The Columbia University Programs in Occupational Therapy have launched a Clinical Doctorate of Occupational Therapy (OTD) program. After going through several levels of approval on the university level, and petitioning the state to add a new degree program, the program became the first OTD approved in the state of New York last fall.

The program is designed for working professionals and will provide those practitioners who wish to remain in the practice arena with advanced knowledge and clinical skills in the area of cognition and perception across the life course and across practice areas. To date, this is the only OTD program that focuses on cognition.

Graduates and current Columbia OT students are offered an expedited admissions process if they meet certain criteria.

The OTD program is now accepting applications for both fall and spring semester admissions. You can learn more and apply on our website, columbiaot.org.

Congratulations to the Class of 2016!

The members of the class of 2016 graduated in May in two ceremonies, one on Morningside Campus on May 18th, and at the OT graduation on May 19th. The keynote address at the OT graduation was given by John Donovan and Caren Zucker, ABC journalists who recently published "In a Different Key: The Story of Autism". They both also recently won the Emmy Award for Outstanding Featured Story. The student address was given by Paul Swinnerton. Several students and supporters of the program were honored with awards. (For more on awards given at graduation, see pages 4-5.)

The faculty and staff of the OT program wish them all the best!
Hello Alums!

Welcome back to our OT MOTivator.

We have had a very exciting time, with new faculty, new grants, exciting research, and of course, exemplary students. We are looking forward to a new OT multipurpose lab to help us educate our students as we usher in our 75th year of our degree granting entry-level program. Save the date for our 75th anniversary celebration on April 22-23, 2017. Like that well-known bunny, we “keep going, and going, and going”.

This edition of the OT MOTivator shares the many achievements and experiences that continue to motivate us. Our purpose is not to survive, but to thrive and inspire. With four academic programs under our umbrella: MS, MS/MPH, OTD, and EdD, we are able to address the multiple academic joys and challenges as we contribute to the growth of our profession on all levels.

As always, we hope you enjoy this edition of the MOTivator. Please be sure to send us alumni news as well. Happy reading!

Dr. Janet Talk-Kiowski
Professor and Director, Programs in Occupational Therapy
Vice Chair, Dept. of Rehabilitation and Regenerative Medicine
Assistant Dean, College of Physicians and Surgeons

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The Programs in Occupational Therapy were established in 1941, a time with powerful implications for health professions. World War II accentuated the tremendous need for occupational therapists, and the polio epidemics of the 1930s and the 1940s further underscored the effectiveness of the occupational therapy profession.

During the first four years, the programs were housed on the Columbia Morningside campus; in 1945, they moved to the Health Sciences campus as part of the Faculty of Medicine.

In 1941, the curriculum included "courses providing scientific, medical, and theoretical background together with courses in various arts and crafts and other elements which enter into the actual practice of occupational therapy." (1941 Bulletin), as well as 9 months of clinical work in a hospital. The university fee was $5 a semester and credits were $12.50 per point. Things have changed just a little bit!

Today, students continue with clinical coursework, with the addition of collaborating with faculty on research projects and Level I and II fieldwork in a variety of settings.

More than 1,800 graduates constitute the alumni of these programs. We hope many of you can join us in 2017 to celebrate 75 years of occupational therapy education.

Please feel free to reach out to us with your memories of the programs and other alumni news you may have to share.

---

**Celebrate 75 Years with Columbia OT**

**Save the Date**

April 22 - 23, 2017

New York, NY

More details to follow
The following members of the class of 2016 were recognized at graduation for their outstanding work:

The Joan Bozuwa Memorial Award for Scholarship, Leadership, Creativity, and Integrity: Lee Ann Westover

The Steven Katz Award for Clinical Excellence: Gail Stephens

Achievement Award for Excellence in Mental Health: Lena Kadota

Patricia A. Miller Achievement Award for Excellence in Gerontology: Mary Jeghers

The G. Gordon Williamson Achievement Award for Excellence in Pediatrics: Kristen Barry

