

# Elizabeth Williams, PhD, OTR/L, CHT

## Occupational Therapist, Assistant Clinical Professor

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### LINKS

[LinkedIn](#)

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### PROFILE

Accomplished occupational therapy practitioner and certified hand therapist with extensive expertise in the management of traumatic, cumulative, and chronic hand and upper extremity conditions.

Recent graduate with completed PhD in Health Sciences at Northern Illinois University with subsequent transition from full-time clinical work to academia as an Assistant Clinical Practice Professor in Roosevelt University's MS OT program.

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### EMPLOYMENT HISTORY

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| August 2026 - Current      | Assistant Clinical Professor, Roosevelt University                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Schaumburg |
| August 2025 – July 2026    | Adjunct Faculty – Occupational Therapy Program, North Central College <ul style="list-style-type: none"><li>Adjunct faculty leading Evidence Based Practice II in doctoral program curriculum</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | DeKalb     |
| October 2017 – August 2026 | Outpatient Resource Clinician - Occupational Therapist/CHT, Loyola University Medical Center <ul style="list-style-type: none"><li>Certified hand therapist with varied physician-led clinic experience collaborating for orthotic fabrication, treatment planning and facilitating continuation of care.</li><li>Outpatient Occupational Therapy Resource Clinician with key tasks of operating the student program (SCCE for all outpatient occupational therapy), orienting new staff, connecting therapists to resources and ensuring quality control/standards among my team</li><li>Lead occupational therapy practitioner across five outpatient settings overseeing adult hands, adult neuro, and pediatric therapists.</li><li>Ensured quality standards and best practices across the therapy team.</li></ul> | Maywood    |
| April 2018 — November 2021 | Occupational Therapist - Acute Care Registry, Advocate Christ Medical Center                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Oak Lawn   |

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### EDUCATION

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|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Aug 2022 — May 2026 | PhD in Health Sciences, Northern Illinois University<br>Dissertation Topic: Baseline Resiliency as a Predictor of Psychosocial Distress Post-Traumatic Injury | DeKalb  |
| Jun 2015 — Aug 2017 | Master of Science in Occupational Therapy, Rush University                                                                                                    | Chicago |
| Aug 2012 — May 2015 | Bachelor of Arts in Psychology, Carthage College                                                                                                              | Kenosha |

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## GUEST LECTURER

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|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| August 2026 | <b>Guest Panelist Northern Illinois University</b><br>Guest panelist presenting to incoming cohort of PhD students at Northern Illinois University on my experiences and recommendations for program success and dissertation completion |
| April 2026  | <b>Guest Presenter Chicago Metro Hand Study Group</b><br>Guest presenter to disseminate results for recently defended dissertation to hand and upper extremity specialists in the Chicagoland area                                       |
| July 2025   | <b>Guest Lecturer Elmhurst University</b><br>Guest lecture for current cohort of occupational therapy students on <i>Basics of Hand Therapy and Fieldwork</i>                                                                            |
| Aug 2024    | <b>Guest Lecturer Elmhurst University</b><br>Guest lecture for current cohort of occupational therapy students on <i>Basics of Hand Therapy and Fieldwork</i>                                                                            |
| Aug 2023    | <b>Guest Lecturer Elmhurst University</b><br>Guest lecture for current cohort of occupational therapy students on <i>Basics of Hand Therapy and Fieldwork</i>                                                                            |
| May 2022    | <b>Ergonomic Assessment and Application</b><br>Presented a lecture to occupational therapists, physical therapists, and physical therapy assistants on ergonomic assessment and intervention.                                            |
| Aug 2019    | <b>Guest Lecturer Chicago State University</b><br>Guest lecture for current cohort of occupational therapy students on <i>Driving Rehabilitation and Splinting Considerations</i>                                                        |
| Sep 2021    | <b>Guest Lecturer Chicago State University</b><br>Guest lecture for current cohort of occupational therapy students on <i>Driving Rehabilitation and Splinting Considerations</i>                                                        |

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## CERTIFICATIONS

|          |                                                                                                                                                |         |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Dec 2020 | <b>Certified Hand Therapist</b>                                                                                                                | Chicago |
| Feb 2026 | <b>CPR/BLS</b>                                                                                                                                 | Chicago |
| Nov 2024 | <b>CITI Training</b><br>Responsible conduct of research - completed for both Northern Illinois University and Loyola University Medical Center |         |

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## VOLUNTEER WORK

|                    |                                                                                                                                                            |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2023 – Present     | <b>Chicago Metro Hand Study Group</b><br>Board Member                                                                                                      |
| Mar 2023 — Present | <b>CarFit Technician</b><br>Trained as CarFit technician/analyst - joint partnership between AAA, AARP, and AOTA to support safe drivers<br>Date: May 2023 |

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## REFERENCES

Dr. Sonya Agnew, Chief of Hand Surgery, Loyola University Medical Center  
(312) 802-2384

Dr. Shondra Clay, Northern Illinois University  
sclay@niu.edu

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## COURSES

|          |                                                                                                                     |
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| Feb 2025 | OccuPro Functional Capacity Evaluation Certification Course                                                         |
| Nov 2023 | Annual Conference, Illinois Occupational Therapy Association                                                        |
| Sep 2023 | Diabetes and the Upper Extremity: Treatment Recommendations for Hand Therapists, Chicago Metro Hand Study Group     |
| Sep 2023 | Sexual Harassment in the Workplace: An Occupational Therapy Perspectives, Illinois Occupational Therapy Association |
| Sep 2023 | Ethics in Occupational Therapy, Illinois Occupational Therapy Association                                           |
| Sep 2023 | Implicit Bias Awareness Training, Illinois Occupational Therapy Association                                         |
| Sep 2023 | Dementia Training for Healthcare Professionals, Illinois Occupational Therapy Association                           |
| Feb 2023 | iKNOT - CRPS Shoulder-Hand Syndrome Course                                                                          |
| Sep 2022 | Social and Behavioral Responsible Conduct of Research, CITI                                                         |
| Aug 2022 | Social & Behavioral Research - Basic/Refresher, CITI                                                                |
| Oct 2021 | American Society of Hand Therapists Annual Meeting                                                                  |
| Oct 2019 | Tennis Elbow Intervention, Chicago Metro Hand Study Group                                                           |
| Apr 2019 | Extrinsic vs. Intrinsic Tightness, University of Wisconsin Madison                                                  |
| Oct 2019 | Upper Extremity Nerves, Doctors Demystify                                                                           |
| Jan 2019 | AOTA Fieldwork Educator Certificate Program (FWECP), Rush University Medical Center                                 |

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## MEMBERSHIPS

|                    |                                           |
|--------------------|-------------------------------------------|
| Mar 2018 — Present | American Occupational Therapy Association |
| Jan 2018 — Present | Illinois Occupational Therapy Association |
| 2021 — Present     | Chicago Metro Hand Study Group            |
| Jan 2018 — Present | American Society of Hand Therapists       |