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Education

Post-Professional Doctor of Occupational Therapy, Tufts University, Medford, MA 2015
Master of Science, Occupational Therapy, Tufts University, Medford, MA 2006
Bachelor of Arts, Biology, University of Rochester, Rochester, NY 2001

Certificates and Licensure

National Board for Certification of Occupational Therapy 2006 - present
Massachusetts License #9310 2006 - present
AOTA Fieldwork Educator Certificate 2011

Academic Appointments

Associate Director of Clinical Education & Assistant Professor 2019-present
Associate Director of Clinical Education & Instructor 2016 - 2019
Department of Occupational Therapy
MGH Institute of Health Professions
Charlestown, MA

Term Lecturer 2015 - 2016
Department of Occupational Therapy
MGH Institute of Health Professions
Charlestown, MA

Instructor, Practicum Course 2015 - 2016
Teaching Assistant, Practice in Pediatrics
Department of Occupational Therapy
Tufts University
Medford, MA

Clinical Appointments

Per Diem Occupational Therapist 2015 - 2017
Spaulding – Salem Outpatient Center for Children, Salem, MA

Advanced Clinician, Pediatric Outpatient Department 2014 - 2016
Spaulding Rehabilitation Hospital, Charlestown, MA

Per Diem Home-based Occupational Therapist 2010 - 2015
Children’s OT Connection, Boston, MA

Student Clinical Program Coordinator & Staff Occupational Therapist 2009 - 2015
OTA-Wakefield, Inc., Wakefield, MA

Occupational Therapist 2006 - 2009
Arlington Public Schools, Arlington, MA

Per Diem Occupational Therapist 2006 - 2008
Spaulding Hospital- Cambridge, Cambridge, MA

Administrative Appointments

Acting Director of Clinical Education (Fieldwork) 2018 (6 months)
Department of Occupational Therapy
MGH Institute of Health Professions
Charlestown, MA
Responsible for leading OTD Program Academic Fieldwork Team processes during colleague's sabbatical leave.

Honors and Awards

Faculty Award for Excellence 2019
Department of Occupational Therapy
MGH Institute of Health Professions

Partners in Excellence Award (Team Award) 2016
Spaulding Rehabilitation Network Outpatient Performance Improvement Committee
Partners Healthcare

Virginia Auty Nedved-Cook BSOT '52 Endowed Student Research Award 2015
Tufts University

Certificate of Appreciation 2013
New England Occupational Therapy Education Council

Grants

Current

Boston Public Schools: 2017-2019
The Harvard-Kent and MGH Institute Community Partnership for Summer Learning
\$69,000 awarded in 2017; \$66,000 in 2018;
Role: Grant faculty at 8% effort

Publications

Online materials

1. **Zeman, E.A.** & N. Harvison. (2017). Burnout, stress and compassion fatigue in occupational therapy practice and education: A call for mindful, self-care protocols. Commentary, National Academy of Medicine, Washington, DC. Retrieved from <https://nam.edu/burnout-stress-and-compassion-fatigue-in-occupational-therapy-practice-and-education-a-call-for-mindful-self-care-protocols/>

Media appearances

1. McKay, J., Westrick, R., Inzana, R., Merson, J., Plummer, L., Clock, C., **Zeman, E.A.**, & Laird, E. (2018). *PT Pintcast* - MGH Institute of Health Professions Podcast - Part I. [Podcast]. Retrieved from <http://www.ptpintcast.com/2018/07/17/316-mgh-institute-health-professions-part-1/>

Peer-Reviewed Presentations and Abstracts

Millsap, T. & **Zeman, E.A.** Impact of a Mindfulness-Based Intervention for At-Risk Youth: A Means to Improve Self-Regulation. Poster at annual meeting of the American Occupational Therapy Association, New Orleans, LA. 2019

Forde, A. & **Zeman, E.A.** The Effectiveness of an Intensive Drown-Prevention Program and Retention of Skills for Children with and without Disabilities, Ages 3 to 14. Poster at annual meeting of the American Occupational Therapy Association, April, New Orleans, LA. 2019

Peacock, A. & **Zeman, E.A.** The Impact of Outdoor Play on Off-Task Behaviors in Elementary-School Students. Poster at annual meeting of the American Occupational Therapy Association, April, New Orleans, LA. 2019

Zeman, E.A. & Mack, A. *Lines, Drains, and Tubes: Utilizing Simulation to Prepare Students*. One-hour session delivered at 2018 MAOT Annual Conference, October, Norwood, MA. 2018

