

OCCUPATIONAL THERAPY

Occupational Therapy (OT), at its core, is the therapeutic use of everyday activities or occupations to help you participate in life to its fullest. An occupation is anything that occupies your time, whether it is something you need to do or just something you want to do.

Our Therapists

Our therapists specialize in how your brain helps or hinders your daily performance in life: work, school, social interaction, sleep or performance in everyday self-care or household tasks.

We recognize the importance of the mind-body-spirit connection within each person and how this impacts participation in daily life activities. Therapists support clients in reaching their fullest potential by holistically addressing all aspects of a person: physical, mental, and social wellbeing. The balance between these three aspects is the key to maintaining quality of life.

Therapeutic Use of Self

Who you choose to partner with you on your journey to achieve desired results matters!

One difference that tells our therapists apart from others is their strong belief in and use of “therapeutic use of self”. Each therapist develops and manages their therapeutic relationship with each client while using reasoning and empathy to guide interaction. A collaborative and client-centered approach is taken in each client’s case, we do not believe in a “one size fits all” approach to therapy.

We believe that two therapists can execute the exact same treatment session and achieve different results. This is the very nature of therapeutic use of self. Each therapist’s ability to understand and adapt themselves to the needs of each client is vital in achieving the best outcomes in therapy.



Specialty Treatment Areas at Brain Intercept

- Concussion Recovery
- Neurocognitive Rehabilitation Therapy
- Sensory Processing Difficulties or Disorders
- Non-medication treatment for ADHD/ADD
- Non-medication treatment for Stress, Anxiety, and Depression
- Non-medication treatment for Sleep
- Dementia Care and Management
- Health Care Coordination



**The goal of OT is to create quality of life!
It is possible to LIVE life to the fullest, despite living with changes or challenges!**



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