

KRISTEN MCGRATH, MSc (OT)

OCCUPATIONAL THERAPIST; ASSISTANT CLINICAL PROFESSOR (ADJUNCT), SCHOOL OF REHABILITATION SCIENCES MCMASTER UNIVERSITY

COVERAGE AREA

WATERDOWN

Covering: Hamilton, Halton, Niagara, Guelph, Kitchener/Waterloo and Brantford.

AREAS OF EXPERIENCE

Brain Injury
Orthopaedic Injuries
ABI
Chronic Pain

EDUCATION

MASTER OF SCIENCE, OCCUPATIONAL THERAPY 2003
McMaster University, Hamilton, ON

BACHELOR OF ARTS, THEATRE STUDIES AND ENGLISH 1999
Acadia University, Wolfville NS

EXPERIENCE

ENTWISTLE POWER OCCUPATIONAL THERAPY (NOW SOLUTIONS FOR LIVING)

ANCASTER, ON

PREVIOUSLY POWER OCCUPATIONAL THERAPY

OCCUPATIONAL THERAPIST

March 2012- Present

- Provide all levels of occupational therapy assessment and treatment for clients with serious and catastrophic injury, including acquired brain injury and multi-trauma for people of all ages including children and older adults.
- Occupational Therapy In-Home Activities of Daily Living (ADL) assessments, Home Safety Assessments, Attendant Care Needs Assessments (Form 1).
- Vocational Assessments, Job Site Analyses.
- Develop and monitor return to ADL programs to encourage increased functional independence in the home, workplace, or community; including goal setting and tracking.
- Act as part of a multi-disciplinary team to facilitate functional and cognitive recovery.
- Recommend assistive devices, provide education on pacing, body mechanics, energy conservation, hurt versus harm principles and proper body mechanics to facilitate increased independence with activities of daily living in the home or workplace.

HAMILTON HEALTH SCIENCES – MCMASTER CHILDREN’S HOSPITAL

OCCUPATIONAL THERAPIST AND MENTAL HEALTH CLINICIAN

TEMPORARY CONTRACT POSITION

December 2011-September 2012

- Acted as part of a multi-disciplinary team within a Day Hospital setting servicing youth ages 13-17 that are experiencing a variety of mental health issues.
- Lead Dialectical Behaviour Therapy (DBT) and Cognitive Behaviour Therapy (CBT) groups with this population.
- Provided assessment and intervention with a focus on return to school.
- Effectively communicated with parents, school personnel, and other mental health providers as appropriate to facilitate return to school for clients.
- Acted as the ‘Most Responsible Clinician’ for clients taking part in the Gradual Return to School Program.
- Revised the Cognitive Behaviour Therapy (CBT) group program for day hospital clients.
- Developed and implemented a Social Skills group program for inpatient clients age 5-12

BLUEBALLOON HEALTH SERVICES, BURLINGTON, ON

May 2011-November 2011

COMMUNITY REHAB, WATERLOO, ON

September 2007-May 2011

CENTRE FOR ADDICTION AND MENTAL HEALTH, TORONTO, ON

October 2003 – August 2007

PROFESSIONAL DEVELOPMENT / ADDITIONAL QUALIFICATIONS	2020	Do Feel Think: Humanizing the Pain Experience: An Occupational Therapy Perspective, Linda Crawford, Bain BC (1 hour webinar)
	2020	Do-Live-Well 2 day workshop, McMaster University
	2019	Perceptions of Pacing: 7 Steps for Success for Individuals Living with Chronic Pain, (1 hour webinar)
	2019	Opening the Blinds in the Dark Closed Room: Inter-professional Best Practices in Concussion Care, presented by Elly Baker, PT; FunctionAbility Fall Education Day: Growing Through Best Practice
	2019	Rehabilitation of Executive Functions & Cognitive Communication: Putting Evidence into Practice, presented by Genevieve Bernardo, OT & Ameila Hessel, SLP; FunctionAbility Fall Education Day: Growing Through Best Practice
	2019	Brain Injury Association of Peel and Halton (BIAPH) 1st Annual Health Advocates Education Conference
	2019	Applied Suicide Intervention Skills Training (ASIST) completion

