

Rachel J. Timmons OTD, OTR/L
Occupational Therapist
Assistant Professor
Capstone Coordinator

Curriculum Vitae

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Work Experience

November 2014- Present| Indiana Wesleyan University

- Assistant Professor (specializing in pediatrics) and Capstone Coordinator for the occupational therapy doctorate (OTD) program. Current duties include:
 - Planning and teaching OTD courses
 - Assisting in program development and curriculum design for the OTD program
 - Capstone Coordinator
 - Student Occupational Therapy Association Faculty Advisor
 - University committee member s
 - Research mentorship
- **Address:** 4201 South Washington Street Marion, IN 46953

January 2022- Present| Indiana University Health Ball Pediatric Rehab

- Currently working as a pediatric occupational therapist with children of all ages with various cognitive, musculoskeletal, neurological and developmental disabilities. Outpatient services are provided through the clinic. Also participate in the NICU follow-up clinic provided by the clinic.
- Directly supervise COTAs as needed

January 2017- December 2020| Kids Only Inc

- Worked as a pediatric occupational therapist through Kids Only Inc, providing early intervention services through the First Steps program in Hamilton county, IN.
- Working with children 0-3 years with various cognitive, musculoskeletal, neurological and developmental disabilities.

July 2014- January 2017| Hopebridge Pediatric Specialists

- Worked as a pediatric occupational therapist through Hopebridge Pediatric Specialists based out of Marion, IN. Working with children of all ages with various cognitive, musculoskeletal, neurological and developmental disabilities. Outpatient services are provided through the clinic
- Directly supervise other occupational therapists as well as several occupational therapy assistants with intervention and treatment.
- Manage and direct all student education for occupational therapy through the clinic.
- **Address:** 1320 West Spencer Ave, Marion IN 46952

October 2011- July 2014| Cornerstone Autism Center

- Worked as a pediatric occupational therapist through Cornerstone Autism Center based out of Greenwood, IN. I worked with children of all ages with the diagnosis of autism, pervasive developmental disorder, Asperger's syndrome, cerebral palsy, and Downs syndrome. Through this company I provided private, center-based therapy. I was also a part of the diagnostic team to diagnose children with autism.
- Developed and started the auxiliary therapy (including occupational therapy and speech therapy) for the center. Developed all necessary documentation forms, schedules, requirements, and purchases.
- Directly supervised current occupational therapy and occupational therapy assistant students throughout level I and level II fieldwork placements as well as serve for pre-OT students for observational hours and shadowing. Facilitated learning for students through evidenced based practices, discussions regarding OT and current pediatric issues, as well as hands-on clinical experience.
- **Address:** 360 Polk Street, Greenwood, IN 46143.

June 2011- October 2011| Collaborating for Kids LLC

- Worked as a pediatric occupational therapist through Collaborating for Kids based out of Greenwood, IN. I work with children of all ages from birth to eighteen, with all diagnosis. Through this company I provide private and in-home therapy.
- **Address:** 1701 Library Blvd Suite A, Greenwood, IN 46142.

Education

May, 14th 2011 | Occupational Therapy Doctorate (OTD)

- Completed 90 undergraduate credit hours in biochemistry and psychology at Ball State University in Muncie, IN. Was admitted into Belmont University's entry level OTD program as an early entry applicant in the fall of 2008.
- **Address:** School of Occupational Therapy, Gordon E. Inman College of Health Sciences, 1900 Belmont Blvd, Nashville, TN 37212. **Phone** 615-460-6700.
- **Dates of Attendance:** August 2008 to May 2011
- **GPA:** 3.81/4.00
- Member of Belmont Student Occupational Therapy Association (BSOTA)

