

CURRICULUM VITAE

SARAH T. MBIZA, Ph.D., OTR/L, CRC

Associate Professor in Occupational Therapy

Nova Southeastern University: Health Professions Division

Dr. Pallavi Patel College of Health Care Sciences

Department of Occupational Therapy

3200 S. University Dr., Ft. Lauderdale, FL 33328

(954) 262-1224 (o), (850) 294-6906 (c); mbiza@nova.edu

EDUCATION

Doctor of Philosophy, Counseling Psychology and School Psychology, 2015, Florida State University, Florida

Specialist in Education in Rehabilitation Counseling, 2012, Florida State University, Florida

Master of Science Degree in Health Policy Research, 2004, Florida State University, Florida

Bachelor of Science Degree in Occupational Therapy, 1991, University of Zimbabwe, Harare

LICENSES, CERTIFICATIONS, AND OTHER CREDENTIALS

1997-Present Licensed Occupational Therapist, (Florida OT 8092)

2018-Present Licensed Psychologist, (Florida PY10089)

1997-Present Therapist, National Board for the Certification of Occupational Therapy

2016-2020 Certified Rehabilitation Counselor (CRC)

ACADEMIC POSITIONS AND TEACHING

2019-Now Associate Professor: Nova Southeastern University, Ft Lauderdale FL

Teaching the following courses:

- OCT 7820: Applying measurement Theory
- OCT 6106: OT Practice I: Occupational Therapy Practice for Mental Health and Wellness
- OCT 5121: Effects of Chronic Illness, Injury, and Human Disorders on Occupational Performance I
- OCT 5123: Effects of Chronic Illness, Injury, and Human Disorders on Occupational Performance II
- OCT 5130: Human Interactions
- OCT 6175: Research Seminar
- OCT 6176: Research Practicum

2018-2019 Associate Professor: in the MOT and OTD programs at University of St Augustine, Miami, FL.

Taught the following courses:

- OCT 5335: Clinical Applications of OT in Psychosocial & Community Settings
- OCT 5210: Scholarly Design
- OCT 5430: Scholarly Applications in OT
- OCT 5135: Evidence Informed Practice

Doctoral Coordinator for the OTD program

2016-2018 Associate Professor: Florida A&M University, Tallahassee, FL.

- Responsible for Level I FW assignments and supervision of MOT students in community-based psychosocial occupational therapy fieldwork.
- Developed new courses in the OT Division including OT in Mental Health, and Professional Development in OT Practice
- Developed and taught the following courses.
 - HSC 3502E Survey of Diseases (Online)
 - OTH 6270E: Occupational Pharmacology (Online)
 - OTH 5141: Therapeutic Communication in Groups
 - OTH 5141L: Therapeutic Communication in Groups Lab
 - OTH 6830L: Community-Based Mental Health Occupational Therapy
 - OTH 6833: Community-Based Mental Health Level I
 - OTH 5723: Professional Development in Occupational Therapy
 - OTH 5932: Special Topics: Occupational Therapy in Mental Health
 - RCS 4060 Psychosocial Aspects of Chronic Illness and Disability
 - OTH 6767HB: Scientific inquiry II
- Chaired the School of Allied Health's International Education Committee and represented the School at the university level and facilitated the development of several proposals for faculty-led programs abroad.
- Participated in the Occupational Therapy Division Strategic Planning, Accreditation (ACOTE), and the admissions committees.
- Certified in online teaching and have taught courses online and in hybrid format.
- FAMU's representative at Florida Occupational Therapy Educational Consortium (FLOTEC); coordinated and presented the Fieldwork Educator Certification Workshop for local fieldwork educators.

2017-2019 Behavioral & Mental Health Elective Track Director at Rocky Mountain University, Provo, UT.

- Developed the Behavioral and Mental Health track curriculum.
- Reviewed OTD students' capstone projects.

2008-2016 Academic Fieldwork Coordinator/Visiting Professor at Florida A&M University, Tallahassee, FL.

