
Kathleen D. Shirley, D.P.T.
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Physical Therapy
College of Health Sciences
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Academic Background

D.P.T. Texas Woman's University, Dallas, Texas, Physical Therapy, 2015.

B.S. East Carolina University, Greenville, NC, Physical Therapy, 1981.

Professional Certifications

Tai Chi for Rehabilitation, 2018, Dallas Tx.

Chronic Care Professional - Certified Health Coach, 2016

State of Texas license, 2012

Geriatric Certified Specialist through America Board of Physical Therapy Specialties, 2011

Orthopedic Certified Specialist through the America Board of Physical Therapy Specialties, 2009

Cervicogenic Dizziness Competency (Landel) APTA, 2006

Vestibular Rehabilitation Competency (Herdman) APTA/Emory University, 2004

Hath Yoga Teacher Certification, 2002

Adult Neurodevelopmental Treatment for Brain Injury, 1984

Professional Memberships

Vestibular Disorders Association (VEDA), 2004-2018

American Physical Therapy Association (APTA) Geriatric ,Orthopedics and Education Sections, 1980 - 2018

Work Experience

Work Experience

Academic

Assistant Clinical Professor, Texas Woman's University (September, 2015 - Present), Dallas, Texas.

Guest lecturer, Texas Woman's University (2013 - Present), Dallas, Texas.

Supplemental Learning Lab Coordinator, Texas Woman's University (September, 2012 - August, 2015), Dallas, Texas.

Non-Academic

Consulting services in various settings, Independent Contractor - (2012 - Present), Flower Mound, Texas.

In Home Therapy Services, independent consulting services, educational workshops and program development., Healthy to the Bone LLC. (1999 - 2012), Largo, Florida.

Co-Owner, Therapy Center of Palm Harbor Florida (1987 - 1999), Palm Harbor, Florida.

Clinical Director Functional Capacity Assessments, Work Hardening, Ergonomic Job Analyses., Physical Capacities Inc. (1985 - 1987), Largo, Florida.

Staff Physical Therapy, Lakeview Medical Center (1983 - 1985), Danville, Illinois.

Staff Physical Therapist, St. Elizabeth Hospital (1982 - 1983), Danville, Illinois.

Staff Physical Therapist, Nash General Hospital (1981 - 1982), Rocky Mount, North Carolina.

Teaching

Courses Taught

Courses from the Teaching Schedule: Basic Physical Therapy Skills, Clinical Management of the Musculoskeletal System, Critical Inquiry in Physical Therapy I, Critical Inquiry in Physical Therapy II, Critical Inquiry in Physical Therapy III, Developmental Concept:adol to Geriatrics, Examination, Evaluation, and Outcomes, Practice Management Issues I, Professional Development for the Physical Therapist, Professional Practice Physical Therapy, Psychosocial Aspects of Rehabilitation

Courses taught, but not in the Schedule:

Teaching Activities

Doctoral Student Project Committee - Chair

2018 - *Do Doctor of Physical Therapy and Master of Occupational Therapy Students' knowledge and attitudes about Geriatric Clients change with exposure to Geriatric curricular content during professional education?*. 2 students.

2017 - *Do Doctor of Physical Therapy and Master of Occupational Therapy Students' knowledge and attitudes about Geriatric Clients change with exposure to Geriatric curricular content during professional education?*. 2 students.

2016 - *Do Doctor of Physical Therapy and Master of Occupational Therapy Students' knowledge and attitudes about Geriatric Clients change with exposure to Geriatric curricular content during professional education?*

Intellectual Contributions

Intellectual Contributions Grid

Category	Total
Presentations of Refereed Papers	1
Presentations of Non-Refereed Papers	11

Presentations of Refereed Papers

National

Brizzolara, K. & Shirley, K. (2018). *Feasibility of a Brief Mindfulness Program on Stress and Anxiety Levels in Doctor of Physical Therapy (DPT) Students*. APTA Combined Sections Meeting, Washington, District of Columbia.

Presentations of Non-Refereed Papers

International

Shirley, K. (2003). *Yoga for Positive Health*. Invited presentation at International Conference, Tampa, Florida.

Shirley, K. (2007). *BPPV/ Cervicogenic Dizziness - Differential Diagnosis for the Orthopedic Manual Therapist*. Invited presentation at South African Manipulative Physical Therapists Association, Johannesburg, South Africa.

National

Shirley, K. (1993). *Joint Mobilization in Arthritis and Geriatric Care*. Invited presentation at American College of Rheumatology, Association of Rheumatology Health Professionals, Atlanta, Georgia.

Shirley, K. (1999). *Keying into the Millennium*. Invited presentation at Association of Rheumatology Health Professional, Tampa, Florida.

Shirley, K. (2013). *BPPV/ Cervicogenic Dizziness - Differential Diagnosis for the Orthopedic Manual Therapist*. Invited presentation at Brooks Residency Program, Jacksonville, Florida.

Shirley, K. (2015). *Osteoporosis - Brooks Geriatric Residency Program*. Invited presentation at Brooks Residency Program, Jacksonville, Florida.

