



## From the Interim Chair

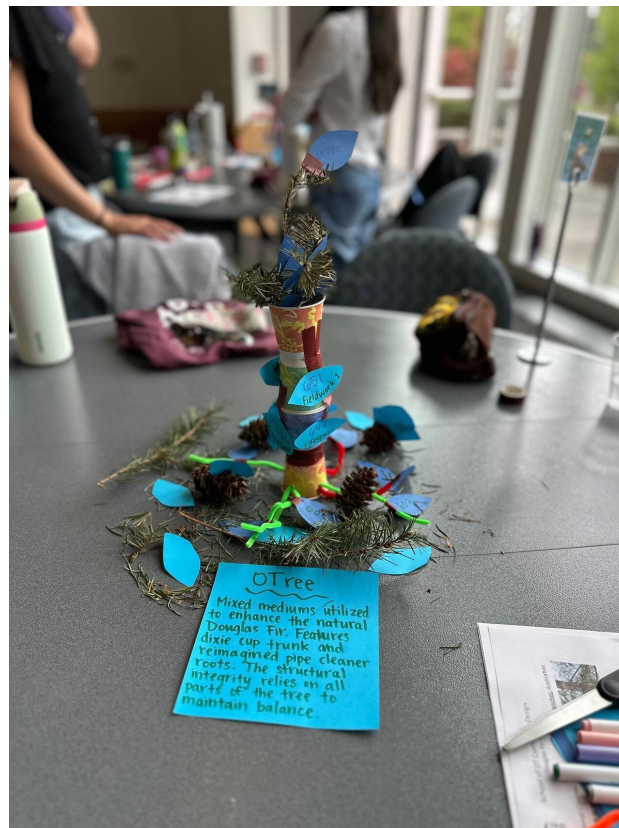
The changing landscape of the fall season brings the welcome explosion of autumn colors and the excitement of receiving our new cohort of students (Class of 2027-2028). Even as we return to our fall routines, much is uncertain. Navigating the new landscape of higher education presents new challenges *and* new opportunities for an educational program designed to respond to the needs of its community. I believe that we, as individuals, as occupational therapists, and as a program,

must forge ahead and drive the changes we want to see in our society. Therefore, we affirm our mission *to prepare culturally sensitive graduates who provide client-centered, evidence and theory informed occupational therapy to diverse individuals, groups, and populations: enhancing clients' participation in meaningful, everyday activities.* (Program Mission, Puget Sound School of OT).