Evenson, M.E., **Zeman, E.A.**, Mack, A. *Promoting fieldwork in home care: Meeting workforce and society's needs*. Poster presentation at 2018 MAOT Annual Conference, October, Norwood, MA. 2018

Zeman, E.A. & Mack, A. *Lines, Drains, & Tubes: Using Lab Simulation to Prepare Students for Acute-Care Level II Fieldwork*. Poster presentation at 2018 AOTA Education Summit, October, Louisville, KY. 2018

Zeman, E.A., Doherty, R.F., & Hurley, L. *Learning by Doing in the Doctoral Experiential Component: Developing a Mindfulness Program for an Urban Population in a Student-Run, Pro-Bono Clinic*. Platform presentation at 2018 AOTA Education Summit, October, Louisville, KY. 2018

Zeman, E.A. & Evenson, M.E. *Embedding Koru mindfulness into occupational therapy fieldwork preparatory coursework: Supporting the quadruple aim*. Short Oral presentation at WFOT Congress, May, Cape Town, South Africa. https://wfotcongress.org/downloads/presentations/SE09/emily_zeman.pdf 2018

Evenson, M.E. & **Zeman, E.A.** *Mapping interprofessional core competencies to an occupational therapy curriculum: Focus on entry to practice clinical education*. Short Oral presentation at WFOT Congress, May, Cape Town, South Africa. https://wfotcongress.org/downloads/presentations/SE75/mary_evenson.pdf 2018

Millsap, T. & **Zeman, E.A.** *Exploring mindfulness interventions for children who have experienced trauma: A scoping review*. Poster at annual meeting of the American Occupational Therapy Association, April, Salt Lake City, Utah. 2018

Evenson, M.E., **Zeman, E.A.** & Mack, A. *Promoting fieldwork in home care: Meeting workforce and society's needs*. Poster at annual meeting of the American Occupational Therapy Association, April, Salt Lake City, Utah. 2018

Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas*. Poster presentation at MAOT Annual Conference, November, Norwood, MA. 2018

Zeman, E.A. & Evenson, M.E. *Incorporating Koru, a standardized mindfulness program in occupational therapy fieldwork preparatory coursework*. Session presentation at MAOT Annual Conference, November, Norwood, MA. 2017

- Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas.* Poster presentation at AOTA Education Summit, October, Fort Worth, TX. 2017
- Zeman, E.A.** & Evenson, M.E. *Incorporating a standardized mindfulness program in occupational therapy fieldwork preparatory coursework: Enhancing professionalism and socialization.* Panel presentation at AOTA Education Summit, October, Fort Worth, TX. 2017
- Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas.* Presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.** *Constructing a meaningful narrative as OT practitioner, educator & student: Self-care tools for sustaining a career in compassionate caring,* Poster presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.,** Hurley, L., & Nathanson, R. *Parental self-efficacy & confidence: A critical component of client-centered care.* Presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.** & Tickle-Degnen, L. *Professional quality of life in occupational therapists: Navigating the dual role of fieldwork educator and practitioner.* Research poster session presented at annual meeting of the American Occupational Therapy Association, April, Chicago, IL. Retrieved from <https://ajot.aota.org/article.aspx?articleid=2582663&resultClick=3> 2016

Invited Presentations

Institutional and Practice Partners

<i>Expanding Educational Opportunities via Service Learning: Outcomes of a LEGO Club Pilot</i> Faculty Development Day Onramps Poster presentation MGH Institute of Health Professions	2019
<i>Unsung Heroes, Mindful Schools in the Classroom</i> All Faculty Senate Meeting, MGH Institute of Health Professions	2018
<i>Implementing an Interprofessional Preceptor Development Program in Primary Care: A Scoping Review</i> Faculty Development Day Onramps Poster presentation MGH Institute of Health Professions	2018
<i>Combatting Burnout: Self-care for Caregivers</i> Wellness Week for Nurses White 10, Massachusetts General Hospital	2018
<i>Constructing a Meaningful Narrative as OT Practitioner, Educator & Student: Self-care Tools for Sustaining a Career in Compassionate Caring</i> Fall Faculty Convocation Poster presentation MGH Institute of Health Professions	2017
<i>Mindfulness as a Self-Reflective Practice Emerging Adulthood</i> Faculty Development Day presentations, MGH Institute of Health professions	2017
<i>The Role of Occupational Therapy in Primary Care</i> Crimson Care Collaborative, Massachusetts General Hospital	2017
Regional	
<i>Trauma Informed Care and its Application to the School Based Therapist</i> Therapies in the School Conference Education Resources, Inc. Framingham, MA	2019 (Nov)
<i>Wellness as a Health Professions Educator</i> College of Pharmacy and Health Sciences Professional Development Day Western New England University, Springfield, MA	2019
<i>Mindful Moments in the midst of Caregiving</i> Saturday Seminar Series Workshop (4 hours), 39 attendees Therapro, Inc., Framingham, MA	2016
<i>Self-care for Special Education Professionals</i> Professional Development Workshop Invited Speaker (7 hours), 50 attendees Springfield Public Schools, Springfield, MA	2015
Keynote Speaker: 2015 MAOT Spring Conference Worcester State University, Worcester, MA, 65 attendees	2015
<i>Refresh & Renew: Managing the Complex Roles of Fieldwork Educator & Practitioner</i> 2014 NEOTEC Annual Conference Invited Speaker (5.5 hours), 132 attendees Worcester State University, Worcester, MA	2014