Shirley, K. (2016). *Osteoporosis - Brooks Geriatric Residency Program*. Invited presentation at Brooks Residency Program, Jacksonville, Florida.

Shirley, K. (2017). *Osteoporosis - Brooks Geriatric Residency Program*. Invited presentation at Brooks Residency Program, Jacksonville, Florida.

Shirley, K. (2018, February). *Townhall Panel: Join the Geriatric Revolution*. Invited presentation at Combined Sections Meeting of the American Physical Therapy Association, New Orleans, Louisiana.

Shirley, K. (2018, February). *The Silver Tsunami: Meeting the Growing Rehab Challenges of Older Adults*. Invited presentation at A.P.T.A. Combined Sections Meeting, New Orleans, Louisiana.

Regional

Shirley, K. (2003). *Preventing Osteoporosis across the Lifespan*. Invited presentation at A.P.T.A. Combined Sections Meeting, Tampa, Florida.

Other Research

Other Research Activities

2017: Shirley, K., *SHORT: #StillFreshAndOldPT Ageism Within Our Profession* by Kathy Shirley.

2017: Shirley, K., *SHORTS: Why YOU Should Step Up Your Vestibular Game* by Kathy Shirley.

2016: Shirley, K., *How to WIN Patients & INFLUENCE People* w. Kathy Shirley @KShirley983_d.

2015: Shirley, K., *Dealing Hope to Patients, Students, & #GeriatricPT* w. Kathy Shirley.

Service

Service to the Institution

Department Assignments

Liaison:

2017-2018: Dallas campus Friends of the School liaison and fundraising

Member:

2016-2017 – 2018-2019: Scantron Co-Administrator

2015-2016 – 2018-2019: Marketing Committee

2015-2016 – 2018-2019: Admissions Committee

College Assignments

Other Institutional Service Activities:

2016-2017 – 2017-2018: Mental Health First Aid Inter professional program (OT/PT)

University Assignments

Member:

2017-2018: Health and Wellbeing Initiative

Service to the Community

Other Community Service Activities

2017: A Matter Of Balance Fall Prevention Program

2004 – 2009: Fitness Day - Osceola High School

2005 – 2008: PTSA President (Parent, Teacher Student Association) - Osceola High School, Seminole FL

1997 – 2007: Healthy to the Bone - Elementary School Based Osteoporosis Education and Prevention Program - Pinellas County, FL

1996 – 2003: School Advisory Council member and President - Starkey Elementary School, Seminole FL

1993 – 1994: Ai Chi Community Water Exercise Program - Clearwater, FL

Professional Development

Assurance of Learning - Professional Development

2014: Franklin Method for Sport: The International Franklin Method, Phoenix, Arizona.

2014: Concussion Health Certificate: Concussion Health, Dallas, Texas.

2014: Myokinematic Restoration: Postural Restoration Institute, Coppell, Texas.

2014: Pelvis Restoration: Postural Restoration Institute, Dallas, Texas.

2013: Postural-Visual Integration: Postural Restoration Institute, Chappell, North Carolina.

2013: Manual Therapy for the Cervical Spine: An Evidence-Based Approach Medbridge Education, Chad Cook, Dallas, Texas.

2012: ASTYM (Augmented Soft Tissue Mobilization) – Upper Extremity, Shoulder Girdle, Pelvis, LE and Spine, Frisco, Texas.

2012: Functional Dry Needling/Intramuscular Manual Therapy Level 1: Kinetacore, Dallas, Texas.

2012: Functional Applications in Pelvic Rehab part A: Herman and Wallace Pelvic Rehab Institute, Dallas, Texas.

2011: Myokinematic Restoration: Postural Restoration Institute. James Anderson PT IMG Academy, Bradenton, Florida.

2011: Postural Respiration: Postural Restoration Institute, Home Study CD, Largo, Florida.

2011: If You Can't Breathe you can't function: Integrating Cardiopulmonary and Postural control Strategies in Pediatric and Adult Populations, Miami, Florida.

2010: A 21 st Century Yoga Response to MS: National MS Society Arizona Chapter Matthew Taylor PT, PhD, Miami, Arizona.

2009: Total Motion Release 2: Tom Dalonzo-Baker, Raleigh, North Carolina.

2006: Postural Restoration: Postural Restoration Institute, Ron Hruska, St. Petersburg, Florida.

2006: Cervicogenic Dizziness Competency: APTA, Emory University, Long Beach, California.

2004: Vestibular Rehabilitation Competency: APTA, Emory University, Miami, Florida.

2004: Total Motion Release 1: Tom Dalonzo-Baker PT, Raleigh, North Carolina.

Other Professional Development

2017: Teaching Professor Conference, Atlanta, Georgia.

Professional Seminars / Workshops

2017: Clinical Reasoning Symposium, Omaha, Nebraska.

Honors/Awards

Award

2007: Distinguished Alumni Award, East Carolina University College of Allied Health.

Scholarship

2017: Pioneer Teaching and Learning Academy Scholar, Texas Woman's University.