



ConnOTA Annual Spring Conference 2019
Session and Speaker Information

Mental Health Track

Session B	Dialectical Behavioral Therapy and Behavioral Health OT – Rick Klimowicz, MDiv, MHS, OTR/L
<p>Referencing Marian Scheinholz’ chapter on “Emotion Regulation” from Brown and Stoffels text OT in Mental Health: A Vision for Participation, our presenter will expand upon their writing and encourage workshop participants to introduce DBT skills training into their behavioral health OT practice.</p>	
	<p>Rick Klimowicz graduated Quinnipiac with a BS in Occupational Therapy and a MHS in Allied Health Sciences Education. He also pursued a Masters of Divinity Degree from the Iliff School of Theology in Denver, Colorado. Rick has been employed in traditional and non-traditional behavioral health OT roles for 25+ years. He currently is employed as an OT on the inpatient psychiatric unit of the Hospital of Central CT in New Britain.</p>

Session F	Advanced Group Therapy Skills for Occupational Therapy – Lola Halperin, Ed.D, OTR/L
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This is the third session in the series of workshops designed for OT practitioners interested in group therapy. It is geared towards OT clinicians who are already experienced with conducting groups and are looking to expand their group therapy repertoire and polish their group facilitation skills.

Group facilitation strategies informed by Yalom’s interpersonal and existential therapy principles, Moreno’s psychodrama and expressive therapies will be demonstrated and practiced in small groups during this event. Participants will also discuss and practice adapting these strategies for different client populations.



Lola Halperin is an Assistant Professor at the Graduate OT Program, Sacred Heart University (SHU). Prior to becoming a professor at SHU, she practiced for 13 years as a mental health (MH) OT in Israel, Canada and the US. Lola has received her Bachelor of OT degree from Tel Aviv University, a Master of Arts degree from the post-professional program in OT at NYU, and her Doctor of Education degree from the Teacher’s College, Columbia University. Group therapy has been Lola’s passion for over 20 years, and she has been facilitating groups with clients affected by various MH conditions, as well as with OT students (as a part of their MH curriculum). To augment her clinical experience, Lola has obtained training in psychodrama, individual and group counseling, and cognitive-behavioral and dialectical-behavioral therapy throughout her professional career. This is Lola’s third presentation on group therapy for ConnOTA’s members/conference attendees.

Session J	Occupational Therapy's Role and Contributions to Combat the Opioid Epidemic – Dennis Aptaker OTD, MOT, OTR/L
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As of 2017, Americans are more likely to die of an opioid overdose than in a car crash. Overall, overdoses rank as the fifth most common cause of death. Recent changes in legislation support the role and distinct value of occupational therapy practitioners promoting recovery, safe medication practices, and wellbeing. Regardless of practice setting or population, the distinct value of occupational therapy can improve the lives of individuals and assist with combating the opioid epidemic.



Dennis has been a practicing occupational therapist since 2008. His primary area of practice has been adolescent mental health across the continuum of services. Dennis is currently a full-time faculty member of Quinnipiac University's Department of Occupational Therapy. Practicing in acute psychiatry and community-based mental health, Dennis has worked with many individuals to prevent and recover from substance use disorders achieving a higher quality of life.