The Marguerite Abbott Memorial Award for Physical Disabilities: Paul Swinnerton

Robert Evander Achievement Award for Excellence in Science: Jessica Spellane

The Barbara E. Neuhaus Award for Excellence in Research: Kristin Gregory, Marcy Schlissel, Megan Sadlier-Brown, Alison Schubert, and Lee Ann Westover
2016 Commencement Awards

2016 Supervisor of the Year

Leon Kirschner, MPH, OTR was named Supervisor of the Year. Our clinical educators are expected to provide the clinical instruction, supervision and the experience one can only get in a therapeutic setting. The Supervisor of the Year award is given to the clinical supervisor whose dedication to our profession, loyalty to our program, and commitment to our students is remarkable. Leon's work has exemplified professionalism, clinical excellence, and innovative supervision. He has embraced and dedicated himself to pediatric practice, not only working closely with our program, but by mentoring our students to achieve far more than standard practice.

2016 Friend of Occupational Therapy

Joseph White, who has worked with OT students at the Fort Washington Homeless Shelter for more than five years, was named the 2016 Friend of Occupational Therapy for his unwavering support of our students. He has been a wonderful partner, a great teacher, and has been the key to our programs' involvement at the Fort.

2016 Distinguished Alumni Award

Susan L. Garber, MA, OTR, FAOTA, FACRM, Class of 1965, received the Distinguished Alumni Award. Susan is a professor of Physical Medicine and Rehabilitation at Baylor College of Medicine. Her work focuses on prevention and treatment of pressure ulcers in people with spinal cord injuries. In addition to her work at Baylor, she has spent many years conducting research at The Institute of Rehabilitation and Research and the Michael E. DeBakey Veterans Affairs Medical Center.

Susan is the 2016 recipient of the Eleanor Clark Slagle Lectureship Award from the American Occupational Therapy Association.
SpOTlight on Students

Students Present at 34th Annual Research Day

Masters and doctoral students presented their research at the 34th Annual Research Day on May 12th. Topics ranged from rehabilitating handwriting dysfunction to assessing home safety for the formerly homeless to sleep.

Ghazala Saleem, MS, OTR/L (see interview on Page 6) presented her doctoral research, "Mental Practice Combined with Repetitive Task Practice to Rehabilitate Handwriting Dysfunction in School-age Children".

Masters students Kevin Amarantos, Jan Berg, Ethan Chen, Richard Peters, and Zachary Schluger presented "Assessing Home Safety Fall and Accident Risk in the Prematurely Aging, Formerly Homeless ". They found that a formerly homeless population with a median age in the 50s, was most like a non-homeless population of 70 or 80 year olds. The premature aging associated with this population is often overlooked when dealing with their safety concerns.

Kristin Gregory, Megan Sadlier-Brown, Marcy Schlissel, Allison Schubert, and Lee Ann Westover won the Research Award for their work on sleep, "Comparative Effectiveness of Three Occupational Therapy Sleep Interventions: A Randomized Controlled Study". They recruited participants who self-identified as having sleep issues and assigned them to either a control group, which practiced good sleep hygiene habits, or one of two experimental groups. One experimental group used a Dreampad Pillow®, and the other used Rest® meditation. Both groups also practiced the same good sleep hygiene habits. At the end of the study, the iRest meditation group experienced statistically greater time asleep than both the Dreampad Pillow® and sleep hygiene groups. The Dreampad Pillow® group experienced statistically fewer nighttime awakenings than the iRest® meditation and sleep hygiene groups.

Other students presented the following posters:

**Establishing Convergent Validity and Interrater Reliability of the Build A City Assessment** by Victoria Babikian, Ashley Hartman, Nicole Mandras, Emily McCue, Lindsay Steckler

**Home Mirror Therapy: A Randomized Control Study Comparing Unimanual and Bimanual Therapy for Improved Hand Function Post-Stroke** by Claire Bateman, Kristen Graziano, Lena Kadota, Paul Swinnerton, Omid Zivari

**The Relationship Between Task Constraints and Motor Decisions in Children with Cerebral Palsy** by Liana Abadi, Lance DeGuzman, Lesley Herbert, Keting Su, Laura Tillman