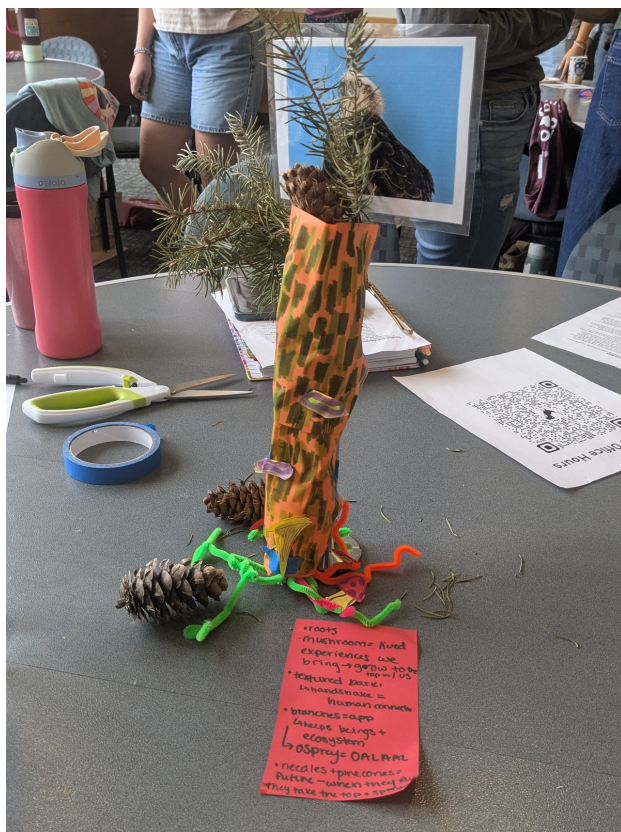
## Welcome Incoming Cohort

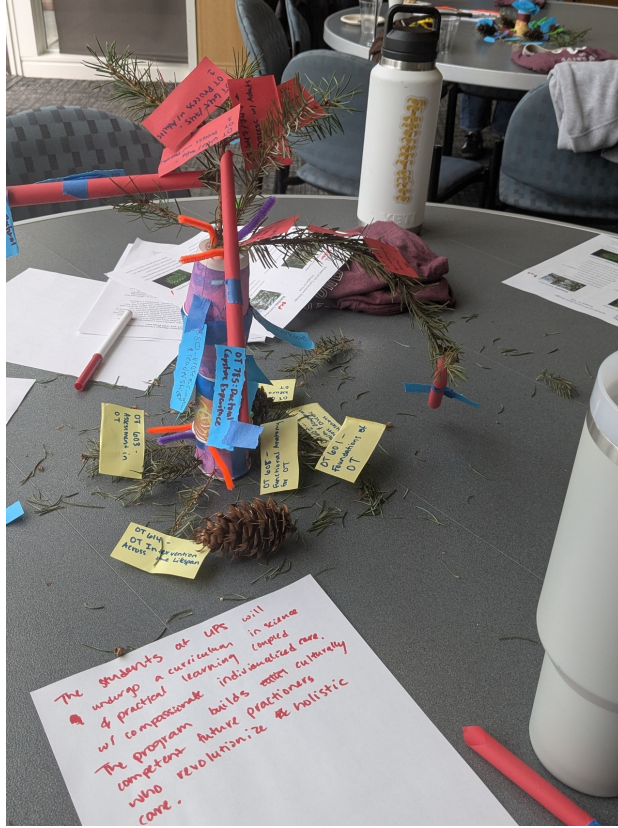


During the OT Student Orientation, students created small group representations of the curriculum design - inspired by the Douglas fir tree. Here are a few of the creative visual displays we encountered on the gallery walk, including the artists' statements.









## New Faculty



### Renée Rains (she/her)

Renée brings over 25 years of experience as an occupational therapist, dedicated to supporting pediatric clients across diverse settings including school-based, private practice, clinical, inpatient, home health, and NICU environments. Her passion for education and global health has led her to teach Entry-Level OTD students in Kansas and undergraduate OT students at the Université Épisopale d'Haïti Faculté des Sciences de Réhabilitation (FSRL) in Léogâne, Haiti.

In addition to her ongoing volunteer faculty role at FSRL, she serves on the board of the Haiti Rehabilitation Foundation, helping to advance sustainable rehabilitation education and practice. Professor Rains was named to the Fulbright Specialist Roster in 2024 for a three-year term, recognizing her expertise and commitment to global health and occupational therapy education. She joined Puget Sound's School of Occupational Therapy as full-time faculty in the summer of 2025.



**Amanda Noble** (she/her)

Amanda brings over 20 years of experience as a licensed occupational therapist, working across a wide range of clinical settings and age groups. Her expertise spans skilled nursing facilities, neurorehabilitation, and acute care with a strong emphasis on pediatric practice. She has provided care in school-based settings, early intervention programs, pediatric home health, and outpatient pediatric clinics.

Throughout her career, Amanda has been passionate about mentoring occupational therapy students and early-career clinicians, and she values collaborative, team-based approaches to achieving meaningful client outcomes. Her commitment to clinical excellence and professional development informs her teaching and supports her students' growth as future practitioners. Amanda's scholarly interests include interdisciplinary teaming in school-based settings, increasing food repertoire for children with limited diets and parent coaching models.



**Elizabeth Sherman-Thomas** (she/they)

Elizabeth has been practicing occupational therapy since 2016 and works primarily in disability justice and community-based spaces, supporting Autistic individuals across the lifespan. Elizabeth's primary teaching and research interests include transdisciplinary OT/mental health support for family systems, sensory health and wellness, experiential, transformative learning, and reflective practice in OT education.

