

Fiana Kalp, OT Reg. (Ont.)

Registered Occupational Therapist, Psychotherapist

Contact

Barrie, Ontario
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Education

University of Toronto
Master of Science in
Occupational Therapy

York University
Bachelor of Arts with
Honors in Psychology

Licenses and Registrations

College of Occupational
Therapists of Ontario
Registration
#G1309307

Canadian Association
of Occupational
Therapists (CAOT)

Professional Overview

Occupational Therapist working as an independent contractor across multiple organizations while building a private practice. Experienced in psychotherapy-informed, neurodivergent-affirming and function-focused care with expertise in trauma, mental health, WSIB systems, and community-based service delivery.

Experience

2023-Present

Independent Occupational Therapist

Provide occupational therapy services as an independent contractor across multiple organizations and service models.

Deliver psychotherapy-informed interventions (CBT, ACT, DBT-informed) addressing trauma, PTSD, anxiety, depression, and functional participation challenges.

Conduct assessment, treatment planning, and outcome-focused intervention with emphasis on daily function and participation.

Navigate WSIB and insurance-based systems, including documentation, reporting, and interdisciplinary communication.

2023-present

Course Instructor • Georgian College

Develop lesson plans and instructional materials for core OT courses.

Deliver engaging lectures and hands-on training in core occupational therapy practices under the OTA/PTA program.

Evaluate student performance and provide constructive feedback.

2015/2020-2025

Occupational Therapist/Clinical Manager • FunctionAbility Rehabilitation

Services

Provided assessment, consultation and evidence-based treatment to individuals with physical, neurological, and mental health conditions.

Provided clinical mentorship and oversaw a group of Occupational Therapists who delivered community-based clinical services, ensuring services meet quality standards.

Assisted in the setting of corporate policies, processes and resource development.

2015-2017

Occupational Therapist • St. Elizabeth Health Care, Mackenzie Health

Completed assessment and treatment for clients suffering from acute conditions. Facilitated discharge planning as part of a multidisciplinary team. Provided education, training and counselling to clients, families/caregivers, and interprofessional team members.

Additional Qualifications

- Cognitive Behavioural Therapy Foundations; Cognitive Behavioural Therapy for Trauma
- Cognitive Processing Therapy
- Motivational Interviewing
- ADHD Clinical Services Provider Certificate
- Trauma-Focused Acceptance and Commitment Therapy
- Dialectic Behaviour Therapy Foundations