**Development of an Interactive DVD Intervention for Adults Transitioning to Housing: Supportive Education (SMART 2)** by Rachel Bolnick, Jennifer Gonzalez, Nicole Hawkins, Mary Jeghers

**Development of an Interactive DVD Intervention for Adults Transitioning to Housing: Supportive Employment (SMART 3)** by Erica Cirilli, Maeve Kirwan, Ozzie Melhado, Jessica Spellane, Gail Stephens

**Motor Planning Related to Self-Regulation and Prospective Planning in Children with Autism Spectrum Disorders** by Shaina Andrews, Shoshana Barris, Kayla Bridge, Seada Brucaj, Xavier Carroll, Tammie Choe, Elizabeth DeGennaro, Blythe Duckett, Devin Lamke, Brianna Miller, Steven Peltzman, Jennifer Thompson

**Children with HCP: Accuracy and Exploration During Motor Decisions** by Mari Arnaut, Kristen Barry, Rebekah Camacho, Donna Falzone, Letha Francis, Jameela John, Katie Reynolds, Christina Zumwalt
SpOTlight on Students

Interview with Ghazala Saleem, Ed.D., '09, '16

Dr. Ghazala Saleem is a 2016 graduate of the Ed.D. program in Movement Sciences at Teachers College, offered jointly with the Programs in Occupational Therapy. She graduated from the CUOT Masters program in 2009. She currently works as a senior occupational therapist at NYC Department of Education. Her doctoral research focuses on the use of mental practice in conjunction with repetitive task practice to improve motor planning abilities and in turn handwriting skills in school-age children.

How did you find OT?

As an undergraduate student while I was shadowing a physician, I encountered an occupational therapist. This occupational therapist was working with a patient who suffered a stroke. This patient’s desire was to water her plants independently. After a few months, this patient was able to achieve her goal of watering her plants. This intrigued me a great deal. I started researching the profession and was moved by its emphasis on engagement in meaningful activities.

What do you hope to do now that you are done with the Ed.D. program?

I like both teaching and research. Since I will be defending my dissertation soon, I am considering both arenas seriously. I hope to take a role that facilitates scientific inquiry, fosters professional contribution, while giving an opportunity to impart knowledge.

Is there anything else about your experience here that you would like to highlight?

It was an honor and an absolute pleasure to work with esteemed professors who are renowned in their fields and are passionate about providing students with great learning opportunities. I have confident in my skills as a scholar and will always cherish my years at Columbia.

Ghazala Saleem presenting at Research Day in May.
SpOTlight on Students

Members of the class of 2016 visited the Today Show to celebrate OT month. Pictured are Lance DeGuzman, Blythe Duckett, Laura Tillman, Nicole Hawkins, Sandra Aubrey, Jan Berg, Gail Stephens, Victoria Babikian, Emily McCue, and Claire Bateman.

Lee Ann Westover, Victoria Babikian, Emily McCue, Jessica Spellane, Lance DeGuzman, Allison Schubert, Jen Thompson, and Gail Stephens from the class of 2016 participated in the 2016 National Alliance on Mental Illness Walk. The walk raises awareness of mental health issues. Columbia OT participates each year.
### 2016 AOTA Conference

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<td>Use of Cognitive Strategies To Augment Task-Oriented Training Post-Stroke</td>
<td>Dawn M. Nilsen and Glen Gillen</td>
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*Faculty; Alumni

About 40 students plus the OT faculty attended the AOTA conference in Chicago in 2016. Columbia OT sponsored a table at the Breakfast with a Scholar event, in which Lisa Genova, author of Still Alice, was the keynote speaker. She is standing in the center of the photo of our faculty and some of our students.

Columbia OT won two awards in the St. Catherine's Challenge - the most money raised for a first time participant and second place overall for most money raised. Keep an eye out for more information on the 2017 Challenge!
States of Grace Screened on Campus

States of Grace is a documentary about Dr. Grace Dammann’s recovery from a serious accident and coming to terms with her new reality. Part of the reason Grace was interested in making the film was to provide a teaching tool for students in medical professions and others involved in rehabilitation.

