



Mildred "Milly" Pangilinan-Flores, Occupational Therapist (OTR/L)

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Education and Special Certifications

- M.A. in Occupational Therapy from California State University, 2002.
- SIPT (Sensory Integration & Praxis Test) certified, 2003.

Specific Treatment Strategies, Equipment, or Expertise Utilized:

I have always been interested in sensory integration and in treating sensory processing deficits. Most of the training and courses I have taken over the years was to expand my knowledge base in this area. I have received mentorship on sensory integration from Lorna Jean King who collaborated with Jean Ayres on sensory integration. I have taken several courses on sensory integration, on sensory-motor including Neurodevelopmental Treatment from Lois Bly, sensory modulation and self-regulation including *How Does your Engine Run*, Diana Henry's Tool Chest, Carol Kranowitz's *Out of Sync Child*, The Listening Program, Zones of Regulation, Julia Harper's RISE (Reflex Integration to Support Education) and *How to be a Sensory Chef*, and other courses on the Wilbarger Brushing, sensory diets, and other sensory-based courses.

From there, I naturally progressed to taking courses on feeding as eating is highly sensory in nature. I recently received training on the SOS (Sequential Oral Sensory) Feeding Approach by Kay Toomey and Associates. I have also taken courses on feeding and oral-motor assessment and treatment through Lori Overland's Sensory-motor Approach to Feeding, Debra Beckman's Oral-motor Treatment, and Jessica Hunt's Complex Feeding Issues. Currently, I am focused on increasing my feeding skills and will be taking more feeding courses in the future. Having worked and trained for many years, I have found that my best training instructors have been my clients. I have honed my skills and have become the occupational therapist that I am today because of them.

Career History:

I started at L.I.F.E. when it first opened in July of 2007 and was one of the 2 occupational therapists. From there, I worked my way up from a mentor to eventually a Clinical Director until 2018. I have treated, created programs, and managed therapists for L.I.F.E. since then. I recently returned to treating full-time in September of 2018 and enjoying every minute of it.

My very first job as an occupational therapist was at a pediatric outpatient clinic at Simi Valley Hospital in California in 2002 where I did my pediatric rotation. When I moved to Arizona, I worked at a skilled nursing facility for a few months and at the Children's Center for Neurodevelopmental Studies working in their private school and clinic for a year. Following that, I worked for Horizon Pediatric Therapy at their clinic and in clients' homes until 2007. I also worked at a rehabilitation hospital in Mesa in their in-patient unit to work with adults and the elderly for a year on the weekends while working at L.I.F.E.



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Personal Treatment Philosophy:

I see every child I treat as a child of God and deserves my utmost respect, compassion, love, and patience. I believe in gaining their trust and meeting each client at their level and pace and being part of the therapy process and environment, which we call the 'therapeutic use of self'. I also like to have fun as I am silly and playful in nature. But more importantly, I believe in having the parents and family members as my treatment partners especially when coming up with goals that are relevant, functional, and meaningful to them and their children.

Personal:

I have been happily married since 2005 to my husband who is my best friend. I spend my free time teaching the faith to typical and children with special needs at my church, volunteering for my church and the community, spending time with my husband, and living my Catholic faith to live a holy life.