

# Cara Lee Weir-Smith

## Abbreviated CV

DOB: 22-02-73

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English and Afrikaans

PR # 6616348

HPCSA # OT0029122

BSC (OT) Wits

Rem Ed (RAU) cum laude

OTR/L USA

First year Masters in Neuroscience (Wits)

Single mom of a gorgeous daughter and awesome son. (Aged 6 and 5)

### **Cara Lee Weir-Smith nee Musnick (Occupational Therapist and Remedial Therapist)**

I qualified from Wits in 1995 with a BSC Occupational Therapy.

I then went on to study and work in the USA and after completing and passing the American board exams with distinction, I worked as an Occupational Therapist in Oklahoma, Maryland and New York for over 2 years. I gained experience in the inclusion school system in Harlem, The Bronx, Queens, New Jersey, Staten Island and Manhattan.

Upon returning to South Africa I treated at Delta Park Remedial School while completing my Remedial Therapy Diploma at RAU (cum laude) and went on to study my Masters in Neuro Sciences. An unfortunate snow skiing accident put a premature end to those studies.

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I opened Cara Lee Musnick and Associates in 1998, a Paediatric Occupational Therapy Practice in Sandton. I had many students frequenting the practice to do their grade 11 and final year practical's. There were between 7 and 11 OT's working alongside each other in my practice of which I mentored and managed all of them. I worked in a multidisciplinary team with psychologists, psychiatrists, neurologists, teachers, speech therapists, audiologists, nurses, physios and biokineticists, GPs and homeopaths and self esteem facilitators. Shortly after having my son, I sold the practice in 2013 and started Impact Learning.

I am most happy when I am mentoring other OT's or giving talks to parents, health professionals and teachers. I am passionate about changing any negative perception that the OT profession may have and am a fervent advocator for relevant paediatric OT.

I co-founded GLOBE TRAINING cc (an aupair and nanny training company) and ran an Aupair Agency (AUPAIR ANYWHERE). I co-founded MOMS WITH MUNCHKINS, a support group for moms and expectant moms. I started STUDY WRITE (study skills workshops for children).

I now work full time as a director and partner in PAED DEVELOPMENT PTY t/a IMPACT LEARNING which offers accredited workshops to medical professionals, teachers and parents. Impact Learning is one of the few training companies that is authorised by SAMA (The South African Medical Association) as an approved accredited provider. Impact Learning was chosen by the Gauteng Department of Education to exclusively train the GDE therapists at Focus Week in 2017. Impact Learning also pioneered the first CPD accredited DVD trainings approved with the HPCSA (Health Professions Council of South Africa). We have recently launched online training with Eduvation making paediatric content available to more educators worldwide. We are in the process of developing our website to host our vast array of online paediatric content and will also have it available on FORGE, My CPD Solutions and Calabash. These are platforms designed for Health Professionals to access Accredited information. We have received SACE (South African Council of Educators) accreditation so can offer our courses with CPTD credits to teachers. We are also introducing the first CPD Accredited Podcasts launching in October 2018.

I have had several articles published in Today's Child Magazine and Life and Family Wellness Magazine. I have been on TV and radio (702 and Cape Talk) speaking about current trends in child development, visual perception and concentration. I was the guest speaker on Nikki Bush's TV debut show and have collaborated with Meg Faure (the co-author of the best-selling books Baby Sense, Feeding Sense, Sleep Sense and Pregnancy Sense) I am currently penning a book together with my colleagues Lisa Sack and Claire Liebenberg titled "Becoming Me" a self esteem book for parents to use for their children.

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My motto is "Every child is a genius" and my greatest accomplishments are my daughter, Bailey Reece and my son, Cooper Slade. I am a single mother residing in Beverley Lonehill with my 2 beautiful children and my three miniature Pekingese's, Macho, Coco and Gucci. I am passionate about health and wellness and at the top of my priority list is spending time with friends and family, especially dedicating individual time to each of my children. I enjoy reading detective novels and am *finally* learning how to cook. My bucket list includes a trip to Cephalonia in Greece, taking my kids to Disney and waking up when I am finished sleeping.

I have participated in many post graduate workshops and courses over the last 23 years of my career. More recently I have organised, hosted, emceed, presented at and attended the following trainings and conferences:

- Auditory Processing Disorder and working memory
- Tech Savvy 101- the child, therapist and teacher
- Assertiveness in Children and its affects on Bullying
- Depression and Anxiety in Children
- Dyslexia and ADD
- Practice Considerations in today's economy
- New Concepts in Infant Sense
- Maximising Your Practice is 2018
- Assisting the learning process in learners with difficulties
- Self-esteem and the Child
- Feeding Symposium for all health professionals
- Complex Childhood Behaviours
- Selective Mutism
- Gender Variance
- Stuttering
- Sensory Integration Explained
- Visual Perception
- Left Handedness
- Law and ethics for the Health Professional
- Divorce Dynamics and its effect on children and the therapist, parent and teacher.
- Pink Brain: Blue Brain i.e. how boys and girls think and learn differently and how they should be treated and taught differently.
- Ethics with children: Child Protection Act
- Basic life Support and CPR
- Dyslexia Unpacked
- Feeding Symposium – advanced symposium for Speech Therapists
- Childhood Psychiatric Disorders
- Metacognition and the learner
- Paediatric Update
- Developing Executive Function and academic Success in Children
- B.A.N.K Fundamentals – tools to help with interpersonal relationships with patients
- Infant Sensory Integration training
- Basic Practice Management
- Advanced Practice Management
- Cutting Edge practice Management strategies
- School Readiness

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- Typical Learning Difficulties
- Practice made perfect - practice management and marketing
- POPI act
- Autism Spectrum Disorder
- Co-ord Plus
- Grey Matter – Learning styles vs learning disabilities
- Pros and cons of using the ipad with learners
- The Sleep Conference
- Reading –Writing Connection

References:

Mrs Gillian Horwitz (Principal of King David Sandton) 011 253 7440

Dr Colin Kahanowitz (GP) 011 802 5338

Dr Nicola Powell (Psychologist) 082 899 6108

Nikki Bush (parenting expert) 083 265 5754

Meg Faure (OT and author) 083 675 7268

Nicky Heyman (Speech and Language Therapist) 082 447 1579

Deshni Naidoo (GDE) 071 679 5027

Prescilla Davidson (School owner and Principal) 084 654 8680

Bernice Bortz (teacher and HOD) 083 293 1208

Dr Brendan Belsham (Paediatric Psychiatrist) bcbelsham@gmail.com

Many thanks for your time and effort.

Cara

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