The Narrative Medicine program invited the filmmakers and Grace to a screening of the film at CUMC on March 9th. Dr. Janet Falk-Kessler gave an introduction, and Mari Arnaud, Class of 2017, served as one of the emcees. The screening was well attended by Columbia OT students. A trailer for the movie, as well as educational resources, are available by clicking here.

OT Students Participate in Macy Scholar Program

The Macy Scholar program, funded by a grant from the Josiah Macy Jr. Foundation, involves students from a variety of disciplines to enhance interprofessional education. Occupational therapy has been involved in the program for three years, and Dr. Janet Falk-Kessler serves on the committee.

Students from all eight professional health schools spend four weeks learning about narrative medicine, attend a six week seminar on a health topic of interest (past seminars have included end of life care and health care justice), and observe health care teams in action.

Mari Arnaud, class of 2017, participated in the program and said “It has been a great opportunity to learn how other disciplines think about medicine and be able to share the value of OT with them starting as students.” Since participating, she has also been asked to help with other interdisciplinary programs on campus, including role playing interprofessional interactions for a seminar for medical and nursing students.

Macy Scholar participants Tamara Riewe-Moskovitz and Liana Abadi.
In the Physical Disabilities classroom, it is often hard to demonstrate (and see demonstrations) of small technical things - the instructor is too far away or has contorted themselves into a position that is not correct for the technique they are demonstrating.

Dr. Glen Gillen received a grant from the Virginia Apgar Academy of Medical Educators to study the impact of Google Glass in the Physical Disabilities classroom, which allowed him to show students exactly what he was seeing, up close, and in the correct alignment. He was able to project what he was seeing on Google Glass onto screens in the classroom, as well as play them in a loop while students practiced and make them available to students for later review. Since Google Glass is voice controlled, instructors can keep their hands properly positioned while asking it to take a picture or stream a video.

He surveyed his students after one semester of Google Glass use, and 89% thought that it enhanced the classroom learning experience and should continue to be used in the classroom. Three teaching assistants were also surveyed and all thought that it was an enhancement as well.

This technology has been adopted by the Dental School and is being considered for use in other classes. This research was presented at the 2016 AOTA conference.
OT Faculty and Students Partner with e-linc to Support LGBT Older Adults

Professor Phyllis Simon and several Occupational Therapy students are participating in the e-linc program in collaboration with an interprofessional team of nurses, physical therapists, social workers, and mental health professionals to provide care to the aging LGBT adult community. The $1.5 million program, funded by HRSA, works in partnership with SAGE, Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders. It seeks to provide wellness, prevention, and primary care for that population as well as teaching students how to be culturally competent care providers and to work as part of a collaborative team. The project is focusing on providing care at SAGE centers in Midtown and Harlem as well as through home visits. Clients are offered mental health care, primary care, care coordination, and information about wellness and prevention through the Health E-living series.

Professor Simon said, “This population has all the typical issues of any aging population, plus more. They may not have support systems if they’ve been disconnected from their families and have many unique needs”. Students from all disciplines in the interprofessional team receive training on serving the LGBT community and how to become more culturally competent health care providers. They are also learning how to be part of collaborative care teams. Lance DeGuzman ’16 said “This program gave an integrative approach that prepared me in multiple domains of geriatric care and provided a unique perspective that further developed my cultural competency in LGBTQ care.”

At a recent monthly seminar, students watched the interprofessional team discuss their rounds and saw how the team worked together in real time. Students also provide occupational therapy services at clinics, monitor cognitive health and fitness, participate in health fairs, and do home visits to provide prevention and safety recommendations.

This research was presented at the 2016 AOTA conference.
Piloting the Xsens Suit for Motor Learning Projects

Dr. Katherine Dimitropoulou is working on a pilot project with Dr. Sunil Agrawal, a professor of Mechanical Engineering to establish codes for participants wearing an Xsens suit, which can be used in future studies. The Xsens suit is body worn technology that can track 3D motion and kinematics. Using the suits, researchers can have participants do functional tasks instead of only performing tasks in lab conditions.