- 2018 Occupation and Trauma: Expanding Occupational Therapy Practice
- 2018 Introduction to Cognitive Behaviour Therapy for Chronic Pain, Workshop, McMaster University Clinical Behaviour Sciences Program
- 2017 Reconciling Biomechanics with Pain Science (Greg Lehman)
- 2016 Best Practice Chronic Pain Management and Assessment for Occupational Therapists (2 day course)
- 2016 Home Modifications: Introduction, Ramps, Rails and Bathroom Modifications (3 day course)
- 2016 Brain Injury Association of Niagara Conference
- 2016 Multiple Errands Test (MET): Developing, Administering, and Scoring Site-Specific Versions (1 day CAOT workshop)
- 2016 Executive Certificate in Home Modification, University of Southern California
- 2016 Preceptor to Masters level students from the following OT programs, May 2004 to present:
 - McMaster University
 - University of Toronto
 - University of Western Ontario
- 2015 OBIA Acquired Brain Injury Provincial Conference: Innovate, Integrate, Motivate
- 2015 Presenter at the Hamilton Brain Injury Association (HBIA) Family Resource Group Brain Injury seminar - topic ABI Cognitive Strategies for Caregivers
- 2015 The Management of SCI: A Guide for Private Practitioners (1.5 day course)
- 2015 Brain Injury Association of London: 'Through the Fog' ABI Conference
- 2015 PIA Law Practical Strategies Conference: Rehabilitation Challenges of the Invisible Injury
- 2015 University Health Network (UHN) 2015 Traumatic Brain Injury Conference
- 2014 Assessment of Motor and Process Skills (AMPS)
- 2014 Ontario Society of Occupational Therapists (OSOT) Conference
- 2014 Brain Injury Services Conference
 - Walking the Tightrope: High-Risk Factors for Individuals with ABI Hamilton, ON
- 2013 3rd Biennial Conference on Brain Injury in Children: SickKids Toronto, ON
- 2013 20th Annual Conference on Neurobehavioural Rehabilitation in Acquired Brain Injury: Innovative Strategies for Issues Complicating Brain Injury Hamilton, ON
 - 2013 Brain Injury Services Conference: Cognitive Process of the Neuropsychological Assessment, Executive Dysfunction & the emotional and environmental barriers to functional recovery, Implementing Functional Communication Plans, Effectiveness of Teaching Functional Skills to Adults with Acquired Brain Injuries
- 2012 Progressive Goal Attainment Program Certification: Evidenced-based intervention for targeting psychosocial risk factors for various health conditions including pain, depression, cancer and other chronic illnesses, November 2012
- 2012 Concussion Management Symposium for Health Care Providers
- 2012 Cogmed Coach Certification

- 2012 ABI Journey: Pediatrics to Seniors. 19th Annual Conference on Neurobehavioural Rehabilitation in Acquired Brain Injury, Hamilton, ON
- 2011 Accessing the Power of the Auditory-Vestibular-Visual Triad
- 2011 Canadian Seating and Mobility Conference
- 2011 Mental Health, Sensory Processing, and Challenging Behaviour
- 2011 'Autism From the Inside Out'
- 2009 Physical Demands Description
- 2008 'Autism Spectrum Disorders in the Community'
- 2008 Sensory Processing: A Solid Foundation of Knowledge for Effective Pediatric Assessment and Intervention
- 2008 Making it Legible: Sensory Motor, Cognitive & Emotional Aspects to Handwriting
- 2007 Insight into recovery; Exploring the inpatient experience (research)
- 2006 Cognitive Behaviour Therapy Certificate- Level 1
- 2006 Workshops attended as an employee at the Centre for Addiction and Mental Health:
 - Mindfulness-Based Clinical Practice (2 day course)
 - The Use of CBT for OCD on an Inpatient Unit (1 day course)
 - Mood and Substance Use (2 day course)
 - Introduction to Concurrent Disorders (2 day course)
 - Facilitation and Adult Learning Fundamentals (1 day course)
 - Managing Aggressive Behaviour
 - Introduction to Diversity (one day course)
- 2005 Behavioural Analysis 101
- 2005 Motivational Interviewing Certificate
- 2003 Introduction to Movement for Early Interventionists
- 2003 An exploration of the impact of a mental health day program on participant occupational performance (research)
- Current Member of the College of Occupational Therapists of Ontario (COTO), Registration No. (G0305492)
- Current Member of the Canadian Association of Occupational Therapists (CAOT)
- Current Assistant Clinical Professor (Adjunct), School of Rehabilitation Sciences McMaster University