



# 1st Annual OT in Women's Health (6 PDU's)

**IN-PERSON**

DATE, TIME, AND  
LOCATION

**DAY 1**

**March 8, 2025**

8:30AM to 4:45PM



CSU Dominguez Hills  
Claudia Hampton Hall,  
WH D 165  
1000 East Victoria Street  
Carson, CA 90747  
Parking: \$10

### QUESTIONS?

Email OTAC staff at  
[staff@otaconline.org](mailto:staff@otaconline.org) or chat  
live M-F, 9AM to 4PM

\*Early Bird Registration  
ends February 17, 2025

\*\*Advance Registration  
between February 18, 2025  
through March 6, 2025

Last Day to Register  
March 6, 2025

Register Online  
<https://otac.site-ym.com/events/EventDetails.aspx?id=1936045&group=>

**IMPORTANT NOTE:**  
**DAY 2 - May 3, 2025**  
Same Location  
Registration for the Day 2 is  
separate/not included in  
Day 1 registration fees.



## Day I - Symposium Schedule (6 PDU's)

- 8:30am-9:15am Registration Check-In and Networking
- 9:15am-9:30am Welcome and Program Overview
- 9:30am-11:00am Occupational Therapy's Role in Perinatal Mental Health
- 11:00am-11:15am Break
- 11:15am-12:45pm How to Transition to Pelvic Health as a Career
- 12:45pm-1:30pm Lunch Break - On Your Own
- 1:30pm-3:00pm An Exploration of Nesting, Place-Making, and Resource Seeking from an Occupational Science Perspective
- 3:00pm-3:15pm Break
- 3:15pm-4:45pm Lifestyle Management Approaches for Women in Perimenopause/Menopause

REGISTRATION FORM: One form per person. Please type or print clearly. Check appropriate boxes.

	MEMBERS	NONMEMBERS	MEMBER STUDENTS	NONMEMBER STUDENTS
EARLY BIRD*	<input type="checkbox"/> \$89	<input type="checkbox"/> \$119	<input type="checkbox"/> \$59	<input type="checkbox"/> \$79
ADVANCE**	<input type="checkbox"/> \$109	<input type="checkbox"/> \$139	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

TOTAL DUE: \$\_\_\_\_\_ Please review the cancellation/refund policy.

Name \_\_\_\_\_

Employer \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_

### PAYMENT OPTIONS: CHECK ONE

Check (payable to OTAC) # \_\_\_\_\_  MasterCard  Visa  AMEX  Discover

Credit Card Number \_\_\_\_\_

Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Cardholder Signature \_\_\_\_\_ Date \_\_\_\_\_

### SUBMIT PAYMENT:

Fax to: 916/294-0415, or  Mail to: OTAC, 3620 American River Dr., Ste. 230, Sacramento, CA 95864, or

REGISTER ONLINE - [CLICK HERE](#)

**Cancellation/Refund Policy.** \$35 is retained to cover cancellation/refund processing costs. Written notice must be received in the OTAC office by March 6, 2025, to be eligible for refunds. No refunds after this date.

Disclaimer: OTAC reserves the right to make changes to the program. No refunds will be made based on these changes.



# 1st Annual OT in Women's Health (part I) (6 PDUs) In-Person Symposium Schedule and Session Descriptions

8:30am – 9:15am

## Registration Check-In and Networking

9:15am – 9:30am

## Welcome and Program Overview

9:30am – 11:00am

## Occupational Therapy's Role in Perinatal Mental Health

*Kiley Hanish, OTD, OTR/L, PMH-C*

This presentation will explore the role occupational therapy practitioners play in supporting parents during the perinatal period. Key areas to be highlighted will include the transition to the parenting role, the significance of parent-infant co-occupations, and the impact of parent mental health on family well-being. Special attention will be given to addressing perinatal loss and equipping practitioners with strategies to support parents through this critical time.

11:00am – 11:15am

## Break

11:15am – 12:45pm

## How to Transition to Pelvic Health as a Career

*Megan 'Rose' Dominquez-Osuna (she/her), OTR/L, PRPC*

As pelvic health continues to gain popularity in the mainstream, more occupational therapy practitioners are transitioning into this specialty. This presentation offers clinicians, educators, and students a valuable opportunity to learn how to transition into pelvic health as a career, an area often not fully explored in graduate programs. Participants will have an opportunity to ask questions.

12:45pm – 1:30pm

## Lunch Break – On Your Own

1:30pm – 3:00pm

## An Exploration of Nesting, Place-Making, and Resource Seeking from an Occupational Science Perspective

*Bethany A. Gruskin, MSOT, OTR/L; Savannah Gluck, OTR/L; Marinthea Richter, OTD, OTR/L*

This interactive presentation will cover the theoretical underpinnings of nesting, place-making, and resource seeking during the perinatal period from an occupational science perspective. Each construct will be explored through a parallel literature review and data examples from a narrative phenomenological study of expecting parents and professional experts. Future research directions and implications for occupational therapy practice will be discussed.