- Responsible for developing and maintaining fieldwork sites, coordinating student fieldwork assignments, classroom, and fieldwork instruction of Master of Science in Occupational Therapy students.
- Developed over 50 new fieldwork sites for fieldwork placements for occupational therapy students nationwide.
- Developed and taught the following courses.
 - OTH 5870: Fieldwork Level I: Pediatrics
 - OTH 5208: Fieldwork Level I: Adults
- Taught the following courses in the MOT program.
 - OTH 5032: Foundations of Occupational Therapy

- OTH 5142: Therapeutic Communication and Documentation
- OTH 6205: Biopsychosocial II – Adults through Aging
- OTH 6270E: Occupational Pharmacology
- OTH 6941: Fieldwork Level II Rotation I
- OTH 6942: Fieldwork Level II Rotation II
- Developed the division's Fieldwork Manual and facilitated the division's coordination of accommodations for students with disabilities on FW.
- FAMU's representative at Florida Occupational Therapy Educational Consortium (FLOTEC); coordinated and presented the Fieldwork Educator Certification Workshop for local fieldwork educators.

2015-2018 Adjunct Instructor in Rehabilitation Counseling & Mental Health Counseling Programs at Florida State University, Tallahassee, FL.

- Responsible for developing coursework and teaching counseling coursework, and medical and psychosocial aspects of counseling.
- Coordinated panel discussions for guest speakers with disabilities, from agencies for people with disabilities, and experts on various medical conditions.
- Taught:
 - RCS 5080 Psychosocial and Medical Aspects of Chronic Illness and Disability
 - SOW 5153 Human Sexuality to MS students in mental health counseling, social work and music therapy, and doctoral students in psychology.
 - MHS 5801 Practicum in Counseling and Rehabilitation
 - MHS 5060 Psychosocial and Multicultural Aspects of Counseling
- Coordinated mental health counseling students' practicum experiences at multiple sites.

2010-2014 Clinical Coordinator of Human Services Center & Student Disability

Resource Center at Florida State university, Tallahassee, FL. Responsible for:

- Marketing and screening of clients for the field practicum experience
- Reception duties and management of documentation procedures
- Collaborating with instructors in the screening process and scheduling of clients
- Coordinating groups for various disabilities, and liaising with referral sources
- Supervision of Master-level practicum students
- Provided group therapy for coping with college skills for students with disabilities, including ASD, ADHD, and other disabilities.
- Coordinated and conducted "Coping with Disability" groups for students with disabilities (ADHD, Autism Spectrum disorder, and general disabilities).
- Developed a literature review for effectiveness of groups.
- Compiled surveys, collected data, and analyzed data on effectiveness of groups.

2006-2011 Graduate Teaching Assistant in Rehabilitation Counseling & Mental Health Counseling Programs at Florida State University, Tallahassee, FL.

- Coordinated student-run supervised counseling clinic offering mental health services to the community and students with disabilities.
- Taught the following courses:
 - CLP 6169 Adult Development and Psychopathology
 - RCS5060 Teaching Assistant for Psychosocial and Multicultural Aspects of Counseling
 - RCS5080 Psychosocial and Medical Aspects of Disability

- RCS5250 Assessment in Rehabilitation and Counseling
- RCS4060 Psychosocial Aspects of Diversity
- SDS4481 Communications and Human Relations at FSU

1995-1997 Lecturer/Clinical Coordinator at University of Zimbabwe Medical School, Harare, Zimbabwe.

- Developed fieldwork sites and coordinated fieldwork activities in the Occupational Therapy Program.
- Developed a tool for tracking students' fieldwork activities to facilitate compliance and coordination with fieldwork sites.
- Provided clinical supervision and participated in the evaluation of Occupational Therapy students on fieldwork.
- Taught the following courses in the Occupational Therapy Program:
 - Introduction to Occupational Therapy
 - Occupational Therapy Techniques including splinting, ADL training, crafts, and activity analysis.
 - Psychosocial Occupational Therapy
 - Theory & History of Occupational Therapy

1993-1994 Rehabilitation Tutor at Rehabilitation Assistants Training School, Marondera, Zimbabwe

- Developed Occupational curriculum and instruction for a multidisciplinary training program at a Rehabilitation Assistants Training School
- Interprofessional teaching with speech therapy and physical therapy
- Supervised Occupational Therapy and Rehabilitation Assistant students in community-based rehabilitation fieldwork.
- Developed a fieldwork experience supervision evaluation tool to track students' fieldwork experiences.