## Get involved in OT research!

### Share Your Voice: How Evidence Projects Transformed Your Practice

Featured at WFOT

#### We need YOUR voice to tell this story at WFOT

We're seeking one-sentence quotes from former students and project collaborators that capture how participating in evidence projects has influenced your clinical practice or professional development.



## What we're looking for:

- Specific examples of how evidence projects changed your practice
- How have the projects impacted your learning or growth

**How to participate:** Please submit your quote to **Share Your Voice**. By submitting, you consent to having your quote featured in our WFOT poster presentation and related materials.

Your experiences matter, and sharing them helps demonstrate the transformative power of evidence-based practice education to the global OT community.

*Thank you for being part of our program's legacy and for continuing to advance our profession through evidence-informed practice.*

## HELP SHAPE THE FUTURE OF GRIEF EDUCATION IN HEALTHCARE

### Seeking Research Participants

Are you a healthcare professional who's encountered grieving patients in your work?

We're conducting a research study to explore provider readiness, training, and attitudes related to grief-informed care. If you work in psychology, medicine, nursing, occupational or physical therapy, counseling, naturopathy, or related fields—your voice matters.

#### Grief Training + Education in Healthcare

- Time Commitment: ~15 minutes
- Format: Anonymous online survey + consent
- Eligibility: International healthcare professionals (survey conducted in English)
- <https://bit.ly/GriefEducationSurvey>

By sharing your experience, you'll contribute to the development of grief-informed best practices in healthcare—and help address current gaps in provider training and patient care.

Thank you for participating and please share in your healthcare communities.



hello@griefisthenewnormal.com  
akashiwa@pugetsound.edu



QR code  
for Survey



## Upcoming Onsite Teaching Clinic - Volunteers Needed

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OCCUPATIONAL  
THERAPY  
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AGES 1 to 16



Helping children overcome barriers to  
playing, learning, and interacting fully  
every day

Addressing learning disabilities (ADHD, autism),  
motor delay, sensory concerns, etc.

Graduate students supervised by state licensed  
occupational therapists

FREE ONSITE PEDIATRIC  
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SPRING SEMESTER  
FEBRUARY-APRIL 2026



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[otclinic@pugetsound.edu](mailto:otclinic@pugetsound.edu)

## Daily Activities



SELF-CARE



SLEEP/REST



PLAY/LEISURE



SOCIALIZING



LEARNING





# School of Occupational Therapy

SEEKING ADULT VOLUNTEERS FOR OCCUPATIONAL THERAPY TEACHING CLINIC!

Helping people overcome barriers to engaging in daily activities and resuming past roles

Graduate students supervised by state licensed occupational therapists

FREE ADULT ONSITE TEACHING CLINIC IN TACOMA



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## Daily Activities



SELF-CARE



SLEEP & REST



PLAY/LEISURE



SOCIALIZING



EDUCATION



WORK



MANAGING MEDICATIONS

University of Puget Sound is on the traditional homelands of the Puyallup Tribe.

## Faculty Scholarship





**Shelly Norvell** was published in the American College of Lifestyle Medicine's newsletter entitled, "*The Lifestyle Medicine Script*" She was invited to contribute to both a Vodcast and a Blog post highlighting that work. Use this link to access the article and Vodcast link: [Academic pathways propel health profession students toward lifestyle medicine certification - American College of Lifestyle Medicine](#)

Professor **Cecille Corsilles-Sy's** current scholarship utilizes community-engaged research. She is collaborating with community partners to support migrant domestic workers (MDW) in Hong Kong through mental health workshops using the Community Resiliency Model. Her partners include the Mission for Migrant Workers, local grassroots organizations and the United Methodist Church (Hong Kong and US). This collaborative research has been accepted for presentation at the 2026 World Federation of Occupational Therapy (WFOT) Congress in Bangkok, Thailand.



Chater Rd, Hong Kong



**Drs. Kashiwa & Sidhu** have been accepted to co-present at the upcoming Lilly Conference in San Diego in January 2026. [Lilly Conferences](#) present evidence-based teaching and learning strategies (the scholarship of teaching and learning) within higher education. Their presentation will be on the utilization of interactive digital scavenger hunts as an instructional strategy for student and faculty engagement across the curriculum.

