

Occupational Therapy for Mental Health

Meet our OT, Rebecca!

Rebecca graduated with her doctorate degree from UT Chattanooga in 2021. She has 2.5 years experience working in acute care and has a background in mental health. Rebecca is passionate about occupational therapy because of its holistic client view -- OTs provide support not just for physical needs, but also mental, emotional, social, and spiritual well-being.



Conditions we address:

- Generalized anxiety
- Panic disorder
- Social anxiety
- Specific phobias
- Depression
- Bipolar disorder
- PTSD
- ADHD
- OCD
- Sensory processing
- Eating disorders
- Substance abuse

Why Occupational Therapy?

Occupational therapy can help clients to manage physical and mental health needs by learning and utilizing strategies to navigate the stresses of life. OTs can work with clients to improve these and other life management skills:

- Creating and following a productive daily schedule
- Taking care of personal hygiene
- Managing one's own health
- Organizing and following a medication regimen
- Interacting appropriately in work or social situations
- Planning and cooking healthy meals
- Managing budget and finances

