

Sunny R. Winstead, EdD, OTR/L

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PROFESSIONAL PROFILE

I am an enthusiastic and effective college educator with experience in traditional and online teaching, advising, service, leadership, and scholarship. I value collaborative relationships and the opportunity to learn from the diverse experiences and perspectives of others.

EDUCATION

Doctor of Education in Educational Leadership
University of New England, Biddeford, ME (5/17)

Master of Science in Occupational Therapy
Medical College of Virginia, Virginia Commonwealth University, Richmond, VA (5/96)

Bachelor of Arts in English Literature and Rhetoric
Binghamton University, Binghamton, NY (5/93)

CURRENT OCCUPATIONAL THERAPY LICENSES AND CERTIFICATION

New York occupational therapy license	# 008819-1
Massachusetts occupational therapy license	# 14476
National Board for Certification in Occupational Therapy (NBCOT)	# 1009458

FACULTY APPOINTMENTS AND TEACHING EXPERIENCE

Assistant Professor, MGH Institute of Health Professions Post-Professional Occupational Therapy Doctorate (OTD) Program, Boston, MA (4/22-present)

- Courses taught (online synchronous and asynchronous):
 - ✓ Clinical Research Methods
 - ✓ Health Promotion, Community, and Occupation
 - ✓ Innovation Project—Discover
 - ✓ Innovation Project—Inform
 - ✓ Innovation Project—Build

- Student mentorship for Innovation Project
- Student academic advising
- Curriculum development, multiple courses
- Leadership in the development of an academic writing curriculum/resources
 - Recorded micro-lessons, ppts, handouts, worksheets, online resources, Academic Review Guide and Checklist
 - Structured feedback and writing instruction/support
 - Collaboration with the Writing Center and Bellack Library
- Leadership of Innovation Project mentor team
- Faculty liaison, Community-Building Committee
- Member and interim chair, OT Department Curriculum Committee

Associate Professor of Occupational Therapy, Keuka College Division of Applied Health and Wellness (8/19-6/21)

- Tenure and promotion (2019/2020)
- Undergraduate and graduate teaching responsibilities (traditional and online delivery)
- Student academic advising
- Student thesis and independent scholarship mentorship
- Course and curriculum development
- Colleague orientation and mentorship
- Divisional committee work
- Courses developed and taught (as Associate and/or Assistant):
 - ✓ Scholarship in Occupational Therapy I (graduate)
 - ✓ Scholarship in Occupational Therapy II (graduate)
 - ✓ Theory in Practice III (graduate)
 - ✓ Action Oriented Research I and II (graduate)
 - ✓ Research Methods for the Health Sciences
 - ✓ Adult Medical Application (lecture and lab)
 - ✓ Adult Medical Conditions
 - ✓ Occupation Across the Lifespan
 - ✓ Occupational Assessment and Intervention: Middle Adulthood-Older Adulthood I and II (lecture and lab)

Assistant Professor, Keuka College Division of Occupational Therapy (8/13- 8/19)

Adjunct Instructor, Ithaca College Department of Occupational Therapy (8/05-5/09)

- Courses developed and taught (as Lecturer and/or Adjunct Lecturer):
 - ✓ Activity Group Process (graduate)
 - ✓ Adaptation and Environmental Modification (graduate)
 - ✓ Profession Practice in Community OT (graduate)
 - ✓ Professional Concepts II (graduate)
 - ✓ Adult Evaluation Processes in OT
 - ✓ Clinical Psychiatry in OT

- ✓ Clinical Management in OT
- ✓ Occupations III
- ✓ Supervision in OT

Clinical Lecturer, Ithaca College Department of Occupational Therapy (3/05-5/05)

Lecturer, Ithaca College Department of Occupational Therapy (8/01-12/01, 8/03-12/03, 8/04-12/04)

Invited Guest Lecturer, Ithaca College, Virginia Commonwealth University, and McGuire Veterans Affairs Medical Center (multiple, 1996-2011)

RECENT INSTITUTIONAL & PROFESSIONAL LEADERSHIP AND SERVICE

Rochester Institute of Technology OTD Advisory Council, Rochester Institute of Technology (1/25-present)

Occupational Therapy Curriculum Committee, MGH Institute of Health Professions (9/22-present)

