

AMANDA LITTLEJOHN

MS, OTR/L

Curriculum Vitae

EDUCATION

Master of Science, Occupational Therapy
California State University, Dominguez Hills
May 2013

Bachelor of Arts, Psychology
University of Hartford, West Hartford, CT
Graduated: Summa Cum Laude
May 2009

LICENSURE & CERTIFICATION

California Board of Occupational Therapy
National Board for Certification in Occupational Therapy
Member, American Occupational Therapy Association
License #13826
Certification #315229
Since 2011

WORK EXPERIENCE

Women's Advantage Mens Optimal Health PT
Torrance, CA
1/2022-Present

The Koala Collective
Cofounder
12/2020-Present

The Woman's Well
Owner/Founder
3/2020-Present

Easter Seals Therapy Center
Culver City, CA
1/2015-11/2015

Tichenor Orthopedic Clinic for Children
Long Beach, CA
4/2013-7/2013

CONTINUING EDUCATION

H&W Pelvic Floor 2B
Enhanced Recovery After Delivery: Optimizing Maternal Function
with Acute Care Occupational and Physical Therapy
Ultimate GI Bowel Course
H&W Pregnancy Rehabilitation
H&W Mobilization of the Myofascial Layer
H&W Pelvic Floor 2A
Clinical Training Program at Women's Advantage Men's
Optimal Health Physical Therapy
POP UP Pro-Pelvic Organ Prolapse Professional Training
Restorative Sleep Series Part 1& 2
Motivational Interviewing and Health Coaching
H&W Doula Services and Pelvic Rehab
03/2023
09/2022
08/2022
06/2022
03/2022
02/2022
01/2022- 04/2022
03/2021
02/2021
01/2021
12/2021

CBT Skills for Distressing Physical Symptoms	11/2020
H&W Pelvic Floor 1	10/2020
The Institute for Sex, Intimacy, and OT	
Typical Treatment Session	06/2020
Sexuality and intimacy Across the Lifespan	06/2020
Guided Self Reflection of Sexuality Values, Self Beliefs, Attitudes, and Biases	06/2020
Postpartum Support International PMAD Components of Care	01/2020
Institute for Birth Healing: Holistic Treatment of the Postpartum Body	10/2019
OT Pioneers: Introduction to Pelvic Floor Therapy for Occupational Therapists	01/2019

SPECIALIZED TRAININGS

Body Ready Method Certified Birth Professional	01/2022
Transformed By Birth 6 month Childbirth Educator Apprenticeship	03/2021
Certified INNATE Postpartum Care Provider	06/2020
DONA International Birth Doula Training	05/2020
Arvigo Techniques of Mayan Abdominal Therapy Practitioner Training	02/2020

TEACHING & PROFESSIONAL EXPERIENCE

Doctoral Capstone Site Director	11/21-3/2022
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SCHOLARLY ACTIVITY

Research

“The Effects of Pelvic Floor Training on Birth Outcomes” - Research team member, 2022