

**Name:** Traci-Ann Shepherd

**Profession:** Specialist Occupational Therapist

**Qualification:** BHSc (Hons) Occupational Therapy and MSc (Post Reg.) Occupational Therapy.

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**Special Interests:** Neurological assessment and rehabilitation, vocational assessment and rehabilitation, sleep disturbance assessment and treatment and use of mindfulness and meditation to improve health and well-being following injury.

**Base:** Wakefield, West Yorkshire

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### **Personal Statement, Experience and Employment:**

Traci-Ann is a Wakefield based specialist occupational therapist, registered with the Health and Care Professions' Council (HCPC) continuously since 2010. She also practices independently as a British Association of Brain Injury Case Managers (BABICM) registered practitioner case manager. In both roles, she works predominantly with working-age adult clients following catastrophic and complex brain, physical and psychological injuries.

Traci-Ann began her occupational therapy career in 2010 with a Band 5 rotation at a local NHS Trust, where she swiftly developed a specialism in neurological rehabilitation. She progressed through roles as a static Band 5, Band 6 and ultimately Band 7 clinical lead occupational therapist, co-leading a multidisciplinary team of occupational therapists, physiotherapists and technical instructors within an NHS inpatient stroke and neurological rehabilitation unit. After nearly 12 years in the NHS, she transitioned into the private sector expanding her skills as both a rehabilitation and vocational case manager, as well as an associate specialist occupational therapist.

As a pragmatic and creative clinician, Traci-Ann uses the biopsychosocial model to inform her practice, recognising how a biological, psychological (thoughts, emotions, behaviours), and social factors collectively influence a person's recovery and their overall well-being. Her comprehensive understanding of the case management process enables her to take a collaborative, goal-driven approach to help clients improve their functional outcomes following injury. She is also proficient in applying a range of clinical outcome measures to track progress and demonstrate client success. Traci-Ann thrives in multidisciplinary environments, and values teamwork in achieving positive client outcomes.

Outside of work Traci-Ann enjoys photography, travelling and good food. She regularly dog sits for a chihuahua called Alfie and creates content for his instagram page!

### **Continuous Professional Development (CPD):**

A requirement of professional registration is undertaking and recording (CPD). Traci-Ann regularly participates in professional development opportunities to ensure she continues to offer her clients a high standard of rehabilitation based on the best available current evidence base.

Examples include courses in:

- Vocational rehabilitation including worksite assessments, job demands analysis and transferable skills assessments.
- FND (functional neurological disorder) masterclass.
- Level 3 mental capacity training.
- Sleep Unlimited REST Programme Advanced (CBTi).
- Advanced motivational interviewing.
- Breathworks Mindfulness for Stress.
- Fatigue Management after Brain Injury.
- Braintree Training: Cognitive rehabilitation & management of challenging behaviour.

Traci-Ann also attends regular conferences and events arranged by the professional bodies with which she is affiliated.

### **Key areas of expertise:**

- Neurological assessment and rehabilitation including traumatic brain injury, post-concussion syndrome, long-term neurological conditions, FND (functional neurological disorder), management of challenging behaviour, functional cognitive rehabilitation and returning to driving following brain injury.
- Vocational assessment and rehabilitation including worksite assessments, job demands analysis, transferable skills analysis, CV writing and job searching.
- Sleep disturbance including screening, assessment and intervention using CBTi (cognitive behavioural therapy for insomnia).
- Use of meditation and mindfulness to improve health and wellbeing after injury.

### **Professional Affiliations:**

- Health and Care Professions Council (HCPC) Reg. OT 61736.
- Member of Royal College of Occupational Therapists (RCOT).
- British Association of Brain Injury Case Managers (BABICM) Registered Practitioner.

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### **Additional Information**

Full UK Clean Driving Licence  
CRB/DBS Checked

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