Augustine for Health Sciences, Miami, FL*

Pregnant and postpartum adolescents face trauma, mental health challenges, and occupational disruptions. This course explores occupational therapy's role in trauma-informed care, interoceptive awareness, and occupation-based strategies to improve practice and health.

2:00 pm–3:00 pm | Salons AB

Concurrent 106

Addressing Diabetes Distress in Type 1 Diabetes Care: The Role of Occupational Therapy in Wellness for Pregnant and Non-Pregnant Birthing People

Jordan Major, OTR/L, University of Florida, Gainesville, FL

Contributing Author: Stefanie Bodison, OTD, OTR/L

This session explores the role of occupational therapy in managing diabetes distress for pregnant and non-pregnant birthing people with Type 1 diabetes. Using preliminary data, we'll discuss occupational therapy interventions to improve self-management and quality of life.

3:15 pm–4:15 pm | Salon E

Concurrent 107

The Role of Capstone in Advancing Occupational Therapy Practice in Women's Health

Marnie Renda, OTD, MEd, OTR/L, Xavier University, Cincinnati, OH

The interactive session examines how doctoral capstones can enhance occupational therapy practice in women's health by focusing on key issues and fostering collaboration among practitioners. Participants will create capstone ideas to maximize impact on practice.

3:15 pm–4:15 pm | Salons GH

Concurrent 108

The Role of OT in Performance and Rehabilitation of the Female Athlete

Ashley Hobson, DSc, MOT, OTR/L, University of Oklahoma, Norman, OK

This presentation explores the distinctive contributions of occupational therapy in optimizing performance and facilitating holistic rehabilitation for female athletes.

4:30 pm–5:30 pm | Salon E

Conversations that Matter 102

Advocating for Occupational Therapy's Role in Eating Disorders: Past, Present, and Future

Rebecca Willman, OT, OTD, OTR, Colorado State University, Fort Collins, CO; Kelly Farrell, Columbia University, New York, NY; Maddie Duzyk OTR/L, OTD, Cincinnati Children's Hospital Medical Center, Cincinnati, OH

Contributing Authors: Amy Ethridge, MS, OTR/L; Monica Williams, OTD, OTR/L, CEDS; Erica Tohtz, MOT, OTR/L, CEDS

As the role of occupational therapy in eating disorder treatment emerges, gaps in research and practice must be addressed. We invite practitioners, educators, and researchers to discuss their experiences and strategies to advance this practice area.

Oregon Ballroom Foyer

4:30-5:45 pm | Poster Sessions

POSTER 102

Therapeutic Influence of Sensory Gardens: Adults With Intellectual And Developmental Disabilities

Sanchala Sen, OTD, MS, OTR/L, BCPR, FAOTA, Winston-Salem State University, Winston-Salem, NC

This study examined the impact of sensory gardens on individuals with intellectual and developmental disabilities. The findings of this mixed-methods study suggest that the sensory garden had a positive impact on the participants' mood and engagement.

POSTER 103

Occupational Therapy Evidence-Based Guide for the Treatment of Peripartum People

Jamie Lief, OTD, OTR/L, Spear Physical and Occupational Therapy, New York, NY

A lack of peripartum education in occupational therapy programs leads to gaps in care. This project offers an evidence-based guide to support generalist occupational therapy practitioners aiming to improve treatment, reduce dysfunction, and enhance outcomes through a pre-/post-test study design.



POSTER 104

Executive Functioning and Use of Cognitive Strategies: A Correlation Study in College Women with Attention Deficit Hyperactivity Disorder (ADHD)

Lisa Stapleton, PhD, OTR, Texas Woman's University, Broken Arrow, OK

Contributing Authors: Asha Vas; Hope McCarroll, OTD, OTR, BCP

This study compares performance among collegiate women with ADHD on two cognitive measures: a self-reporting measure (Behavior Rating Inventory of Executive Function) and an occupation-based measure (Weekly Calendar Planning Activity).