# Student Corner



This past May, eight OT students kicked off the summer participating in the Ski-to-Sea race in Bellingham as an OT student team, "Activities of Dangerously Fast Living." The race involved seven events, including skiing, biking, and kayaking. Occupational balance and exploration are common topics threaded in our program's curriculum, so it is great to see students putting it into practice.





When the sun started to show its face last spring, the OT students were itching to spend more time outside! Caitlin T broke out here Spike ball set and “Field Days” were born. It turned into a go-to activity any time they had an hour in between classes or on days off. We even managed to lure some faculty to join in! It’s easy to join in without any experience and involves a lot of silliness and laughter. We’re looking forward to introducing first-year students to the tradition!





Curious about the pins? We will be sharing some of the logbook entries in the next few newsletters so keep watching this section to read about where OT has taken Puget Sound alumni!

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*Greetings fellow OTs,*

*I was excited to read your latest summer newsletter. While I could not attend in person, I was there in spirit. This caught my eye: Send us details about where you have taken your OT degree: Email us about your OT journey and we will add your pin(s) to the map. I am a 1985 graduate from the UPS school of OT. I am now retired, but my 35-year OT career has taken me to Bulgaria where I volunteered as a pediatric OT in the handicapped orphanages, primarily in the small town of Lukovit. This was in 1992. My main responsibilities were to get to know the kids, set up any sort of therapy programs, and liaison with Adoption Advocates International (based in Port Angeles, WA) to try get kids adopted into the United States.*

*I also worked in St. Louis, MO. One of my jobs was at Irene Walter Johnson Institute, which is linked to the OT school there, so we were tagged to guest lecture at the OT school. I was doing a rotation in kidney and liver transplants at that time so that is what I guest lectured on. This was 1987-90.*

*I also worked in the public schools in Portland Oregon, Seattle WA, and Honolulu Hawaii, but you probably already have pins in those areas.*

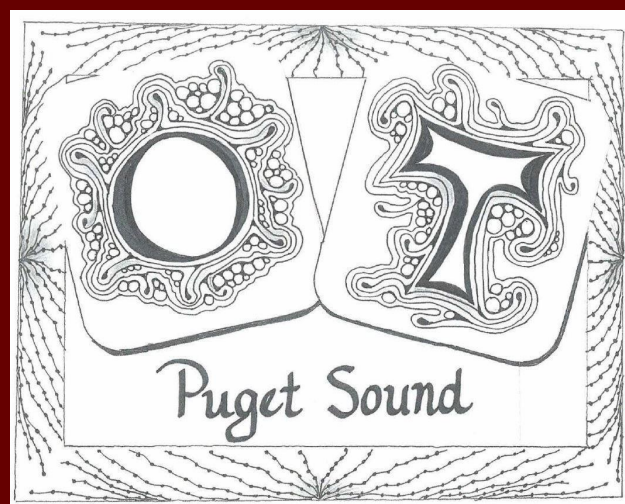
*Tracy Choy Tycer (OT class of '85)*

*I forgot to mention that I was a traveling therapist for a while, dual licensed in WA and OR and living in Portland, so my employer, Professional Therapists On Call, sent me all over. Some cities I recall: Longview, Chehalis, Centralia, Hood River, Roseburg.*

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Our legacy map is designed to show where our alumni have taken their Puget Sound OT degrees around the world with practice, teaching, and service. Want to place a pin on the map? There are a couple of ways you can add your mark:

- In-person: Visit us on the 2nd floor of Weyerhaeuser Hall and pin the map where you have practiced OT, taught OT, or volunteered using your OT skills.
- Send us details about where you have taken your OT degree: Email us about your OT journey and we will add your pin(s) to the map: [ot@pugetsound.edu](mailto:ot@pugetsound.edu).





If you haven't provided feedback already, please take our survey...

The School of Occupational Therapy is gathering information about the Puget Sound OT Program for future opportunities and current data reporting. The target audience is both OT graduates and friends of the program.

Please help us out by completing this short, 5-minute survey. We appreciate you!

[OT Survey](#)



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