- Interim chair 6/23-12/23

Student Intellectual Property Ad Hoc Sub-Committee of Academic Operations Committee (10/24-12/24)

Reviewer, AOTA Inspire (2023 to present)

Editorial Review Board for the Open Journal of Occupational Therapy (OJOT) (2017-present)

Institutional Review Board (IRB), Keuka College (4/19-6/21)

- Chairperson (1/21-6/21)
- Committee member (4/19-6/21)
- Chair responsibilities included 1) coordinating and conducting screenings and reviews, 2) training and mentoring committee members, 3) providing education and outreach to faculty, staff, and students, 4) developing IRB policies and procedures, 5) maintaining the IRB website, and 6) administrative duties.

Middle States Commission on Higher Education re-accreditation steering committee, Keuka College (1/20-6/21)

- Member, steering committee
- Chair, Student Working Group
- Auditor, Standard I Working Group
- Auditor, Standard IV Working group

Emerging College Leadership Program, Keuka College (2/20-5/20)

Pi Theta Epsilon (PTE) Occupational Therapy Honor Society faculty advisor, Keuka College (6/16- 6/21)

Instruction Committee, Keuka College (6/17-6/20)

- Chairperson, 2018-2020
- Secretary, 2017/18
- Chair responsibilities included 1) review and revision of instruction-related college policies, 2) collaborative development of instruction-related initiatives, and 3) communication and reports to faculty, staff, and administrators, 4) participation in Academic Review Board, and 5) administrative functions.

Academic Review Board, Keuka College (6/17-6/20)

- Bi-annual review and action determination for all students of the institution not achieving satisfactory academic progress (SAP)

Students Helping Students faculty advisor, Keuka College (9/13-6/20)

Judith Oliver Brown Memorial Scholarship review committee, Keuka College (10/14 to 6/17)

Student Success Collaborative—Workflow Group, Keuka College (9/15 to 12/16)

CLINICAL EXPERIENCE

Co-owner, Winstead & Sandritter Occupational and Physical Therapy, PLLC (2006-2020)

Occupational Therapist, TST BOCES, Ithaca, NY (11/12-6/13)

Occupational Therapy Consultant, Challenge Workforce Solutions, Ithaca, NY (9/08-1/13)

Clinical Coordinator, Challenge Industries, Ithaca, NY (1/02-1/03)

Occupational Therapist, Challenge Industries, Ithaca, NY (10/98-1/03)

Occupational Therapist, Visiting Nurse Service, Ithaca, NY (9/00-12/01)

Occupational Therapist, Defense and Veterans Head Injury Project, McGuire Veterans Affairs Medical Center, Richmond, VA (7/96-9/98)

RECENT PEER-REVIEWED PUBLICATIONS

Asiello, J. D., & Winstead, S. R. (2025). Design thinking as a theoretical framework to spark innovation in post-professional occupational therapy doctoral projects. *Journal of Occupational Therapy Education*, 9(1), Retrieved from <https://encompass.eku.edu/jote/vol9/iss1/11>.

Tardiff, A., & Winstead S. R. (2024). The Occupational Therapy Vocational Profile (OTVP): Supporting transition and employment opportunities for young adults with disabilities. *Journal of Occupational Therapy, Schools, & Early Intervention*.
<https://doi.org/10.1080/19411243.2024.2375764>

Henshaw, A. M., & Winstead, S. R. (2023). Building bridges in palliative rehabilitation: An evidence-based toolkit to promote collaboration. *American Journal of Hospice and Palliative Medicine*. Advance online publication. <https://doi.org/10.1177/10499091231184621>

Winstead, S. R., & Holman, C. (2021). American college students' performance on the clock drawing test. *The Annals of International Occupational Therapy*, 4(3), 1-5.
<https://doi.org/10.3928/24761222-20210601-02>

Winstead, S. R., & Alterio, C. J. (2021). The use of online data sources in a qualitative analysis learning project. *The Qualitative Report*, 26(3), 764-775. <https://doi.org/10.46743/2160-3715/2021.4695>

Winstead, S. R. (2016). What's in the fridge? Unique competencies of community-based occupational therapists. *Open Journal of Occupational Therapy*, 4(4), article 12.
<http://dx.doi.org/10.15453/2168-6408.1236>

CHAPTERS IN EDITED TEXTBOOKS

Winstead, S. R. (in press). The rehabilitation frame of reference. In D. Powers Dirette and S. Gutman (Eds.) *Occupational therapy for physical dysfunction* (9th ed.). Wolters Kluwer.