Participants get into the suit, and trackers are put into the suit all over the body to track movements. Once the suit is hooked up, any movement the participant makes is shown on screen in 3D. Participants are asked to complete a number of motor planning tasks, including walking and stepping over bars of various heights. Their movements are recorded with the Xsens software and by video camera.

Several members of the OT faculty and staff have participated in the study.

Currently, the participants are healthy adults, but the team plans to use the system with children as well. Dr. Dimitropoulou just received a 2016 Irving Institute/Clinical Trials Office (CTO) Pilot Award to study “An Motor Learning Approach to Improve Motor Planning in Children with Cerebral Palsy Hemiplegia”, which will utilize the Xsens suits and the video coding scheme.

Other Faculty & Student News

- Dr. Emily Raphael-Greenfield and Dr. Dawn Nilsen were inducted as Fellows of the American Occupational Therapy Association.
- Dr. Janet Falk-Kessler has been appointed to the New York State Board of Occupational Therapy for a five year term.
- Dr. Glen Gillen has been promoted to the rank of Professor.
- Dr. Emily Raphael-Greenfield has been promoted to the rank of Associate Professor.
- Dr. Katherine Dimitropoulou has been selected as a recipient of a 2016 Irving Institute/Clinical Trials Office Pilot Award for her proposal “An Motor Learning Approach to Improve Motor Planning in Children with Cerebral Palsy Hemiplegia.”
- Dr. Janet Falk-Kessler and Dr. Sharon Gutman published “Development and Psychometric Properties of the Emotional Intelligence Admission Essay Scale” in OJOT.
- Gail Stephens ’16, was accepted to AOTA’s Emerging Leader Development Program.
OT Welcomes New Faculty Members

Katherine Dimitropoulou, Ph.D., OTR/L

Dr. Katherine Dimitropoulou was born in Greece and received a BS in Occupational Therapy from the Technological Educational Institution in Athens. After graduating, she worked on an EU funded interprofessional team responding to people in crisis. In her next position, she worked with young adults with special needs to find goals and transition to adult life.

Katherine moved to the United States to attend graduate school at New York University, and received both a masters and PhD in Occupational Therapy. Her research focused on bilateral hand use in children with disabilities, as well as infant motor decisions and how mothers teach infants novel tasks.

Katherine spent several years teaching and served as the department chair for the Occupational Therapy program at Long Island University. She came to Columbia in 2014 in order to focus on research. She currently teaches Research I and II, Neuroscience of Cognition, and previously taught Pediatrics.

Outside of work, Katherine likes hiking, swimming, fishing, sailing, and cooking.

Daniel Geller, M.S., M.PH., OTR/L

Professor Daniel Geller is a 2002 graduate of the Columbia University Programs in Occupational Therapy and the Mailman School of Public Health dual degree program. He rejoined the department to teach Health Policy and Management, Professional Foundations, and Clinical Conditions II after working at NYU Rusk in the inpatient and outpatient units. He also holds a research position at NYU working in the motor recovery lab.

Daniel is currently pursuing a Ed.D. in Movement Science with a specialization in Occupational Therapy at Teachers College. His research focuses on comparing the effectiveness of unimanual and bimanual at home mirror therapy for improving hand function post-stroke. He is also interested in collaborations between occupational therapy and music therapy.

Outside of the office, Daniel enjoys being outdoors, hiking, swimming, biking, movies, travel, walking around the city, and puppies.
Lenin C. Grajo, Ph.D., OTR

Dr. Lenin Grajo joined the Columbia faculty in 2016. He received his B.S. in Occupational Therapy from the University of the Philippines, an Ed.M. from Harvard, and his Ph.D. in Occupational Therapy from Texas Woman’s University. Prior to coming to Columbia, Lenin taught at Saint Louis University and the University of the Philippines, and had a private pediatric practice.

