

WUOT CV

Date: April 27, 2023

Sarah Cheatham Oberle

Contact Information

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Program in Occupational Therapy
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Present Position

2023 – present Instructor in Occupational Therapy and Pediatrics, Program in Occupational Therapy
Washington University School of Medicine, St. Louis, MO

Education

Undergraduate

2004 – 2008 BA; Wake Forest University, Winston-Salem, NC

Graduate

2010 – 2013 OTD; Washington University, St. Louis, MO
Thesis: Peripheral vestibular dysfunction: Factors affecting participation in adults
Mentors: Dr. Meredith Gronski and Dr. Tim Hullar

Continuing Education

2015 Self-Regulation in Children: Keeping the Body, Mind, & Emotions on Task in Children with Autism, ADHD, and Sensory Disorders

How Do I Do an FBA and BIP?

2016 A Contemporary Occupational Performance Approach to Pediatric Self-Regulation

Get Set for School Readiness & Writing Workshop

Cutting Edge Strategies to Improve Executive Functioning Success & Advanced Training in Interventions to Improve Executive Functioning

2017 An Inter-Professional Approach to Supporting Individuals with Autism

MO Trauma Sensitive Schools: Improving Educational and Emotional Outcomes for Your Most Challenging Students

2018	Building NEW Neuropathways to Master Visual and Auditory memory, Visual Perceptual Skills, Visual Motor Skill Development, and More
2020	Anxiety in the Classroom Executive Functions Part 2: Strategies to Foster Motivation and Tackling Many Moving Parts of Any Assignment
2023	Functional Cognition Overview of Executive Function, Memory, Self-Awareness and Metacognition Functional Cognitive Performance-Based Assessment and Error Analysis Fundamentals of the Multicontext Approach

Clinical Title and Responsibilities:

2014 – 2023	Occupational Therapist, St. Louis, MO Washington University in St. Louis
2014 – 2015	Research Coordinator, St. Louis, MO Dr. Roberta Pineda’s OT NICU lab
2015 – 2023	Occupational Therapist, St. Louis, MO Central Institute for the Deaf (CID)
2015 – 2023	Occupational Therapist, St. Louis, MO Community Practice

Teaching Title and Responsibilities

2014 – 2016	Co-instructor Fundamentals of Healthcare and Professional Practice with Dr. Duana Russell-Thomas Washington University in St. Louis, Program in Occupational Therapy, St. Louis, MO
2018 – 2019, 2024	Tutor for Case-Based Learning course, directed by Drs. Sue Tucker and Monica Perlmutter Washington University in St. Louis, Program in Occupational Therapy, St. Louis, MO
2019 – 2020	Independent study mentor 2019: Mallory Varnum, OTD, OTR/L 2020 Jenny Kwon, OTD, OTR/L
2024	Co-Course Director Evaluation and Intervention: Children and Youth I

Medical Licensure and Certification

From 2014 – 2023	Missouri Occupational Therapy License License number: 2014010523 Active
2014	NICU Network Neurobehavioral Scales assessment administration, trained by Dr. Roberta Pineda
2022	Basic Life Support, American Heart Association
In progress	Advanced Multicontext Application and Intervention Certification

Community Service Contributions

Professional Societies and Organizations

2014 – present	American Occupational Therapy Association
2014 – present	World Federation of Occupational Therapists
2017	Missouri Occupational Therapy Association

Media activities

Major Invited Professorships and Lectureships

2014	Division for Early Childhood's International Conference on Young Children with Disabilities and Their Families <ul style="list-style-type: none"> - Presentation: Inclusive Education Practices in Cusco, Peru
2015	American OT Association Conference <ul style="list-style-type: none"> - Workshop: Neonatal Neurobehavioral Assessment - Presentation: Assessment of Autism Symptoms During the Neonatal Period: Is There Early Evidence of Autism? - Poster: AHA! The Awareness After Head Injury Approach
2016	Promoting Inclusion of Children with Disabilities <ul style="list-style-type: none"> - International Congress on Strategies and Practices for Inclusion of People with Disabilities, Cusco, Peru
2017	Missouri OT Association Conference <ul style="list-style-type: none"> - Presentation: Shaping the Future: Resounding Support for OT for Children with Hearing Loss
2017	American OT Association Conference <ul style="list-style-type: none"> - Short Course: Development and Implementation of a Student-Led Service-Learning Curriculum: Strategies and Recommendations

- 2019 Therapeutic Collaboration for Children with Hearing Loss
 - St. Louis Children’s Hospital Therapy Grand Rounds
- 2023 TOPSoccer National Symposium
 - What to Do When Things Go Sideways
- 2024 Missouri Occupational Therapy Association
 - Current Trends in Functional Cognition, Executive Functioning, and Supportive Strategies

Consulting Relationships and Board Memberships

2016 - 2018 Manos Unidas International

Trainee/Mentee/Sponsorship Record:

