

**Monica Arrigo, PT, DPT**  
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School of Health and Rehabilitation Sciences  
MGH Institute of Health Professions  
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### Education

Doctor of Physical Therapy, Simmons College, Boston, MA	2006
Master of Science in Physical Therapy, Boston University, Boston, MA	2002
Bachelor of Science in Health Studies (Cum Laude), Boston University, Boston, MA	2000

### Certificates and Licensure

Massachusetts Board of Allied Health, PT License Number 16002	2002-present
Lakshmi Voelker Chair Yoga Instructor	2012

### Academic Appointments

Instructor, MGH Institute of Health Professions, Boston, MA	2019-present
Seminar Facilitator and Lab Instructor, MGH Institute of Health Professions, Boston, MA	2013-2019
Clinical Instructor, MGH Institute of Health Professions, Boston University, Northeastern University, Simmons College, and University of Vermont	2003-2018

### Clinical Appointments

Clinical Specialist Physical Therapist, Spaulding Hospital for Continuing Medical Care, Cambridge, MA	2012-present
Advanced Clinician Physical Therapist, Spaulding Hospital for Continuing Medical Care, Cambridge, MA	2011-2012
Physical Therapist, Spaulding Hospital for Continuing Medical Care, Cambridge, MA	2009-2011
Traveling Physical Therapist, Core Medical Group, Manchester, NH (contracts in CA, MA, WA, OR, ME)	2005-2009
Physical Therapy Clinical Practice Leader, Youville Hospital and Rehabilitation Center, Cambridge, MA	2004-2005
Staff Physical Therapist, Youville Hospital and Rehabilitation Center, Cambridge, MA	2002-2004

### Honors and Awards

Best Case Study Poster Award: APTA of MA Annual Conference	2023
Pillars of Excellence Award: Faculty and Staff Balint Group Leadership Team and Facilitators <i>Outstanding Performance and Commitment to Excellence (Leader – Team award)</i>	2023
Pillars of Excellence Award: MGH IHP DPT Leadership Enrichment Achievement Program (LEAP) <i>Advancing Innovation &amp; Progress (Team award)</i>	2022
Partners in Excellence Award: EPIC Super-User	2017
Partners in Excellence Award: Spaulding Rehabilitation Network - MGH IHP Clinical Scholars Program	2011

### Grants

<b>Current</b>	2023-present
MGH Institute of Health Professions School of Health and Rehabilitation Sciences, PI: Monica Arrigo Balint Groups in Doctor of Physical Therapy Clinical Education: Impact on the Development of Empathy and the Cognitive-Affective Domain \$3,000 Role: Principal Investigator	

<b>Completed</b>	2022
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MGH Institute of Health Professions School of Health and Rehabilitation Sciences, Co-PIs Catilin Fitzgerald, Monica Arrigo, and Keshrie Naidoo

Mentoring the Mentor: Building Clinical Instructor Cross-Cultural Psychological Capital and Fostering Belonging for Minoritized DPT Students

\$3,000

Role: Co-Co-Principal Investigator

## Publications

### Peer Reviewed Articles

1. Naidoo K, Fitzgerald C, **Arrigo M**, Wong J, McCarthy-Jacobson A. Mentoring the mentor: Developing clinical instructor cross-cultural psychological capital to support culturally and linguistically diverse DPT students. *Journal of Clinical Education in Physical Therapy* 2023, 5: 10395 - <http://dx.doi.org/10.52214/jcept.v5.10395>
2. Mack, A., **Arrigo, M.**, Fink, T., Garrity, K., Cox, D., Kwasnowski, L., & Wong, J. (2021). Fatigue and functional outcomes in cancer rehabilitation. *Supportive Care in Cancer* 29, 8069-8076. <https://doi.org/10.1007/s00520-021-06405-4>