Lenin always knew he liked teaching and wanted to work with kids, and an aunt suggested that OT might be a good fit for him. His research focuses on children in K-3 with reading difficulties and the role of occupational therapy. He is testing the effectiveness of the Occupation and Participation Approach to Reading Intervention (OPARI) in different pediatric practice settings. He also currently has a grant from a tech company to create a gaming and learning app for children with dyslexia.

At Columbia, Lenin will be teaching Introduction to Grant Writing, specific modules of OT with Children, and courses in the OTD program, including Theories of Measurement and Instrument Development.

Outside of the classroom, Lenin enjoys exploring New York, eating and cooking, reading, going to museums, and doing karaoke.
Eleanor Shelley: 1920 - 2016

Eleanor Shelly, a long-time faculty member of Columbia University's Programs in Occupational Therapy, and past Director of Occupational Therapy Services for Columbia-Presbyterian Hospital, died at her retirement home in Bentley Village, Naples, Florida on February 16, 2016 at 95 years of age. She discovered Occupational Therapy through her personal experiences with a therapist who supported her son, Billy, and Eleanor, as they battled his eventual fatal illness at a very young age. She was also predeceased by her husband, Norman Shelly, and many family members. She is survived by her niece, Kathy Schlegel, of Pennsylvania. Eleanor had the enviable ability to meet difficulty and tragedy head on, with the most positive and constructive of attitudes. Past student (and past faculty member) Adele Germain said, "She possessed a zest for life. A living embodiment of "If life gives you a lemon, make lemonade."

Eleanor originally earned her BS degree at Westchester College. Her love of music and the theatre led to a move from Pennsylvania to New York City. Before discovering Occupational Therapy, Eleanor had a choral career on Broadway, including a part in Gilbert and Sullivan's comic opera The Pirates of Penzance. She incorporated her love of music, gardening, and other creative activities into her new career of Occupational Therapy. She graduated from the Columbia Programs in Occupational Therapy in 1962. She started working at Columbia-Presbyterian Hospital, eventually working her way to Director of Occupational Therapy, and to her positions of influence and teaching in the Programs in Occupational Therapy, until her retirement in 1982.

Eleanor and her husband followed her mentor and the past Director of Programs in Occupational Therapy, Marie-Louis Franciscus, in retirement to Naples, Florida. They continued their friendship until the death of Ms. Franciscus, which was soon followed by Norman's passing.

Eleanor was a huge advocate for independent living, and when she turned 80, she convinced her husband to move into the Continuing Care Community of Bentley Village. She needed very little care herself, but inspired others to independence and activity by directing the chorus, supervising gardening and community activities, and joining many friends for regular outings to dinner parties, movies, the theater, and a nip of scotch now and then. Eleanor stayed very actively involved in her community's social and quality of life programs up until her final days.

The week before her death, Eleanor met Peg Brown (a past faculty member) for lunch, and discussed her decision to forgo further treatment for cancer and to embrace Hospice Care. She loved her Hospice workers, saying that even though she had lost most of her family, Hospice was with her in the end, acting just as Eleanor would wish of her family.

A memorial service was held at the Unitarian Universalist Congregation at 6340 Napa Woods Way, Naples, Florida on March 9. If desired, the family recommends that memorial donations be sent to Avow Hospice at 1095 Whippoorwill Lane, Naples, Florida 34105. The phone number is 239-261-4404.

by Peg Brown
Alumni donates help support the following areas:

**Scholarships.** Last year, students were given 12 awards from general gifts and 4 awards from alumni endowed gifts.

**Student support**

**Education enhancement.** Gifts have helped subsidize the cost of iClickers that all students are required to use in class.

**Software for classroom instruction**

Future donations can support:

**Scholarships.** 80% of our students rely on Financial Aid.

**The new OT multipurpose lab.** We have gotten space to build a new OT lab this fall.

**Any area of practice.** Future gifts can be directed to support individuals who are interested in a specific area of practice.

**International Program Stipends**

**Prep Courses for the NBCOT exam**

**Updated admissions technology**

Any support that alumni and friends of Columbia OT can provide will help enhance our student’s experience.