Winstead, S. R. (2020). The rehabilitation frame of reference. In D. Powers Dirette and S. Gutman (Eds.) *Occupational therapy for physical dysfunction* (8th ed., pp. 685-698). Wolters Kluwer.

RECENT PEER-REVIEWED PRESENTATIONS

Winstead, S. R. (2025, April 4). *Scholarly writing: Stages and strategies* [poster session]. AOTA Inspire Conference, Philadelphia, PA.

Henshaw, A. M., & Winstead, S. R. (2024, March 23). *Occupational therapy palliative care intervention for people with serious illness and their families: A case study approach* [short course]. AOTA Inspire Conference, Orlando, FL.

Tardiff, A., & Winstead S. R. (2024, March 23). *Occupational therapy's role in supporting vocational opportunities and transition success for young adult students with disabilities* [short course]. AOTA Inspire Conference, Orlando, FL.

Harper, A., & Winstead, S. R. (2024, March 22). *Occupational therapists have the opportunity to implement cognitive behavioral therapy for the treatment of insomnia* [poster session]. AOTA Inspire Conference, Orlando, FL.

Griffin, A. & Winstead, S. R. (2024, March 22). *Developing and implementing an occupational therapy group curriculum for chronic pain* [poster session]. AOTA Inspire Conference, Orlando, FL.

Tardiff, A., & Winstead S. R. (2023, November 3). *OTVP: Supporting transition for students with disabilities* [poster session]. Massachusetts Association for Occupational Therapy Annual Conference, Norwood, MA.

McKinnon, S., Asiello, J., & Winstead, S. (2023, November 3). *Excellence in innovation: Supporting practitioners to disseminate their practice* [poster session]. Massachusetts Association for Occupational Therapy Annual Conference, Norwood, MA.

McKinnon, S., Asiello, J., & Winstead, S. (2023, April 20). *Innovation in dissemination: Preparing practitioners with dissemination strategies that break the mold* [poster session]. AOTA Inspire, Kansas City, MO.

Tardiff, A., & Winstead S. R. (2022, October 28). *Developing an occupational therapy vocational profile* [poster session]. Massachusetts Association for Occupational Therapy Annual Conference, Norwood, MA.

McKinnon, S., Asiello, J., & Winstead, S. (2022, October 28). *Want to innovate but don't know how? Learn here* [poster session]. Massachusetts Association for Occupational Therapy Annual Conference, Norwood, MA.

DeSorbo, K. E., & Winstead. S. R. (2022, March). *Virtual reality intervention for individuals with Parkinson's Disease* [poster session]. American Occupational Therapy Association 2022 Annual Conference and Expo, San Antonio, TX.

Bell, H. M., & Winstead, S. R. (2020, April). *Critically appraised paper: The effect of community-based occupational therapy on quality of life and engagement for women with breast cancer* [poster session—canceled]. American Occupational Therapy Association 2020 Annual Conference and Expo, Boston, MA.

Alterio, C. J., & Winstead, S. R. (2020, January 15). *Online data sources for narrative analysis: An innovative use of technology in a graduate project* [conference presentation]. The Qualitative Report Annual Conference, Ft. Lauderdale, FL.

Winstead, S. R. (2018, April 21). *Competency development in community-based occupational therapy* [poster session]. American Occupational Therapy Association 2018 Annual Conference and Expo, Salt Lake City, UT.

NON-PEER-REVIEWED PUBLICATIONS

Henshaw, A. M., & Winstead, S. R. (2025). Bridge builders in palliative rehabilitation: A call to action. *OT Practice* 20(2), 12-17.

Harper, A., & Winstead, S. R. (2024). Cognitive behavioral therapy: Treatment of insomnia in an outpatient OT clinic. *OT Practice*, 29(10), 32-35.

Winstead, S. R. (2018). Competency development in community-based occupational therapy [published conference abstract]. *American Journal of Occupational Therapy*, 72 (4 Supp 1), 7211510208p1. doi:10.5014/ajot.2018.72S1-PO8016

Winstead, S. R., "Competency Development In Community-Based Occupational Therapy" (2017). *All Theses and Dissertations*. 110. <https://dune.une.edu/theses/110>

Winstead, S. (2009) Workplace accommodations for people with mental illness. *OT Practice*, 14 (4), 15-17.