### Peer Reviewed Presentations and Abstracts

1. Clock C, **Arrigo M**, Baldwin J, McCarthy Jacobson A. *Balint Groups in DPT Education: Targeting and Assessing Affective Domain Development*. Education Leadership Conference, Oakland, CA (Oral Presentation). 2024
2. Hobbs A, Boutin E, **Arrigo M**. *Mitigating burnout in interprofessional health professions educators: A novel use of Balint groups*. Nexus Summit, virtual (Oral Presentation). 2024
3. McCarthy Jacobson A, Cornforth E, **Arrigo M**, Baldwin J., Karim R. *Supporting DPT Students throughout Their Journey, an Innovative Model*. American Physical Therapy Association Combined Sections Meeting, Boston, MA (Oral Presentation). 2024
4. **Arrigo M**, Clock C, and McCarthy Jacobson, A. *Balint Groups in Physical Therapy: A Pathway toward developing the Affective Domain in Students and Addressing the Risk of Burnout in the Profession*. APTA of MA Annual Conference, Norwood, MA (Poster Presentation). 2023
5. **Arrigo M**, Clock C, Boutin E, McCarthy Jacobson A. *Balint Groups: Developing Empathy and Compassion in Physical Therapy Students through Structured Small Group Discussion*. American Physical Therapy Association Combined Sections Meeting, San Diego, CA (Poster Presentation). 2023
6. Naidoo K, Fitzgerald C, **Arrigo M**, Wong J. *Mentoring the Mentor: Building Clinical Instructor Cross-Cultural Capital and Fostering Belonging for Minoritized DPT Students*. American Physical Therapy Association Combined Sections Meeting, San Diego, CA (Poster Presentation). 2023
7. Fitzgerald C, **Arrigo M**. *Coaching Supported Learning Community Design: External Supports to Enhance Full Time Clinical Education*. Education Leadership Conference, Milwaukee, WI (Oral Presentation). 2022
8. **Arrigo, M.**, Brady-Wagner, L., Fink, T., Garrity, K., Mack, A., Wood, L. *Fatigue and Functional Outcomes in Cancer Rehabilitation*. Annual Conference of the American Occupational Therapy Association, Salt Lake City, UT (Oral Presentation). 2018
9. **Arrigo, M.**, Brady-Wagner, L., Fink, T., Garrity, K., Mack, A., Wood, L. *Fatigue and Functional Outcomes in Cancer Rehabilitation*. American Congress of Rehabilitation Medicine. (*Arch Phys Med Rehabil*. 2017(10)). 2017
10. **Arrigo, M.**, Brady-Wagner, L., Fink, T., Lieberman, B., Purcell, S., Trehan, R. *Factors Predictive of Discharge Disposition from a Long-Term Acute Care Setting in a Neurological Patient Population*. American Physical Therapy Association of Massachusetts Annual Conference (Oral Presentation). 2012
11. **Arrigo, M.**, Brady-Wagner, L., Fink, T., Lieberman, B., Purcell, S., Trehan, R. *Factors Predictive of Discharge Disposition from a Long-Term Acute Care Setting in a Neurological Patient Population*. Spaulding Rehabilitation Network Trauma Rehabilitation Conference (Poster Presentation). 2012

### Invited Presentations

Peer Assisted Learning Strategies to Promote Student Success in the Cognitive, Affective and Psychomotor Domains. Clinical Faculty Development Workshop, MGH Institute of Health Professions, Boston, MA.	2016
Oncology Rehabilitation. Spaulding Hospital Cambridge, Cambridge, MA.	2015
Challenging Assumptions About Effective Clinical Education: Is 1:1 Really Better? Invited panelist, NEC ACCE Nancy Peatman Clinical Faculty Institute. Simmons College, Boston, MA.	
Rehabilitation in the Long Term Acute Care Setting. Spaulding Hospital Cambridge, Cambridge, MA.	2014
Standards of Care in Rehabilitation after Bone Marrow Transplant. Spaulding Hospital Cambridge, Cambridge, MA.	2013
Optimizing Care in Oncology Rehabilitation. Spaulding North End and Spaulding West Roxbury, Boston, MA.	2012
Hematological Laboratory Values and Rehabilitation; A Reference Guide. Spaulding Hospital Cambridge, Cambridge, MA.	2012

### Educational Activities

#### Courses Taught

**MGH Institute of Health Professions**, Department of Physical Therapy, Boston, MA

HP818 IMPACT 1: Interprofessional Practice	2024
PT603-PT605 Fall Year 1 Integrated Clinical Experience Coordinator	2019-present
PT606-PT608 Spring Year 1 Integrated Clinical Experience Coordinator	2021-present
PT741 Clinical Experience I	2019-present
PT742 Clinical Experience II	2019-present
PT843 Clinical Internship	2019-present
PT880S Special Topics: Oncology	2019-2020
PT850 Capstone	2019-2024

#### Clinical Supervision

Full-time DPT Clinical Experience Instructor, Spaulding Hospital for Continuing Medical Care	2010-2018
Full-time DPT Clinical Experience Instructor, Youville Hospital and Rehabilitation Center	2003-2005

#### Curriculum Development

Spring Year 1 PT606-608 Integrated Clinical Experience re-designed 2021, 2022, 2024 (due to pandemic and post-pandemic changes)	
Re-designed PT741 10-week Clinical Experience into a 4-week Clinical Experience course (due to pandemic)	2021
Special Topics: Oncology	2019

