





## Contact info

 (718) 555-6543

 sophia.lee@gmail.com

 United States, New York, NY

# Sophia Lee

Mental Health Occupational  
Therapist

## Education

- New York University** 2013 - 2015  
United States
- University of California, Los Angeles** 2009 - 2013  
United States
- American Occupational Therapy Association**  
Renewal Date: March 2023
- National Council for Mental Wellbeing**  
Certification Date: September 2022

## Skills

Mental health rehabilitation strategies	<div><div style="width: 100%;"></div></div>
Life skills development	<div><div style="width: 100%;"></div></div>
Group therapy facilitation	<div><div style="width: 100%;"></div></div>
Trauma-informed care practices	<div><div style="width: 100%;"></div></div>
Patient assessment and care planning	<div><div style="width: 100%;"></div></div>
Coping strategy training	<div><div style="width: 100%;"></div></div>

## Professional summary

Experienced Occupational Therapist with 8+ years of experience in community mental health settings. Skilled in applying therapeutic techniques to help individuals with mental health conditions improve life skills, self-regulation, and engage in meaningful activities.

## Experience

- Mental Health OT** June 2017 - Now  
**New York Mental Health Services,**  
United States, NY
  - Provide therapy to individuals living with mental health conditions.
  - Conduct assessments and design treatment plans focused on improving daily living skills.
  - Collaborate with psychiatrists, social workers, and counselors to provide integrated care.
  - Facilitate group therapy sessions focused on skill-building and social integration.
- OT Assistant** August 2015 - May 2017  
**Brooklyn Psychiatric Hospital,**  
United States, New York, NY
  - Assisted in implementing occupational therapy programs designed to enhance mental well-being.
  - Led art therapy sessions and stress-relief techniques for patients.
  - Supported patients in achieving independence in self-care tasks, socialization, and productivity.