POSTER 105

A Qualitative Study of the Sensory Experiences of Pregnancy and the Birthing Process in Autistic Mothers

Brooke Geske, Keck Graduate Institute, Claremont, CA; Kiley Hanish

This study explores sensory experiences of autistic women during pregnancy, childbirth, and postpartum, highlighting sensory overload, communication challenges, and strategies to support neurodivergent individuals.

POSTER 106

The Experience of Occupational Therapy Practitioners Working with Homeless Women During COVID-19

Patricia Precin, PhD, OTR/L, FAOTA, Columbia University, New York, NY

This poster describes a qualitative study of occupational therapy practitioners' experiences, roles, and intervention approaches while working with homeless women during the COVID-19 pandemic.

POSTER 107

A Scoping Review of Occupational Therapy Groups and Programs for Women's Mental Health

Patricia Precin, PhD, OTR/L, FAOTA, Columbia University, New York, NY

A scoping review of occupational therapy literature on women's mental health interventions and their effectiveness will be presented in this poster to identify future directions in support of women's mental health.

POSTER 109

Cultural and Religious Influences on Perinatal Loss: A Mixed-Methods Exploration of Underrepresented Birthing Individuals in the U.S.

Jerelle Medina, OTD, Keck Graduate Institute, Claremont, CA; Kiley Hanish

Findings from a mixed-methods study highlight how cultural and religious beliefs shape grief, occupational disruption, and support needs among underrepresented birthing individuals in the United States following pregnancy and infant loss.

POSTER 110

Poverty, Social Justice, and the Co-Occupation of Breastfeeding

Latasha Dionne, OT, OTD, OTR/L; Lori Vaughn, OT, OTD, MSOT, OTR, both of Springfield College, Springfield, MA; Amber Miracle

Despite proven benefits, low-income families face major barriers to breastfeeding. This presentation explores those challenges and highlights culturally responsive strategies to support and empower mothers in underserved communities.

POSTER 111

Exploring the Impact of Pelvic Floor Dysfunction on Women's Daily Occupations

Erin Woodford; Teresa Green, PhD, OTR/L, both of Towson University, Towson, MD

This study identified the impacts of pelvic floor dysfunction (PFD) on the daily lives of women and highlights unique areas of occupation that occupational therapy practitioners may address when treating PFD.

POSTER 112

Establishing Clinical Practice Guidelines for Occupational Therapy in Pelvic Health and Wellness

Erin Woodford; Teresa Green, PhD, OTR/L, both of Towson University, Towson, MD

This project developed an evidence-based clinical practice guideline based on feedback from subject matter experts and provides occupational therapy practitioners with best practices in addressing pelvic floor dysfunction.

Saturday, October 11

9:00 am–10:00 am | Salon E

Concurrent 201

Navigating Perimenopause: Occupational Therapy's Role in Supporting Daily Life and Well-Being

Karen Park, OTD, OTR/L, BCP, SWC, University of St. Augustine for Health Sciences, Los Angeles, CA; Erin Bussell, OTD, OTR/L; Emma Schiewe, OTD, OTR/L, TTS, both of University of Southern California, Los Angeles, CA

Perimenopause can bring physical, emotional, and cognitive changes that impact daily life with significant disruptions for neurodivergent individuals. Occupational therapy can address these changes through lifestyle interventions and supporting self-advocacy.

9:00 am–10:00 am | Salons AB

Concurrent 202

Redefining Care: Occupational Therapy's Role in Fostering Racial Equity in Maternal Health

Jordan Major, OTR/L, University of Florida, Gainesville, FL

Contributing Author: Stefanie Bodison, OTD, OTR/L

This session explores the role of occupational therapy in addressing systemic inequities in maternal health for Black birthing individuals. Using the Public Health Critical Race Praxis (PHCRP) framework, it will focus on integrating JEDI principles to promote equitable care.

10:15 am–11:15 am | Salon E

Concurrent 203

Not All Women's Health is Maternal Health: Involuntary Childlessness and Implications for Occupational Therapy

Lindsey Trott, OTD, OTR/L, Rocky Mountain University of Health Professions, Provo, UT

Contributing Author: Raegan Furman, PhD, OTR/L, Rocky Mountain University of Health Professions, Provo, UT

Involuntary childlessness (IC) impacts women's roles and activities. This pilot study interviewed 15 women from eight countries about IC through an occupational therapy lens. Findings indicate occupational therapy can fill a gap in service for women experiencing IC.