- 2017-2019 OT Student-Led Service-Learning Trip to Guatemala
 - Mentored 12 graduate students per year on a myriad of factors related to international service learning, including cultural humility, entry-level OT support across the lifespan, and low-tech assistive devices for ADLs, IADLs, and social participation
 - Facilitated evening discussions each day for the one-week trip to reflect on significant cultural and clinical experiences
 - Translated between Spanish and English for clients and students
- 2019-Present Deafness OT Support (DOTS; 2019-2023) and Train Your Brain (TYB, 2023-present) mentored scholarship lab for OTD students. Students and their projects include:
 - 2019-2021 Lauren Morgan, OTD, OTR/L
 - Understanding Teachers' of the d/Deaf Experiences with Executive Function and Occupational Therapy in a Site-Based School Program
 - 2020-2021 Brittany Grimes, OTD, OTR/L
 - Perspectives of Teachers of the d/Deaf on Students' Cognitive, Self-Advocacy, and Social Skills as Related to Development of an After-School Program
 - 2020-2021 Allie Snell, OTD, OTR/L
 - A Qualitative Analysis of the Perspectives of St. Louis Teachers of the d/Deaf on Student Executive Functioning
 - 2021-2022 Ariana Michel, OTD/S ‘23
 - Evolution and Utility of a Teacher Feedback System for an After-School Executive Functioning Support Program
 - 2021-2022 Kelsey Stevens, OTD/S ‘23
 - The Development of an After-School Executive Functioning Support Program and Curriculum Manual
 - 2021-2022 Paige McDermot, OTD/S ‘23
 - Parent's Perspective on Executive Functioning Skills for their Child with Hearing Loss
 - IRB #202110140
 - 2021-2023 Delaney Jordan, OTD/L, PPOTD/S ‘23

- A Case Study Comparison of Participation Patterns of a Child with Hearing Loss to a Child with Typical Hearing (abstract in progress)
- IRB #202008200
- 2022-2023 Erin Furney, OTD/S '24
 - A Case Study Comparison of Participation Patterns of a Child with Hearing Loss to a Child with Typical Hearing (abstract in progress)
 - IRB #202008200
- 2022-2023 Kathryn Keinholz, OTD/S '24
 - The Development and Dissemination of Educational Modules for Teachers of the d/Deaf to Support Students' Executive Functioning (abstract in progress)
- 2022-2023 Alison Martin, OTD/S '24
 - Design of a Pre-test/Post-test Protocol for Evaluation of an Executive Functioning Program for Students who are Deaf and Hard of Hearing (abstract in progress)
- 2023-2024 Taryn Brown, OTD/S '25
 - Enhancing Executive Function: The Influence of the Pilot Train Your Brain MasterMinds Metacognitive Training Program on Children and Caregivers
- 2023-2024 Seth Lewis, OTD/S '25
 - Enhancing Executive Function: The Influence of the Pilot Train Your Brain MasterMinds Metacognitive Training Program on Children and Caregivers
- 2023-2024 Sandy Wang, OTD/S '25
 - Expansion of a Professional Development Program Providing Cognitive Strategies for Teachers Through Social Media
- 2024-2025 Lindsey Papuc, OTD/S, '26
- 2024-2025 Tina Kao, OTD/S '26
- 2024-2025 Cayla Yanuzzi, OTD/S '26

2016-2022 Fieldwork Level II Clinical Instructor | 4 students, including:

- 2016 Kaylee Breitenbucher, OTR/L
- 2018 Jill Jachino, OTR/L
- 2021 Audrey Peppin, OTR/L
- 2022 Julie Chen, OTD/S '23
- 2023 Katie Shoen, MSOT/S '23

2022-2024 Capstone Mentor

- 2022 Brittany Grimes, OTD, OTR/L
- 2023 Tiffany Wei, OTD, OTR/L
- 2024 Katheryn Kienholz, OTD/S '24
- Erin Furney, OTD/S '24

Bibliography:

Original, peer reviewed articles in refereed journals

1. Pineda R, Melchior K, Oberle S, Inder T, Rogers C. Assessment of Autism Symptoms During the Neonatal Period: Is There Early Evidence of Autism Risk? *Am J Occup Ther.* 2015 Jul-Aug; 69(4):1-11. doi: 10.5014/ajot.2015. 015925.
2. Pineda R, Guth R, Herring A, Reynolds L, Oberle S, Smith J. Enhancing sensory experiences for very preterm infants in the NICU: an integrative review. *J Perinatol.* 2017 Apr; 37(4):323-332. doi: 10.1038/jp.2016.179. Epub 2016 Oct 20.

Other OT Publications

1. Cheatham Oberle, S., Bachelani, S.H., Hoyt, C.R., Harris, K., Millsap, M., (2024). Calling In: Facilitating change by acknowledging human connection. *OT Practice, March 2024.*

Other OT Presentations

1. Coxon, M.L., Cheatham Oberle, S., Hoyt, C.R., & Smith, A. (2024, February 29). *Application and measurement of constraint-induced movement therapy (CIMT) for infants and toddlers with cerebral palsy* [Short presentation]. Washington University School of Medicine Rare Disease Day Symposium, St. Louis, MO.