Educational Activities

CSD – OT – Collaboration in Handwriting Pilot Educated 2 nd year CSD students on role of occupational therapy in handwriting Supervised OTD student in administering <i>Test of Handwriting Skills-Revised</i> in CSD clients Ongoing consult as needed during CSD summer Handwriting Clinic	2018
IHP Clinical Teachers Workshop Part 1: Wellness and Mindfulness as a Clinical Preceptor Office of Continuing & Professional Development MGH Institute of Health Professions – MGH	2017 & 2018
S-IHP-CAP Wellness Program Mindfulness and self-care sessions for clients with Aphasia Spaulding Rehabilitation Hospital- MGH Institute of Health Professions	2017-2019
Professional Development Workshop 1, Team session, Harvard Medical School Interprofessional Faculty Debrief Team member, 60 students	2017

Courses Taught

Primary Course Instructor

OT 622- Professional Reasoning II
OT 630 – Human Development & Occupation
Across the Lifespan
OT 663 – Level I Fieldwork 4
OT 664 – Level I Fieldwork 5
OT 766 – School-based Practice in Occupational Therapy (elective)

Co-Instructor

OT 760 – Fieldwork Seminar
OT 761 – Level II Fieldwork 1
OT 762 – Level II Fieldwork 2
OT 792 – International Innovations Project (elective)
OT 810 – Professional Reasoning IV (2019 Course Coordinator)
OT 880 – Professional Competencies
OT 885 – Advanced Doctoral Experience
OT 894 – Research IV: Dissemination & Capstone
OT 899 – Independent Study: Global Immersion in China (elective)
HP 818 – IMPACT I
HP 819 – IMPACT II

Mentoring

Students

ADE Advisees – Capstone Thesis Research & Project Advisor

Emily Handley, *Compassion Scholar, Schwartz Center for Compassionate Healthcare* 2019 - 2021

Ashley Glicksberg 2018 - 2020
Polyxenia Pantos
Sophia Yu

Anna Forde 2017 - 2019
Amirra Johnson
Taelor Millsap
Kristen Peacock

Rae Nathanson 2016 - 2018
Leah Hurley

Clinical Faculty & Term Lecturers

Occupational Therapy Program

Jenny Cleary, MS, OTR/L 2019

Stefanie Larsen, MS, OTR/L 2019

Marisa Capogreco, OTD, OTR/L 2019

Tee Stock, OTD, MS, OTR/L 2019

Lab Instructor, School-based Practice & Professional Reasoning IV

Cathy Leslie, MS, OTR/L, PhD candidate 2016-2019

Level I FW OT 663 Course Support & Instructor

Kellie Nashawaty, OTR/L 2017 - 2019

Term Lecturer, Level I Fieldwork 4

Irene Kershaw, OTR/L 2016 - 2017

Term Lecturer, Level I Fieldwork 4

Michael Monteiro, OTR/L 2017

Term Lecturer, Level I Fieldwork 4

Julia Stein, MS, OTR/L 2016, 2018-19

Term Lecturer, Level I Fieldwork 4 & School-based Practice

Katrin Meret Bastos 2016

Graduate Assistant, Level I Fieldwork 4

Clinical Innovations and Quality Improvement Projects

Spaulding Rehabilitation Network Outpatient Performance Improvement Committee 2015 - 2016

Streamlining EMR processes and PROMs with EPIC roll-out

Professional Memberships and Activities

American Occupational Therapy Association (AOTA) 2019 - present

Academic Education SIS Young Professionals Coordinator

New England Occupational Therapy Education Council Committee (NEOTEC) member, regional 2016 – present

AOTA member, national organization 2012 – present

Massachusetts Occupational Therapy Association (MAOT), member, state chapter 2011 - present