SCHOLARLY EXPERIENCES

Peer Reviewed Papers and Posters

Kornblau, B. L., Oliveira, D. S. & **Mbiza, S.** (2020, March) Measuring quality of life through participation: A synthesis of multiple qualitative studies on occupational autonomy. Poster accepted for the American Occupational Therapy Association's National Conference, Boston, MA. [conference canceled because of COVID-19]

Kornblau, B. L., **Mbiza, S.**, Oliveira, D. S., Collins, I., Stroman T., Rivers, R., & Jones, M. (2020). Coping strategies for people with chronic pain who are gainfully employed. Poster accepted for the American Occupational Therapy Association's National Conference, Boston, MA. [conference canceled because of COVID-19]

Clark, H., Kornblau, B. L., Lang, K., **Mbiza, S.**, Motley, S., Robertson, S. M. & Oliveira, D. S. (2020, March). Autism and pain: How autistic adults perceive pain. Poster accepted for the American Occupational Therapy Association's National Conference, Boston, MA. [conference canceled because of COVID-19]

- Kornblau, B. L., Robertson, S. M., & **Mbiza, S.** (2019, August). Autistic Adults' Perceptions of Barriers to Work. (Published abstract). *American Journal of Occupational Therapy* 73, (4_Supplement_1):7311505079. doi:10.5014/ajot.2019.73S1-PO1018.
- Mbiza, S.**, Kornblau, B. L., & Oliveira, D. (2019, August). Barriers to Mammography Access for Women with Disabilities: Can OT Help Solve the Problem? (Published abstract). *American Journal of Occupational Therapy* 73, (4_Supplement_1):7311505132. <https://doi.org/10.5014/ajot.2019.73S1-PO4008>
- Kincey, S. D., Farmer, E. D., Wiltsher, C. Y., McKenzie, D., & **Mbiza, S. T.** (2019). From Chalkboard to Digital Media: The Changing Role of Faculty with the Evolution of Technology and its Impact on Minority Students' Learning Experiences. *Journal of Faculty Development*.
- Kornblau, B.L. & **Mbiza, S.T.** (2018). Measuring Quality of Life through Participation: The Theory of Occupational Autonomy. American Occupational Therapy Association. World Federation of Occupational Therapists Congress. Cape town, South Africa
- Mbiza, S.T.** & Kornblau, B.L. (2018). Community-based Occupational Therapy: A Model for Psychosocial Fieldwork in Emerging Practice Areas. World Federation of Occupational Therapists Congress. Cape town, South Africa
- Kornblau, B.L. & **Mbiza, S.T.** (2017). Health disparities at the intersection of race, ethnicity, and disability: How occupational therapy in primary care can help. American Occupational Therapy Annual Conference, Philadelphia, PA.
- Pride, A., Kornblau, B., Oliveira, O., **Mbiza, S.T.**, Keith, D. & Williams, P. (2017, March31) Correlation between Executive Function and IADLs in Older Adults with Mild to Moderate Dementia. American Occupational Therapy Annual Conference, Philadelphia, PA.
- Mbiza, S.T.**, Stripling, A., & Scott, C. (2016). Sexuality in Cognitively Intact Older Adults: An Examination of Sexuality in Institutions. The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.
- Jackson, A. & **Mbiza, S.T.** (2015). Exercise Prescription for Older Adults. The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.
- Jackson, A. & **Mbiza, S.T.** (2015). Interprofessional Collaboration in Geriatric Rehabilitation Education. Gerontological Society of America Annual Scientific Meeting, Washington, DC
- Mbiza, S.T** & Jackson, A. (2015). Healthcare Decision Making in Older Adults. The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.