10:15 am–11:15 am | Salons AB

Concurrent 204

Not Just a Balancing Act: Harmonizing Professional Quality of Life in Occupational Therapy

Evguenia Popova, PhD, OTR/L; Bridget Hahn, OTR/L, both of Rush University, Chicago, IL

We explore well-being, stress, and self-care as contributors to professional identity and quality of life in occupational therapy. We also evaluate opportunities to advocate for improved wellness initiatives on individual and organizational levels.

11:30 am–12:30 pm | Salon E

Concurrent 205

An Occupational Therapy Approach to Address Maternal Mortality and Racial Inequities

Patricia Corbin, OTD, MS, OTR/L, Integrated Therapy Services, Columbus, GA

Maternal mortality rates in the US due to preeclampsia continue to worsen, though it is largely preventable. This course was developed with an occupational therapy lens on promoting healthy lifestyles and preventing maternal mortality.

11:30 am–12:30 pm | Salons AB

Concurrent 206

Beyond the Nutrition Facts: A Feeding Therapist's Lived Experience and Lessons Learned about Occupational Therapy's Unique Value in Addressing Gestational Diabetes

Kimberly Krebs, University of Pittsburgh, Pittsburgh, PA; Alex Krebs, MS, Meta Platforms, Inc., Menlo Park, CA

An occupational therapy feeding therapist shares her personal case study navigating gestational diabetes mellitus (GDM). Participants will explore the development of a GDM roadmap with actionable, occupation-based tools to empower women in managing this diagnosis.

2:00 pm–3:00 pm | Salon E

Concurrent 207

Evaluating and Treatment Planning for Psychosocial and Contextual Factors that Impact Perinatal Health

Ashley Hobson, DSc, MOT, OTR/L, University of Oklahoma, Norman, OK

This presentation highlights the essential role of occupational therapy in addressing psychosocial and contextual determinants of health during the perinatal period.

2:00 pm–3:00 pm | Salons AB

Concurrent 208

Supporting Role Transitions and Managing Stress in Postpartum Depression: Occupational Therapy's Role in Crisis Response and Public Health

Sabina Khan, PhD, OTD, OTR/L, University of St. Augustine for Health Sciences, Miami, FL

Postpartum depression disrupts maternal roles, increasing stress and functional decline. This session explores occupational therapy strategies for stress management, role transitions, and integration with 988 response teams to advance maternal mental health care.

CLOSING

3:15 pm–4:00 pm | Salon E

Menopause Matters: A Framework for a Comprehensive Interprofessional Workplace Wellness Initiative

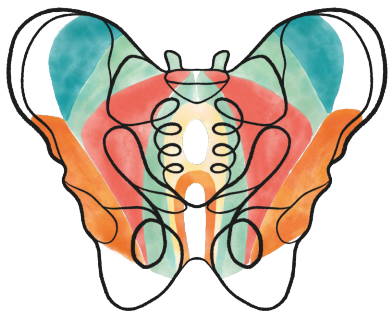
Sarah McCadden, OTD, OTR/L, CSOT, Mary Baldwin University, Staunton, VA; Elizabeth Richardson, OTD, MS, OTR/L, Mary Baldwin University, Harrisonburg, VA

Contributing Authors: Chesney Carroll, MSPAS, PA-C; Christine Flory, C.P.T., ACSM, NBC-HWC, PN-Lv1; Shelia Talbott, DNP, FNP-C; Catherine Turner, PT, DPT, PhD, OCS

This session introduces a comprehensive, interprofessional workplace wellness framework aimed at supporting employee well-being and enhancing occupational engagement through inclusive, supportive strategies.

Thank you.

AOTA sincerely thanks our sponsors and exhibitors for supporting the 2025 AOTA Women's Health Specialty Conference. Their generosity helps us create programs that boost knowledge and foster community within the profession.



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