

CURRICULUM VITAE

Dr. Melina Allahverdian, OTD, OTR/L

I. BIOGRAPHICAL INFORMATION

PERSONAL INFORMATION:

Name	Melina Allahverdian, OTD, OTR/L
Home Address	13244 Dronfield Avenue Sylmar, CA 91342
Home Phone	(818) 515-1361
Citizenship	USA
E-Mail Addresses	Melina.Allahverdian@gmail.com

UNIVERSITY EDUCATION:

August 2020 Doctorate in Occupational Therapy
University of Southern California
Herman Ostrow School of Dentistry
Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

August 2019 Masters in Occupational Therapy
University of Southern California
Herman Ostrow School of Dentistry
Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

June 2014 Bachelor of Science in Biological Sciences
University of California, Santa Barbara
Graduated with a distinction of honor in the major

RESIDENCY AND FIELDWORK EXPERIENCE:

Residency:

August 2019 – August 2020

University of Southern California Occupational Therapy Faculty Practice

- developed an independent caseload and further trained in Lifestyle Redesign® as a clinician of occupational therapy
- common diagnoses included chronic migraine, chronic pain, post-concussion syndrome, and weight management

Level II Fieldwork

May 2019 – August 2019

University of Southern California Occupational Therapy Faculty Practice

- trained in Lifestyle Redesign® as a student of occupational therapy

- common diagnoses included chronic migraine, chronic pain, post-concussion syndrome, and weight management
- trained in ergonomic evaluation and intervention
- completed 480 hours of work

May 2018 – August 2018

University of California, Los Angeles TIES for Families

- contributed occupational therapy services by providing assessments, evaluations, intervention, and by attending multidisciplinary meetings
- main assessments utilized on site: Sensory Profile
- common diagnoses included fetal alcohol syndrome, autism spectrum disorder, and attention deficit disorder
- completed 480 hours of work

Level I Fieldwork

August 2018 – November 2018

Hands Plus Physical Therapy

- main assessments utilized on site: Disabilities of the Arm, Shoulder, and Hand (DASH)
- common interventions included splinting, ultrasound therapy, low level laser therapy, Astym treatment, cupping therapy, and joint mobilization
- completed 120 hours of work

January 2018 – April 2018

Aveson Charter Elementary School

- main assessments utilized on site: Bruininks-Oseretsky Test of Motor Proficiency (BOT)
- common diagnoses included autism spectrum disorder, fetal alcohol syndrome, and attention deficit disorder
- completed 120 hours of work

August 2017 – November 2017

San Fernando Valley Community Mental Health Center

- created and co-facilitated two regularly scheduled groups: Healing Through Yoga and Movement and Sensory Connections
- common diagnoses included schizophrenia, depression, anxiety disorders, and bipolar disorder
- completed 120 hours of work

ADDITIONAL WORK EXPERIENCE:

March 2022 – Present

Assistant Professor of Clinical Faculty

University of Southern California Occupational Therapy Faculty Practice

- responsible for maintaining an independent caseload as a clinician of occupational therapy utilizing Lifestyle Redesign®

- responsibilities include delivering patient care, maintaining active roles within interdisciplinary teams, facilitating a monthly support group, providing mentorship to students, and contributing to research
- common diagnoses include chronic migraine, chronic pain, post-concussion syndrome, and autoimmune diagnoses

October 2021 – March 2022

Clinical Staff

University of Southern California Occupational Therapy Faculty Practice

- responsible for developing an independent caseload as a clinician of occupational therapy utilizing Lifestyle Redesign®
- responsibilities include delivering patient care comprising of an occupational therapy evaluation, creating a plan of care, and delivering occupational therapy intervention and treatment
- currently maintaining an active position on three interdisciplinary teams
- currently facilitating the clinic’s monthly Chronic Pain Support Circle to support individuals in the community living with chronic pain
- common diagnoses include chronic migraine, chronic pain, post-concussion syndrome, Mast Cell Activation Syndrome, Postural Orthostatic Tachycardia Syndrome, and Ehlers-Danlos Syndrome

