



## **2026 ILOTA Annual Conference**

### **Virtual Course Listings by Course Number**

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| V1 - The Habit and Behavior Intervention Tool (HABIT): A Student-Centered Approach to Habit Formation for Improved Wellness _____                           | 2 |
| V2 - Chronic and Neuropathic Pain Management _____                                                                                                          | 2 |
| V3 - Implementing Sensory-Informed Care for Functional Neurological Disorder: Building a Clinical Toolbox _____                                             | 2 |
| V4 - The Development of Multi-Sensory Environments in an Adult Developmental Center _                                                                       | 3 |
| V5 - Participatory Sex and Relationship Education for College Students with Intellectual and Developmental Disabilities _____                               | 3 |
| V6 - Integrating Artificial Intelligence into Occupational Therapy Practice and Education: Ethical Uses, Processes, and Teaching Innovations _____          | 4 |
| V7 - Applying the Visualize Whole-Self Model to Support Readiness, Remediation, Fieldwork Educator alignment, and Self-Directed Learning on Fieldwork _____ | 4 |
| V8 - Partnering with Students and Faculty for AI Usage Guidelines Development & Implementation _____                                                        | 4 |

## **V1 - The Habit and Behavior Intervention Tool (HABIT): A Student-Centered Approach to Habit Formation for Improved Wellness**

**Presenter(s):** Erin Epley, OTD, OTR/L; Lilly Burdette; Courtney Craig; Olivia Guban; Grace Heisen; Kristina Scavelli; Emily Wilkinson

**Contributing Author(s):** Anna Andryushchenko; Kaelen Bradford; Lacey Kaiser; Jillian O'Brien

**Content Areas:** Mental Health; Academic Education / Fieldwork

**Target Audience:** Student, Entry-level, Intermediate-level

**Course Description:** This presentation explores the development of an evidence-based framework for habit change (the HABIT - Habit and Behavior Intervention Tool) and shares results from a pilot study using an 8-week intervention based on the framework and principles of wellness and health promotion. Though the intervention was tested in undergraduate students, the framework has the potential for relevance across populations and settings where habits determine health and wellness.

## **V2 - Chronic and Neuropathic Pain Management**

**Presenter(s):** Shara Ogin, OTR/L CEAS, GCFP®

**Content Areas:** Physical Disabilities - including: Neurorehabilitation, Orthopedic; General

**Target Audience:** Intermediate-level

**Course Description:** This workshop introduces innovative, root-cause approaches to managing chronic pain. Incorporating movement sequences and manual techniques based in the Feldenkrais® method, you will learn how to stimulate the vagus nerve and address pain at its source. Walk away with techniques you can apply directly with your patients to improve pain relief outcomes and you may even leave feeling more balanced and aligned in your own body.

## **V3 - Implementing Sensory-Informed Care for Functional Neurological Disorder: Building a Clinical Toolbox**

**Presenter(s):** Jenna Gomez, OTR/L

**Content Areas:** Physical Disabilities - including: Neurorehabilitation, Orthopedic; General

**Target Audience:** Entry-level, Intermediate-level

**Course Description:** OT consensus supports the role of OT in FND due to expertise in addressing physical and sensory deficits affecting occupational performance (Nicholson et al., 2020). Sensory dysregulation can exacerbate symptoms, highlighting the need for comprehensive sensory assessment and targeted intervention (McCombs et al., 2024). This presentation provides guidance for assessing common sensory symptoms in FND and developing a practical clinical toolbox.

#### **V4 - The Development of Multi-Sensory Environments in an Adult Developmental Center**

**Presenter(s):** Samantha Rietveld, DrOT, MOT, OTR/L; Dustin Hogan, DrOT, MOT, OTR/L; Jillian Rancatore, DrOT, MOT, OTR/L

**Contributing Author(s):** Caren Schranz, DrOT, MS, OTR/L

**Content Areas:** Developmental Disabilities; Pediatrics - includes: Early Intervention, School-Based Practice, Sensory Integration

**Target Audience:** Student, Entry-level, Intermediate-level

**Course Description:** Adults with intellectual and developmental disabilities (IDD) experience sensory processing differences that impact emotional and behavioral regulation. A community-based adult developmental center identified this need among its clients. Multi-Sensory Environments (MSE) were designed using individualized needs assessments, resulting in the "Development of Multi-Sensory Environments Model." This model supports the systematic design of sensory environments across diverse populations and settings.

#### **V5 - Participatory Sex and Relationship Education for College Students with Intellectual and Developmental Disabilities**

**Presenter(s):** Iris Nosek, BA, OTD; Evguenia Popova, PhD, MS, OTR/L

**Contributing Author(s):** Meghan Timm, MS, BCBA

**Content Areas:** Developmental Disabilities; Pediatrics - includes: Early Intervention, School-Based Practice, Sensory Integration

**Target Audience:** Student, Entry-level

**Course Description:** Despite a documented interest in intimate relationships, individuals with intellectual and developmental disabilities are often excluded from sex and relationship education. The present study suggests that participatory sex education is feasible, acceptable, and can promote dating self-advocacy skills for post-secondary students. This course will present participants' highlighted methods of instruction, key learning goals, and opportunities for practical applications.

## **V6 - Integrating Artificial Intelligence into Occupational Therapy Practice and Education: Ethical Uses, Processes, and Teaching Innovations**

**Presenter(s):** Pranita Madhaorao Patki, OTR/L; Guruprasad Vijaysarathi, PhD; Sureshkumar Kamalakannan, PhD, MPH, BOT

**Content Areas:** General; Assistive Technology

**Target Audience:** Student, Entry-level, Intermediate-level, Advanced-level

**Course Description:** This 1-hour online course examines how to ethically include artificial intelligence (AI) in occupational therapy practice and education.

Participants will learn to use Generative AI and ambient documentation to lessen administrative tasks, along with teaching simulation tools, while strictly following AOTA ethical guidelines and structured prompt engineering frameworks.

## **V7 - Applying the Visualize Whole-Self Model to Support Readiness, Remediation, Fieldwork Educator alignment, and Self-Directed Learning on Fieldwork**

**Presenter(s):** Kristin Haas, OTD, OTR/L; Jaime Garafalo, OTD, OTR/L; Lynnae Glascock, OTR/L

**Content Areas:** Academic Education / Fieldwork; General

**Target Audience:** Intermediate-level

**Course Description:** This session examines how the Visualize Whole-Self Model can support fieldwork readiness, student self-directed learning, Fieldwork Educator alignment, and remediation in OT education.

## **V8 - Partnering with Students and Faculty for AI Usage Guidelines Development & Implementation**

**Presenter(s):** Paula Costello, OTD, MS, OTR/L; Kristin Haas, OTD, OTR/L; Asfia Mohammed, EdD, OTR; Trevor St. Clair, OTD, MS, OTR/L

**Contributing Author(s):** Jaime Garafalo, OTD, OTR/L

**Content Areas:** Academic Education / Fieldwork; Academic Education / Fieldwork

**Target Audience:** Intermediate-level

**Course Description:** This session will share a hybrid OTD education program's process in collaborating with students and faculty to develop AI usage guidelines, examples of AI guided assessments of learning, and support participant application to their educational setting.