RECENT INVITED PRESENTATIONS/ WEBINARS

Winstead, S. R. (2025, March). *Creating a poster for AOTA Inspire*. MGH Institute of Health Professions OT Professional Development Series.

Winstead, S. R. (2023, April). *Writing an abstract for AOTA Inspire and beyond: Showcasing your work* [Webinar]. MGH Institute of Health Professions OT Professional Development Series.

Winstead, S. R. (2022, January). *Choosing a topic for your healthcare scholarship: Strategies and resources* [Webinar]. Defend and Publish. <https://vimeo.com/670472552/ee8ace87bb>

WORKS IN PROGRESS

Winstead, S. R. (anticipated 2026). *Academic writing for the health professions: From topic selection to dissemination*. Cognella Inc.

RECENT FACULTY AWARDS

Award for Teaching Excellence, MGH Institute of Health Professions Department of Occupational Therapy, May 2025

Sigma Alpha Pi Dedication to Academics Award, Keuka College, May 2019

OTHER CREATIVE PURSUITS

The Dark Lake (5/23/24): <https://books2read.com/b/The-Dark-Lake>

The Lady Guardian (1/18/24) <https://books2read.com/ap/xdvBwo/Sunny-R-Winstead>

Podcast: The Family Writing Journey (2021-2024)
<https://open.spotify.com/show/4DxCvDsZ3RwPZWrCCZmvUz>

SELECTED RECENT CONTINUING EDUCATION

Ethics and Jurisprudence: Massachusetts OT Providers (Relias, 4/25, 2.0 hrs)

AOTA Inspire 2025 (Philadelphia, April 3-5, 13.90 hours)

How to Collaborate Across Paradigms: Embedding Culture in Mixed Methods Designs (Sage Publishing, webinar, 8/7/24, 1.0 hr). Hosted by Sage's Sean Scarisbrick and featuring Janet Salmons, Cheryl Poth, Elizabeth Creamer, and Elsa Lucia Escalante-Barrios.

Perspectives on AI in Higher Education: 2024 Conference (University of Buffalo Office of Curriculum, Assessment, and Teaching Transformation, 1/22/24, 2.0 hours) [Annual Conference - Office of Curriculum, Assessment and Teaching Transformation - University at Buffalo](#)

AI and Scholarly Publishing: Who is going to make money from artificial intelligence in scholarly communication? Joseph Esposito, Sage Methodspace Research Conversation [video interview] viewed 10/25/23, 1 hr. <https://www.methodspace.com/blog/interview-who-is-going-to-make-money-from-artificial-intelligence-in-scholarly-communications>

Pushing the Boundaries of Critical Thinking: What's Next in the Era of Generative AI? (PsychLearn Webinar, APA, 8/2/23, 1.15 hours)

Using Inclusive Language in Scholarly Writing: A Roundtable Discussion [AAMC archived webinar, recorded 7/13/23]. <https://aamc.elevate.commpartners.com/products/using-inclusive-language-in-scholarly-writing-a-roundtable-discussion-july-13>

AOTA Inspire 2023 (on-demand access, May-June 2023, 15.25 hours)

Navigating the Publishing Landscape: Faculty Development Day (panel facilitator Joshua Merson, MGH Institute of Health Professions, 5/24/23, 1.0 hr)

Achieving Research Equity and Inclusion (conference sponsored by Mass General Brigham and ADVERRA, 5/23/22, 5/24/22, 15 hours, <https://areiconference.massgeneralbrigham.org/>)

Dissertation Advising Workshop (sponsored by Defend & Publish, presenter Dr. Beth Hewitt, 2/16/22, 3.0 hours)

REMOTE: The Connected Faculty Summit (hosted by ASU, 6/9/21, 2.0 hours): 1) keynote, 2) Engagement and impact: A conversation with students, 3) Enacting impactful research methods, 4) Presence and compassion in online spaces.

Justice, Equity, Diversity, and Inclusion 101: Concepts for OT/OTA Education and Practice (NYSOTA Dessert and Dialogue, presenter Dr. Gabriella Vasquez, 1/19/21, 1.25 hours)