Reviewer/Contributor

2016 - Manuscript reviewer: *Occupational Therapy Journal of Research (OTJR)*, and *AOTA*

2014 Book/Chapter Reviewer: *Pharmacology for Rehabilitation* chapter; 1001 Mental Health Activities

2017 Contributed Simulated NBCOT Questions to ***45 Days and Counting***

- 2013-2014 Geriatric Education Scholar: A Fellowship at University of Alabama at Birmingham's Geriatric Education Center**
- Attended five workshops on various aspects of care for the complex institutionalized or community-dwelling geriatric client.
 - Collaborated in interprofessional development of a newsletter, and three publications.

- 2011-2017 Presentations/Workshops**
- Annual coordinator and presenter of Fieldwork Educator Certification Workshop through Florida Occupational Therapy Educational Consortium, 2011-2017

CLINICAL OCCUPATIONAL THERAPY EXPERIENCE

- 2007-2016 Occupational Therapist at Health Connections Rehab Services, Tallahassee, FL**
- Provided occupational therapy services to residents of a skilled nursing facility.
 - Supervised Occupational Therapy Assistants and Rehab technicians.
 - Conducted evaluations and recommendations for community re-entry.
 - Conducted home evaluations and provided recommendations for home modifications and adaptive equipment.

- 2005-2016 Occupational Therapist at Aegis Therapies, Tallahassee, FL**
- Completed skilled nursing facility residents and assisted living outpatient evaluations.
 - Provided treatments to patients of all age groups and various conditions.
 - Supervised occupational therapy assistants and rehab aides.
 - Provided group therapy activities for all residents at the ALF for prevention of fall and cognitive decline.

- 2002-2012 Occupational Therapist at Apalachicola Forest Youth Camp, Bristol, FL**
- Provided educationally relevant occupational therapy services to juvenile residents of a competency-restoration program.
 - Developed and implemented IEP goals for all campers referred for occupational therapy services.
 - Participated on the treatment team for coordination of services for all residents.

- 2004-2005 Director of Rehabilitation at Alliance Care at Broadview Assisted Living Center, Tallahassee, FL**
- Managed rehabilitation services at three assisted living facilities in Tallahassee.
 - Provided clinical occupational therapy services to residents of assisted living facilities.
 - Marketed to improve census for rehabilitation department.
 - Provided in-services for direct care staff at ALFs.

- 2002-2004** **Director of Rehabilitation** at Paragon Rehabilitation at Miracle Hill, Tallahassee, FL
- Managed rehabilitation services at a skilled nursing facility in Tallahassee.
 - Provided PRN clinical occupational therapy services to residents of SNF.
 - Provided in-service training for CNAs and nurses regarding restorative and maintenance care.
- 1998-2002** **Occupational Therapist** at Paragon Rehabilitation, Blountstown, FL
- Completed evaluations and treatments of geriatric clients in a skilled nursing facility (SNF).
 - Supervised rehab technicians and Occupational Therapy Assistants.
 - Provided occupational therapy services to Calhoun and Liberty County schools and was responsible for consultations and interventions for K- 12th grade students.
 - Provided home health services to residents of Gadsden and Liberty counties.
 - Provided evaluations and treatments to patients in Gadsden Community Hospital
- 1997-1998** **Occupational Therapist** at Brevard County Schools, Merritt Island, FL
- Provided school-based and educationally relevant occupational therapy to students in five schools in Brevard county.
 - Responsible for evaluations and development of educationally relevant goals for students with autism spectrum disorder
 - Initiated community-based intervention program to facilitate participation of students with autism.
- 1994-1995** **Head of Occupational Therapy Department** at Parirenyatwa Hospital, Harare, Zimbabwe
- Administration of the occupational therapy department, bidding for departmental requirements and generating annual reports.
 - Managed occupational therapy services in seven wards with a staff of eight occupational therapists, rehabilitation technicians and rehab aides.
 - Coordinated community-based outreach programs for early intervention and people with disabilities.
 - Provided direct occupational therapy services in burns and psychiatric units.
 - Conducted groups for mothers of children with disabilities.
 - Supervised occupational therapy and rehabilitation assistant students on clinical rotations.
- 1991-1993** **Provincial Occupational Therapist** at Marondera Provincial Hospital, Ministry of Health, Marondera, Zimbabwe
- Provided therapy services at a provincial hospital in the surgical, burns, and psychiatric units.
 - Provided outreach services for community-based rehabilitation as part of a multidisciplinary team.
 - Supervised occupational therapy and rehabilitation assistant students on fieldwork.
 - Provided in-service training to hospital departments and community groups on the benefits of rehabilitation.

