



Sina Edwards

Mental Health Occupational Therapy

ABOUT ME

Occupational therapist specializing in mental health recovery

Dedicated professional with extensive experience providing therapy to patients with anxiety, depression, and PTSD in clinical and outpatient settings.

PROFESSIONAL EXPERIENCE

Mental Health Occupational Therapist | Serenity Behavioral Clinic, Orlando, FL
May 2018 – Present

- Led group therapy sessions for patients with PTSD, increasing self-reported coping abilities by 40%
- Designed sensory modulation plans for individuals with anxiety, reducing symptoms in 75% of cases

Occupational Therapy Assistant | Calm Minds Center, Tampa, FL
August 2015 – April 2018

- Assisted in cognitive retraining programs for patients with mental health disorders
- Conducted relaxation technique workshops, achieving 90% attendance rates

CONTACT

 (123) 456-7890

 email@example.com

 City, ST

 LinkedIn | Portfolio

EDUCATION

- Master of Occupational Therapy
University of Florida
Gainesville, FL | May 2015

KEY SKILLS

- Cognitive behavioral therapy (CBT)
- Sensory regulation techniques
- Group therapy facilitation
- Patient progress monitoring
- Goal-oriented therapy plans