3:00pm – 3:15pm

## Break

3:15pm – 4:45pm

## Lifestyle Management Approaches for Women in Perimenopause/Menopause

*Christy Billock, PhD, OTR/L, DipACLM*

This presentation will explore the role of occupational therapy in providing lifestyle management strategies to optimize health and well-being during perimenopause and menopause. By weaving together key lifestyle factors of nutrition, movement, sleep, connection, and self-discovery with occupational therapy principles, participants will gain a deeper understanding of how to provide care during this pivotal life transition.

## OT in Women's Health Symposium Committee

*Bianca Callier, OTD, OTR/L*

*Candace Chatman, OTD, OTR/L*

*Laura Deary, BS, COTA/L, ROH*

*Emily Ochi, OTD, OTR/L*

*Danny Pavlovich, OTD, OTR/L*

*Samia H. Rafeedie, OTD, OTR/L, CBPR, CBIS, FAOTA*

*Emma Schiewe, OTD, OTR/L, TTS*

## About Our Presenters



**Christy Billock, PhD, OTR/L, DipACLM**, holds a PhD in occupational science from the University of Southern California, where her dissertation explored women's spirituality experiences in everyday life.

With 24 years of experience as a professor, her teaching and scholarship were deeply shaped by questions of meaning, the science of health and well-being, and their connection to daily life. With a board certification in lifestyle medicine, Billock advocates for occupational therapy in lifestyle-based services and as an independent scholar, educator, and consultant. She also maintains a private practice focused on conscious living and dying.



**Megan 'Rose' Dominquez-Osuna (she/her), OTR/L, PRPC**, is a certified specialist in pelvic health and rehabilitation for people of any gender and age (PRPC). She feels her calling has always been in pelvic

health and she is passionate about treating pelvic pain, prenatal and postpartum issues, or any other pelvic health concerns for all bodies. With over eight years in the field of occupational therapy, she has taken a myriad of courses ranging from myofascial release, visceral mobilization, trauma-informed certifications and somatic approaches, as well as other holistic modalities to provide a comprehensive and individualized treatment plan for her clients. She has presented at doula trainings, university settings, and at professional conferences.



**Savannah Gluck, OTR/L**, is a PhD student in the Chan Division of Occupational Science and Occupational Therapy at the University of Southern California studying autism with the support of the Insp!re Lab. She worked clinically as an occupational

therapist in schools and for California Children's Services for four years. She hopes her future research will make a positive impact on the lives of children and families navigating autism.



**Bethany A. Gruskin, MSOT, OTR/L**, is a PhD candidate in the Chan Division of Occupational Science and Occupational Therapy at the University of Southern California studying the theoretical intersection of nesting, place-making, and

resource seeking during the perinatal period. During her career, she has worked on projects focused on child development, sleep, attachment, and temperament. Gruskin plans to draw upon these experiences and her current theoretical work as she develops her future research initiatives.



**Kiley Hanish, OTD, OTR/L, PMH-C**, is a neurodivergent occupational therapy practitioner specializing in mental health during the perinatal period, which includes pregnancy, postpartum, and perinatal loss. She is also the founder

of Return to Zero: HOPE, a nonprofit organization that provides inclusive and compassionate support for bereaved families after pregnancy and infant loss.

## About Our Presenters, cont.



Marinthea Richter, OTD, OTR/L, is a PhD candidate in the Chan Division of Occupational Science and Occupational Therapy at the University of Southern California studying the evolution of co-occupation and dyadic interactions of

mothers and infants. In addition to her six years of clinical experience in South Africa, she has supported numerous research projects and publications about parent-child interaction and infant development.

## About This In-Person Symposium

### Symposium Disclaimer

This Symposium is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition or professional development issues being discussed but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

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**Why OTAC Symposia?** To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners and its mission to support the profession.

**OTAC Mission Statement.** OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy.

## UPCOMING VIRTUAL PROFESSIONAL DEVELOPMENT SYMPOSIA

OTAC 2025 **4TH** Annual  
ACUTE CARE  
SYMPOSIUM  
VIRTUAL •APRIL 26•

OTAC 2025 **7TH** Annual  
MENTAL HEALTH  
SYMPOSIUM  
VIRTUAL •MAY 31•

OTAC 2025 **4TH** Annual  
ACADEMIC  
SYMPOSIUM  
VIRTUAL •JUNE 20•