Educational Experience

- Research/Publications
 - Timmons, R., Bry, M., Hess, C., & McCoy, E. (2024, March 21). Co-Occupations & Maternal-Infant Bond: Increasing Relational Fulfillment. [Poster Presentation]. AOTA Inspire, Orlando, FL.
 - Mentored Student Research Projects
 - *Physician's Perceptions of Occupational Therapy*
 - Submitted for publication, not published at this time.
 - *Children with Sensory Dysfunction's Response On and Off Moving Equipment: Eye contact, vocalizations, and ideation.*
 - Submitted for publication, not published at this time.
 - *Examining the Effect of a Therapy Dog on Perceived Stress and Vital Signs in College Students*

- *Caregiver Self-Efficacy and Knowledge Regarding Early Intervention Therapy Services: A Pilot Study*
 - Submitted for publication, not published at this time.
 - *Identifying Disruption in Role Transition of the Primiparous Mother, Implications for Occupational Therapy Practitioners*
 - *Correlation in Occupational Change in First-Time Mothers: Pre-delivery and 12 Months Post-Delivery.*
 - *Co-occupations and Maternal-Infant Bond: Increasing Relational Fulfillment*
 - **Poster Presentation AOTA Inspire 2024**
 - *The Relationship Between Clinically Diagnosed Disorders and Retained Primitive Reflexes*
 - Submitted for presentation AOTA Inspire 2025
- Certified in Sensory Integration and Praxis (SIPT) (2012-2013)
 - Through Western Psychological Services (WPS)
- Certification in Primitive Reflex Integration
 - Currently enrolled
- AOTA Academic Leadership Institute
 - Credentialed leader in academia
 - 2018-2019
- Student Occupational Therapy Association (SOTA) Faculty Supervisor
 - 2015-present
- Student research and Global trip mentor
 - 2015-present
- Annual Participation in AOTA Academic Leadership Conferences
 - 2016-present (Bi-annually)
- Member of American Occupational Therapy Association
- Fieldwork educator
 - I have served as fieldwork educator for several OT students, OTA students, and pre-OT students. I seek out universities in order to be able to provide this education to the students. I have had experience with great fieldwork educators, and I seek to provide that instruction for my students and to encourage evidenced-based practices, proper documentation skills, and most importantly clinical practice skills.

OTD Residency Project and Doctoral Thesis- Belmont University

Residency Project (16 weeks or 640 hours)

- “This doctoral-level experiential component is designed to develop advanced skills in one or more of the following: clinical practice skills, research skills, administration, leadership, program and policy development, advocacy, education, or theory development” (Belmont University Syllabus for OTD 6680).
- My residency project focused on the following skills: leadership, advocacy and program development. I have partnered with the Timmy Foundation (Indianapolis, IN) to plan and develop a rehab service trip to Quito, Ecuador. This trip is planned for OT and PT students and professionals to provide education and therapeutic interventions. I have worked directly with members of the Timmy Foundation and with partner organizations in Ecuador. Also, I will advocate for the trip and for those underserved in Ecuador.
- Travel Dates: March 9,2011 through March 18,2011

Doctoral Thesis

- **Objective:** To examine the motivational levels of individuals using the Nintendo Wii Fit ® (NWF) and to determine if the American Heart Association's recommended target heart rate can be reached using the NWF.
- More information available upon request.

Interests, Skills, and Volunteer Service

- Foreign language: Spanish- Intermediate level
- Traveled to Guatemala (spring of 2007 and 2008) on medical service trips with the Timmy Foundation.
- Volunteer Experiences
 - As a babysitter through Hillcroft Services, Muncie, IN, at several homeless shelters and with numerous fundraisers through occupational therapy school. As a softball coach as well as with the Challenger Football League and participation with youth group at local church.
- Active member of a large family and active church member (Harvest Church Indy)
 - Engaged in leading children’s ministry and working with the foster family support group
- Trained in Applied Behavior Analysis (ABA) intervention (2011)
- Certified by Western Psychological Services (WPS) in Sensory Integration and Praxis (SIPT) (2012-2013). Trained in various intervention protocols including, Beckman Oral Motor, Handwriting Without Tears handwriting intervention, and Certified in Car Fit (2008).
- Member of American Occupational Therapy Association