Curriculum Vitae - Occupational Therapist

# Curriculum Vitae

## Personal Information

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## Professional Summary

I am a dedicated and passionate Occupational Therapist with over 8 years of experience in Mexico City, specializing in helping individuals achieve independence in their daily lives. As an Occupational Therapist, I focus on assessing patients' physical, cognitive, and emotional needs to develop personalized intervention plans that enhance their quality of life. My work is deeply rooted in the values of empathy, innovation, and professional excellence. Based in Mexico City, I have contributed to diverse healthcare settings such as hospitals, rehabilitation centers, and community clinics. My goal is to empower patients through therapeutic activities tailored to their unique challenges and aspirations.

## Education

* **Bachelor of Science in Occupational Therapy**, Universidad Nacional Autónoma de México (UNAM), Mexico City, Mexico  
  Graduated: 2015
* **Postgraduate Certificate in Pediatric Occupational Therapy**, Instituto Mexicano de Terapia Ocupacional (IMTO), Mexico City, Mexico  
  Completed: 2018
* **Professional Development Courses:**  
  - Advanced Assessment Techniques for Adults and Children (2020)  
  - Neurological Rehabilitation Strategies (2021)

## Professional Experience

### Ocupational Therapist

**Hospital de la Salud, Mexico City, Mexico**  
*January 2019 – Present*

* Provided direct patient care in acute and chronic conditions, focusing on functional independence and mobility.
* Collaborated with multidisciplinary teams to design individualized treatment plans for patients recovering from strokes, spinal injuries, and developmental disorders.
* Conducted ergonomic assessments for workplace rehabilitation programs in partnership with local industries in Mexico City.
* Trained and mentored undergraduate occupational therapy students during clinical rotations at the hospital.

### Ocupational Therapist Assistant

**Clinica de Rehabilitación San Ángel, Mexico City, Mexico**  
*June 2015 – December 2018*

* Supported patients with mental health conditions through structured therapeutic activities to improve daily living skills.
* Developed and implemented sensory integration programs for children with autism spectrum disorder in Mexico City.
* Organized community outreach workshops on accessibility and inclusive design for people with disabilities in collaboration with local NGOs.

## Certifications and Licenses

* **Licenciatura en Terapia Ocupacional**, Universidad Nacional Autónoma de México (UNAM) – 2015
* **Registro Profesional de Terapeutas Ocupacionales, Colegio Mexicano de Terapia Ocupacional (COMOT)** – 2016
* **Certification in Pediatric Occupational Therapy**, Instituto Mexicano de Terapia Ocupacional (IMTO) – 2018
* **First Aid and CPR Certification**, Red Cross Mexico City Chapter – 2020

## Skills and Competencies

* **Clinical Expertise:** Assessment, intervention planning, and evaluation of patient progress in both clinical and community settings.
* **Technical Skills:** Proficient in using adaptive equipment, assistive technology, and electronic health records (EHR) systems.
* **Cultural Sensitivity:** Experience working with diverse populations in Mexico City, including indigenous communities and migrant groups.
* **Communication:** Strong interpersonal skills to collaborate with patients, families, and healthcare professionals in Spanish and English.
* **Leadership:** Led team projects at the Hospital de la Salud to improve patient satisfaction scores by 20% in 2021.

## Languages

* **Spanish:** Native proficiency
* **English:** Fluent (IELTS Band 7.5)
* **Mexican Sign Language (LSM):** Basic proficiency for working with deaf patients in Mexico City.

## Professional Affiliations

* **Colegio Mexicano de Terapia Ocupacional (COMOT)** – Member since 2016
* **Sociedad Mexicana de Rehabilitación (SMR)** – Active participant in regional conferences in Mexico City.
* **International Occupational Therapy Association (IOTA)** – Affiliate member since 2020.

## Additional Information

**Volunteer Work:**  
- \*\*Asociación de Apoyo a Personas con Discapacidad (AASD)\*\*, Mexico City, Mexico – 2017–Present  
Provided free therapeutic sessions to underprivileged individuals and organized fundraising events for adaptive equipment.

**Community Engagement:**  
- Collaborated with local schools in Mexico City to implement occupational therapy programs for children with learning disabilities.  
- Participated in the "Inclusión en Movimiento" initiative, promoting accessibility in public spaces across Mexico City.

## References

Available upon request. Please contact me via email or phone for references from previous employers and professional colleagues in Mexico City.

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