PSYCHOLOGY CLINICAL TRAINING & PRACTICE

- 2020 – Now Licensed Psychologist at SHAMISO Wellness Institute, Davie, FL**
- Provide psychotherapy services in a private practice setting through telehealth.
- 2018 – 2019 Licensed Psychologist at KB Psychological Associates, Tallahassee, FL**
- Provided psychotherapy services in a private practice setting.
 - Conducted Psychological evaluations for disability, cognitive and intelligence.
- 2015 – 2017 Post-doctoral Psychology Resident: Dr Nancy Wonder & Dr Kenneth Long, Tallahassee, FL**
- Provided psychotherapy services in a private practice setting for youth and adults with various psychosocial issues.
 - Conducted evaluations including the following:
 - Psychological
 - Memory
 - Disability
 - ADHD
 - Intelligence
 - Parenting
 - Bonding (parent, sibling)
 - Juvenile Competency
 - Comprehensive Behavioral
 - Psychosexual
 - Coordinated appointments for evaluations and assisted in conducting evaluations and writing reports.
 - Assisted with supervision of Master and Doctoral level students.
- 2013-2014 APA Intern at Tallahassee Memorial Behavioral Center & Florida State University Student Disability Resource Center (SDRC), Tallahassee, FL**
- Participated in the Adolescent/Child Assessment Treatment program – for the evaluation of youth exhibiting acute emotional problems.
 - Administered assessments in an Adult Intermediate Treatment program for adults exhibiting acute symptoms of a variety of emotional disorders such as bipolar disorder, major depression, anxiety, panic, eating and sleep disorder, and co-occurring substance abuse.
 - Participated in an Adult Specialty Treatment program for individuals experiencing symptoms related to severe and disruptive mental disorders and/or mental impairment.
 - Administered a wide variety of psychological and neuropsychological assessments for children, adolescents, and adults in the inpatient program.
 - Conducted screening and intakes of college students for enrollment in individual or group psychotherapy.
 - Administered a variety of assessments to college students including functional and psychoeducational assessments and surveys (e.g., assessments of social skills, ADHD), and collaborating with other providers.
 - Co-led groups for college students with ADHD, Autism-related disorders and coping with disabilities.

- Provided individual psychotherapy to college students with a variety of emotional concerns to support coping with college demands.
- Provided supervision to master's level practicum students providing counseling at SDRC.

2008-2013 Graduate Student Field Practicum Experiences

- Gadsden Correctional Facility (Summer-Fall 2012)
- FSU Students' Disability Resource Center (Spring 2012-present)
- FSU Counseling Center (Summer 2012)
- Florida State Hospital (Spring 2012)
- Red Brick School Psychology Practicum at Florida State University School (Spring 2012)
- FSU Career Center (Fall 2011-Spring 2012)
- FSU Assessment of Intelligence Course (Fall 2011)
- Tallahassee Memorial Hospital Behavioral Unit (Summer 2011, Fall 2011)
- Apalachicola Forest Youth Camp (Summer 2011)
- FSU College of Medicine at Neighborhood Health Services (Spring 2011)
- FSU Ethics and Supervision Course (Spring, 2009)
- FSU Human Services Center (Fall 2008; Spring 2009)

LANGUAGES

- Proficient in written and spoken Shona and Ndebele.

PROFESSIONAL AFFILIATIONS

- World Federation of Occupational Therapists (WFOT)
- American Occupational Therapy Association (AOTA)
- Coalition of Occupational Therapy Advocates for Diversity (COTAD)
- Society for Study of Occupation (SSO)
- Florida Occupational Therapy Association (FOTA)
- American Psychological Association (APA)
- Florida Psychological Association (FPA)
- South Florida Black Occupational Therapists Caucus (SFBOTC)