#### Mentoring

##### Students

Emmy Menice, Julie Unczer, Brianna Quinn; DPT Capstone Project	2023-2024
Fallon Katz, Krina Shaw, Di "Tony" Wu; DPT Capstone Project	2022-2023
Erin Flajnik, Sophie John, Miriam Aviles, Hargun Khanna; DPT Capstone Project	2021-2022
Samantha Jozwik, Samantha Yarbrough, Jacqueline Maestas, Derick Garza; DPT Capstone Project	2020-2021
Benjamin Gordon, Rebecca Langdon, Ryan Beierle; DPT Capstone Project	2019-2020

#### Professional Development

American Physical Therapy Association Educational Leadership Conference, Oakland, CA	2024
Nexus Summit	2024

American Physical Therapy Association Combined Sections Meeting, Boston, MA	2024
MGH Slavin Academy Foundations in Educational Scholarship and Practice seminar series	2023-2024
American Balint Society Balint Group Leadership Training Intensive, Boston, MA	2023
American Physical Therapy Association Combined Sections Meeting, San Diego, CA	2023
American Physical Therapy Association Educational Leadership Conference, Milwaukee, WI	2022
American Physical Therapy Association New Faculty Development Workshop, Chicago, IL	2022
American Physical Therapy Association Combined Sections Meeting, Virtual	2021
MGH IHP Manuscript Writing Group, Boston	2019
American Physical Therapy Association Educational Leadership Conference, Bellevue, WA	2019
New England Consortium of Clinical Educators Clinical Faculty Institute, Simmons College, Boston, MA	2019
Spaulding Rehabilitation Network - MGH Institute of Health Professions Clinical Scholars Program	2013-2019
American Congress of Rehabilitation Medicine Annual Conference, Atlanta, GA	2017
New England Consortium of Clinical Educators Clinical Faculty Institute, Simmons College, Boston MA	2015
Reiki Level I and II Training, Spaulding Rehabilitation Hospital, Boston, MA	2014
Lakshmi Voelker Chair Yoga Teacher Training, Kripalu Center for Yoga and Health, Stockbridge, MA	2012
American Physical Therapy Association of Massachusetts Annual Conference, Waltham, MA	2012
<i>Therapeutic Yoga: Bridging Ancient Practices with Traditional Therapy Techniques</i> , Manchester, NH	2011
<i>Designing Clinical Research (HP-720, 2 credits)</i> . MGH Institute of Health Professions, Boston, MA	2010
<i>Facilitating and Assessing Clinical Reasoning: An Essential Skill in Clinical Education</i> , New England Consortium of Clinical Educators Clinical Faculty Institute, Springfield, MA	2010

### Professional Membership and Activities

American Physical Therapy Association (MA Chapter, Education & Oncology Sections)	2011-present
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### Institutional Service

Member, SHRS Alumni Engagement Committee, MGH Institute	2024-present
Member, DPT Strategic Planning Task Force Member – Advance justice, equity, diversity, and Inclusion in physical therapy education, practice, and research	2024-present
Co-Chair, DPT Leadership, Enrichment, Achievement Program (LEAP) Committee, MGH Institute	2023-present
Co-Founder, Interprofessional Faculty and Staff Balint Group, MGH Institute	2023-present
Member, Interprofessional Activities Committee, MGH Institute	2023-present
Member, New England Consortium of Clinical Educators Clinical Engagement Task Force	2023-present
Reviewer, Collaborative to Recognize Sites of Excellence in Clinical Education, New England and New York/New Jersey Consortiums of Clinical Education	2023-present
Member, New England Consortium of Clinical Educators	2019-present
Member, DPT Committee of Academic Policies and Procedures, MGH Institute	2020-present
Member, DPT Chair Position Search Committee, SHRS, MGH Institute	2023-2024
Member, DPT Leadership, Enrichment, Achievement Program (LEAP) Committee, MGH Institute	2019-2023
Member, DPT Search Committee for Orthopedic faculty position, MGH Institute	2021
Chair, Rehabilitation Education Committee, Spaulding Hospital Cambridge	2013-2019
Member, Patient Experience Committee, Spaulding Hospital Cambridge	2011-2019
Member, Epic Electronic Medical Record ‘Super-User’ Committee, Spaulding Hospital Cambridge	2017
Member, Oncology Inservice Committee	2016-2017
Member, Rehabilitation Practice Council, Spaulding Hospital Cambridge	2015-2017
Member, Employee Satisfaction Rehabilitation Task Force, Spaulding Hospital Cambridge	2015
Member, Restraint Committee, Youville Hospital	2003-2005

### Community Service

MGH Institute Charlestown Community Service Day Volunteer	2019, 2023, 2024
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