January 2021 – Present

Yoga Teacher

Wild Plum Wellness Holistic Spa and Yoga Center

- responsible for teaching group and individual yoga classes
- Yoga Alliance 200-Hour Registered Yoga Teacher

February 2016 – February 2017

Medical Assistant

Santa Barbara Orthopedic Associates

- responsible for assisting orthopedic surgeon and spine specialist Dr. Richard Kahmann and his clinical practice
- assisted patients in the clinic and with all their surgical preparation and scheduling needs

September 2013 – October 2016

Lab Technician and Lab Assistant

University of California, Santa Barbara

- responsible for preparing and analyzing amphibian DNA swabs as well as training all incoming student workers
- assisted in field sampling to obtain amphibian DNA swabs
- organized all other lab tasks such as ordering supplies and stocking reagents and equipment

LICENSURE AND CERTIFICATIONS:

California Board of Occupational Therapy
(CBOT) License #: 20992

National Board of Certification in Occupational Therapy
(NBCOT) Certification #: 433419

American Heart Association BLS for Healthcare Providers

Yoga Alliance Certified Yoga Teacher
ID# 272246
Power of Your Om Yoga Studio 200-Hour Teacher Training

Motivational Interviewing
Certificate of Training

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

American Occupational Therapy Association (AOTA)
Member ID: 000004543985

Occupational Therapy Association of California (OTAC)
Member ID: 1837890

GROUP AFFILIATIONS:

Birthright Armenia
2017 Volunteer & Active Alumni

Therapists for Armenia
Vice President

Wild Plum Wellness Holistic Spa and Yoga Center
Yoga Teacher

Armenian General Benevolent Union
Athlete & Youth Coach

II. SCHOLARLY ACTIVITIES

PUBLICATIONS:

Jun. 2020 Reeves, L., Axtell, S., Ravikumar, S., Sako, E.M., & Allahverdian, M. (2020, June). Program Development, Implementation, and Outcomes of a Mindfulness Training Program for an Interdisciplinary Headache Team at an Academic Medical Center. 2020 Annual American Headache Society Scientific Meeting: Virtual.

PRESENTATIONS:

- Mar. 2022 Allahverdian, M. (2022, March) Burnout Prevention and Reversal. Virtual Presentation. California Occupational Therapy Fieldwork Council Seminar and Discussion: Los Angeles, CA.
- Oct. 2019 Marchioni, M., Bussell, E., & Allahverdian, M (2019, October). Environmental Factors in the Workplace and Community. Oral Presentation. OTAC Annual Conference: Pasadena, CA.
- Mar. 2020 Reeves, L. & Allahverdian, M. (2020, March). Rest to Active Recovery: Lifestyle Management for Post-Concussion. Oral Presentation. OTAC Western Regional OT Spring Symposium: Las Vegas, Nevada.

III. TEACHING ACTIVITIES

COURSES:

- May 2020 Guest Lecture, OT 583 “Lifestyle Redesign®.” Presented to master students on “Lifestyle Redesign®: Pain Management.” May 28, 2020. Los Angeles, CA

IN-SERVICE EDUCATION:

- Dec. 2019 Sako, M. & Allahverdian, M. (2019, December). Lifestyle Redesign® for Pain Management. In-service presented to incoming pain fellows at USC Keck Hospital. Los Angeles, CA.
- Aug. 2020 Allahverdian, M. (2020, August). Setting-up an Ergonomic Workstation at Home. In-service presented to incoming graduate class at USC Rossier School of Education. Los Angeles, CA.

PANELS:

- Jan 2021 Virtual Guest Speaker and Discussion Panelist, “Reflect & Recharge: Therapy and Psychology.” Presented to community members on “Lifestyle and Occupational Therapy.” Jan 10, 2021. Los Angeles, CA.