Institutional Service

Interprofessional Activities Committee, member MGH Institute of Health Professions	2017 - present
Harvard-Kent Elementary School - IHP Partnership, Faculty MGH Institute of Health Professions	2017 – present
Student Occupational Therapy Association (SOTA), Faculty Advisor Department of Occupational Therapy MGH Institute of Health Professions	2017 – present
Faculty Development Day Planning Committee Member & workshop presenter, May	2017
OT CLiPR Committee, IMPACT Practice Center, member Department of Occupational Therapy MGH Institute of Health Professions	2017 - present
Committee on Academic Policies & Procedures (CAPP), member Department of Occupational Therapy MGH Institute of Health Professions	2017 – present

Community Service

IHP IMPACT Community Day, Team Lead Harvard-Kent and Teamsters Local 25 MGH Institute of Health Professions Charlestown, MA	2016, 2018- 2019
Friday Night Supper Program Volunteer Boston, MA	2017
Hurricane Harvey Student OT Association (SOTA) Fundraiser Raised \$1000 for PIMA Institute’s OTA students displaced by storm in Houston, TX MGH Institute of Health Professions	2017
SOTA Blanket-a-thon Occupational Therapy Global Day of Service, Activity Leader Department of Occupational Therapy, MGH Institute of Health Professions Blankets for homeless persons made and donated to Teamsters Local 25	2016
Harvest on Vine 1 st Annual SRH-Charlestown Food Pantry Collection Created connection with food pantry & organized drive as competition between unit staff Spaulding Rehabilitation Hospital	2015

Professional Development

Cognitive Orientation to daily Occupational Performance (CO-OP), Boston, MA	2019
Therapies in the School Annual Conference, Education Resources, Inc., Framingham, MA	2018
MAOT Annual Conference, Norwood, MA	2018
Adverse Childhood Experiences (ACEs) Conference, San Francisco, CA	2018
AOTA Education Summit, Louisville, KY	2018
World Federation of Occupational Therapists (WFOT) Congress, Cape Town, South Africa	2018
AOTA Annual Conference, Salt Lake City, UT	2018
The Campaign to Heal Childhood Trauma, Calo Programs, Needham, MA	2017
MAOT Annual Conference, Norwood, MA	2017
AOTA Education Summit, Fort Worth, TX	2017
AOTA Annual Conference, April, Philadelphia, PA	2017
MAOT Annual Conference, Norwood, MA	2017
AOTA ALC & AFWC Meeting, San Diego, CA	2016
Mindful Schools <i>Fundamentals</i> Certificate, 16 hours	2016
AOTA Annual Conference, Chicago, IL	2016
<i>Interprofessional Collaborative Education course, (6-hour pre-conference institute)</i>	2016
Mindful Schools <i>Educator Essentials</i> Training Certificate, 18 hours	2016
MAOT Annual Conference, Norwood, MA	2015
AOTA Annual Conference, Nashville, TN	2015
<i>Transitioning from Practitioner to Educator, (6-hour pre-conference institute)</i>	2015
AOTA Annual Conference, Baltimore, MD	2014
<i>Developing a Community Wellness Program (6-hour pre-conference institute)</i>	2014
Presentation Skills Workshop: Connect, Project & Deliver, Graduate School of Arts and Sciences, Drama Department, Tufts University	2014
University Wide-Teaching Conference on Teaching & Learning, Center for Enhancement of Learning & Teaching (CELT), Tufts University	2013
MAOT Annual Conference, Norwood, MA	2013
Mindfulness-based Stress Reduction (MBSR) 8 –week course participant	2013
Grantsmanship Strategies: Developing a Competitive Proposal Amy Gantt, Office of Proposal Development, Tufts University	2013
Smart but Scattered: Executive Dysfunction, <i>Richard Guare, PhD</i>	2013
11 th Annual International Scientific Conference Center for Mindfulness in Medicine, Health Care, & Society University of Massachusetts Medical School	2013
MAOT Annual Conference, Norwood, MA	2012
AOTA Fieldwork Educator Certificate Workshop, Springfield, MA	2011
MAOT Annual Conference, Norwood, MA	2011
Complementary Interventions for ADHD, Sensory Processing, and Autism Boston, MA	2010
Therapeutic Listening: Listening with the Whole Body, <i>Vitalinks</i> New York, NY	2010
Partnership for Advancement of School Service-Providers, LLC <i>School-based IEP Treatment and Goal Writing</i> , EDCO Collaborative, Waltham, MA	2008, 2009