

Curriculum Vitae

Catherine W. Brock, OTD, OTR/L, CLCP, CLT, BCB-PMD

Phone: 251-445-9229 Email: cwbrock@southalabama.edu

PROFESSIONAL SUMMARY

Experienced Occupational Therapist with a background in anatomical sciences education, life care planning, and clinical therapy. Currently serving as an Assistant Professor at the University of South Alabama. Passionate about advancing occupational therapy education and contributing to interdisciplinary research. Strong track record of leadership, clinical practice, and academic mentorship.

EDUCATION

PhD (in progress, Expected Graduation: 2027)

Health Sciences Education – Contemporary Human Anatomy Track
Old Dominion University, Norfolk, VA

MS (May 2024)

Master of Science – Anatomical Sciences Education
University of Florida, Gainesville, FL

OTD (May 2021)

Post-Professional Clinical Doctorate in Occupational Therapy
University of Alabama at Birmingham, Birmingham, AL

CIRTL Teaching Certificate – Practitioner Level (May 2021)

Center for Integration of Research, Teaching, and Learning
University of Alabama at Birmingham, Birmingham, AL

BS (December 1992)

Bachelor of Science in Occupational Therapy
University of Alabama at Birmingham, Birmingham, AL

LICENSES & CERTIFICATIONS

- **State of Alabama** – AL #0615
- **State of Florida** – FL #OT19519
- **National Board for Certification in Occupational Therapy** – OTR (February 1993)
- **Certified Life Care Planner (CLCP)** – Catastrophic Case Management Certificate Program (June 1999)
- **Certified Lymphedema Therapist (CLT)** – Academy of Lymphatic Studies (July 2015)
- **Board Certified in Biofeedback for Pelvic Motor Dysfunction (BCB-PMD)** – BCIA (December 2016)

PROFESSIONAL EXPERIENCE

Assistant Professor of Occupational Therapy

University of South Alabama – Mobile, AL

June 2021 – Present

- Teach and mentor OTD students in advanced therapeutic techniques and research.
- Lead research initiatives in occupational therapy education and clinical outcomes.
- Develop course materials and deliver lectures on subjects including lymphedema, wound care, and pelvic motor dysfunction.

Occupational Therapist

Benchmark Physical Therapy – Fairhope, AL

October 2020 – Present

- Provide therapeutic interventions for patients with a variety of conditions, including lymphedema, pelvic motor dysfunction, and upper extremity disorders.
- Conduct neuromuscular re-education and manage wound care treatment protocols.

Certified Life Care Planner (Independent Consultant)

July 1999 – Present

- Provide expert life care planning services, including evaluations and long-term care recommendations for individuals with catastrophic injuries.

Adjunct Faculty Instructor

University of South Alabama – Mobile, AL

September 2006 – December 2018

- Delivered guest lectures on clinical topics, including lymphedema and neuro-developmental treatments.
- Supervised MSOT students during Level I fieldwork and research projects.

Private Practice Owner / Occupational Therapist

Specialized Therapy Services, Inc. – Fairhope, AL

September 2015 – June 2020

- Owned and operated a private therapy practice specializing in lymphedema management, wound care, and pelvic motor dysfunction therapy.
- Provided personalized occupational therapy services for a diverse range of patients.

Occupational Therapist

Mercy Medical Home Care Agency – Fairhope, AL

May 2007- November 2015

- Evaluated and provided interventions to geriatric, adult, and pediatric populations in a home care setting for a wide range of conditions.
- Supervised certified and licensed assistants, certified nursing assistants, and volunteers.

Occupational Therapist

Restore Therapy – Mobile, AL

September 2004 – May 2007

- Delivered occupational therapy services in a skilled nursing and long-term care setting to geriatric populations.
- Supervised certified and licensed assistants and supported interdisciplinary teams.

Occupational Therapist

Enduracare Management Services – Daphne, AL

October 2000 – October 2002

- Provided therapy interventions to geriatric, adult, and pediatric populations in both inpatient and home care settings.

Occupational Therapist

Voran Services – Mobile, AL

October 2000 – October 2002

- Delivered therapy services to adult populations in acute care, outpatient, and inpatient rehabilitation settings.
- Supervised, certified, and licensed assistants.

Occupational Therapist / Assistant Director

Therapy Management Services – Mobile, AL

June 1994 – October 2000

- Provided therapy services to adult and geriatric populations across inpatient rehabilitation, outpatient, skilled nursing, long-term care, and hospice settings.
- Assisted in the management of the OT department and supervised therapists, technicians, volunteers, and assistants.
- Developed the BEE SAFE fall prevention program and provided continuing education.
- Served as a Clinical Instructor for Level II Fieldwork placements.

Occupational Therapist

Suncoast Rehabilitation – Naples, FL

January 1994 – June 1994

- Focused on hand and upper extremity injuries/work hardening in an outpatient setting.
- Managed a weekly hand clinic and performed orthotic fabrication.

Occupational Therapist

Therapy Management Services – Mobile, AL

January 1993 – December 1993

- Provided therapy to adult and geriatric populations in skilled nursing, hospice, and long-term care settings.
- Supervised support staff, including technicians and certified and licensed assistants.

PUBLICATIONS

1. Brock, C. W., Mehta, D. V., & Ravine, T. J. (2024). Antibiotic-resistant bacterial biofilms on thermoplastic orthoses pose an increased risk of serious patient infection. [Manuscript submitted for publication]. *American Journal of Occupational Therapy*.
2. Brock, C. W. (2024). The impact of pet therapy on stress reduction and academic performance among allied health students. [Manuscript submitted for publication]. *Internet Journal of Allied Health Sciences and Practice*.
3. Brock, C., Elliott, S., Miller, S., Polomsky, R., Shoemaker, B., & Sullivan, M. (2024). Examining workplace behaviors in adult women with urinary incontinence: A pilot study. *Women's Health*, 20, Article 17455057241249865. <https://doi.org/10.1177/17455057241249865>
4. Brock, C.W., Mehta, D.V., & Ravine, T.J. (2024). Orthotic thermoplastic demonstrates a similar contamination potential with *Bacillus* bacteria recovered from thermoplastic radiation therapy patient masks. *Applied Biosciences*, 3(2), 250-262. <https://doi.org/10.3390/applbiosci3020017>
5. Brock, C.W., Mehta, D.V., & Ravine, T.J. (2024). Abstract 2032: Two *Bacillus* bacteria recovered from thermoplastic radiation therapy masks show similar contamination potential of thermoplastics used to produce patient orthoses. *Journal of Biological Chemistry*, 300(3), S50-S51. <http://dx.doi.org/10.1016/j.jbc.2024.105874>

SERVICE & LEADERSHIP

- **Recognitions Chair**, Alabama Occupational Therapy Association (2020 – Present)
- **Executive Board Member**, Therapy Dogs of South Alabama (2022 – Present)
- **Pet Partners Certified Team Volunteer**, USA Health System, University of South Alabama, Infirmary Health System (2022 – Present)
- **Peer Review Committee Member**, ALOTA (2022 – Present)
- **Reviewer**, Women's Health Journal – Sage Publishing (2024 – Present)
- **Faculty Senate, University of South Alabama** (2022 – Present)
- **Faculty Senate, University of South Alabama, College of Allied Health Caucus Leader** (2024 – Present)

AWARDS

- **Occupational Therapy Award of Excellence**
Presented by the Alabama Occupational Therapy Association (2019)
 - **Outstanding Fieldwork Supervisor**
Presented by The University of South Alabama (2018)
 - **2025 Faculty Award for Excellence in Research**
Presented by Pat Capps Covey College of Allied Health Professions
-

PRESENTATIONS

- **The Use of Devices in the Reduction of Urinary Incontinence – A Scoping Review**
ALOTA State Fall Conference – September 2021
 - Short Course
- **Occupational Therapy Practitioner Perceptions of Animal-Assisted Interventions and Pet Therapy Programs**
ALOTA State Fall Conference – September 2022
 - Short Course
- **Identifying Occupational Patterns in Adult Women with Urinary Incontinence**
ALOTA State Fall Conference – September 2023
 - Poster Presentation

PROFESSIONAL DEVELOPMENT

- **March 2024:** AOTA Inspire 2024 National Conference & Expo
- **September 2023:** What is Neuroplasticity? The Neurophysiology of Motor Learning
- **August 2022:** Pelvic Floor Disorders – Behavioral Medicine Research and Training Foundation
- **May 2022:** Clinical Anatomy of the Upper Extremity and Back – A Cadaver Dissection Course
- **June 2021:** Dry Needling for Occupational Therapists
- **March 2018:** Management of Lymphedema Affecting the Head & Neck
- **October 2018:** Physical Therapy for the Breast Oncology Patient
- **December 2016:** Completion of Required Training for Board Certification in Biofeedback for Pelvic Motor Dysfunction
- **September 2015:** Pelvic Motor Dysfunction
 - Pelvic Floor Level 1 and 2 – Herman and Wallace Pelvic Rehabilitation Institute
 - Biofeedback Training and Incontinence Solutions
- **July 2015:** Lymphedema Management
 - Completed Certification Course
 - Management of Lymphedema Affecting the Head and Neck
- **January 2018:** Advanced Wound Care Certification Course
- **Fall 2000-2013:** Annual Attendance to the International Symposium on Life Care Planning
- **January 2008:** The Management of Arthritis
- **January 2008:** Home Accessibility for Older Adults: An Occupational Therapist's Guide
- **December 2007:** Introduction to Upper Extremity Mobilization
- **September 2007:** Psychotropic Drugs and Behavior Management
- **April 2004:** The Management of Burns
- **October 2001:** Innovation in Practice: The Best of Environmental Access
- **October 1998:** Neuro-Developmental Treatment in the Treatment of Adults with Hemiplegia

- Completed 3-week certification course – Rehabilitation Institute of Chicago, Chicago, IL
- **February 1997:** Myofascial Release I – John Barnes, P.T.
- **April 1996:** An Integrative Approach to the Examination and Rehabilitation of the Shoulder
- **October 1995:** Mind-Body Medicine – Focus on Immune System, Pain, and Emotion
- **November 1994:** Upper Extremity Myofascial Releasing Techniques
- **October 1994:** Evaluation and Treatment of Visual Perceptual Dysfunction
- **October 1994:** Advanced Use of Modalities for Occupational Therapists