



Beyond News

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A Therapist's Perspective: The Receiving End of Therapy

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Brianna and her two daughters.

I have been an occupational therapist (OT) for nearly 10 years. In that time, I've worked with hundreds of kids. One thing that I've actively worked on is acknowledging parent's struggles and letting them know that they are not alone. As much as I worked on developing this skill, I was never fully able to understand how it feels when your child needs therapy. My entire day revolves around kids that are in need of extra support in various areas developmentally, so although they might not be the "norm", it is my normal.

As a therapist, I'm often surprised to see kids meeting milestones at the appropriate time because I'm so used to seeing kids that are behind the expected ages and stages. I always considered seeking out services as an act of love because you are acknowledging your child's needs and taking steps to help them be their best. I have to admit, I had a hard time understanding why parents wouldn't want to do therapy if their child needed it (besides the major cost factor) ...enter my 4 month old, A.

Someone recently told me that your second child can be very humbling because they are so often different than the first. Just when I thought we were figuring out our toddler, here comes a baby with completely different likes, dislikes, and needs. When I was pregnant I naively thought, "How different could two girls be when they are being raised by the same parents?" Well, let me tell you, my 2 girls are complete opposites while somehow looking very similar.

Our daughter, A., has been the most humbling child. Ironically going to Beyond Boundaries and having my baby seen by one of our speech language pathologists (SLPs) to look at her tongue and lip tie was one of the hardest steps for me. Don't get me wrong, we have a phenomenal team! However, I was expecting a couple tips and everything would be okay. Her SLP looked at me and said, "There's more going on here, I think she needs to be seen for services weekly". I have been on an emotional roller coaster since that moment. My first thought was "Yep, sounds good, let's do this!" I love my co-workers so why wouldn't I put my kid in therapy if it's being recommended? The next day it suddenly hit me out of the blue: my baby isn't typically developing. I had almost a full day where I felt this overwhelming sadness, and I still struggle session to session. The best way I can describe it is this inner battle between my "therapist brain" and "mom brain".

The therapist side of me says we should celebrate the small milestones she's making. Then my "mom brain" kicks in and all I can hear is that A. is only able to suck 3 times in a row and at her age she should be able to do 10-20. Despite her making gains in therapy weekly, all I could think about was that this skill that is supposed to be something babies naturally know how to do is not coming naturally to her.

My daughter's needs are minimal compared to some of the kiddos that I treat on a regular basis, but the fact that she needs therapy is still hard for me to accept some days as an occupational therapist. I feel incredibly grateful for the team that I have helping A, so she can continue to grow stronger. I feel incredibly grateful that I am an occupational therapist and know the resources that are available for my daughter. I'm grateful for my co-workers who have also had their kids in therapy, so I can go to them when I'm struggling and need my feelings validated. Finally, I'm grateful for my sweet baby A. who constantly challenges my way of thinking and keeps me humble as a mom and therapist.



Brianna and her daughter, A. during a speech therapy session with Aubrie Hall, MS, CCC, SLP, QOM at BBTS

Featured Articles

The Top 1% in Her Field

Q&A with Holly Osborn, MOTR/L, BCP

Q: What is an Advanced Certification in Pediatrics?

A: Advanced certification recognizes therapists who voluntarily seek out advanced skills, knowledge, and practice experience. It distinguishes those with knowledge of current, evidenced-based practice, and commitment to continuing professional development in a specific area of practice. This certification is earned through self-guided study in all areas of pediatrics, including evaluation, interventions, and outcomes, with a 150 question exam to test knowledge.

Q: What motivated you to pursue this certification?

A: I have always had a passion for learning and pushing myself both personally and professionally. I knew that committing to this process would help me gain recognition among the OT community as I started to pursue more research, conference speaking, and tailoring my intervention in clinical practice to help fit the unique needs of the kids I serve.

Q: Why is there only 1% of OTs that have this certification?

A: The self-guided study is comprehensive and extensive, ranging from 80-100 hours of reading and video modules. I personally believe that many clinicians do not have the time in their day or are not supported professionally in order to take on this commitment while still practicing. Additionally, therapists must meet qualification standards to apply to take the exam.

Q: What are you most excited to do now that you are finished?

A: Through my self-study, I have a new found rejuvenation in so many different areas of pediatrics. I am excited to share the knowledge with colleagues and push them to use more evidence-based research in their practice, while also staying true to the vision of our profession: "Occupational Therapy maximizes health, well-being, and quality of life for all people, populations, and communities through effective solutions that facilitate participation in everyday living."



Holly Osborn, MOTR/L,
BCP Advanced Certification
in Pediatrics

Team Updates

Welcome New Staff!

Emily (OT)
Lisa (OT)
Abby R. (SLP)
Abby M. (SLP)
Madisen (SLP)
Hannah (SLP)
Leah (Literacy Tutor)

Staff Role Changes:

OT Team Leads:
Brianna
Bobbie
OT/PT Director of Therapy:
Brittany Anderson

Celebrating 10 years



Connie Sigurdson,
celebrates 10 years of
employment with
Beyond Boundaries
Therapy Services, SLP

Connie started at Beyond Boundaries on June 5, 2012, and has been a blessing ever since. She began at Beyond Boundaries as one of the office managers and intake specialists. Connie quickly learned the roles of running the office and interacting with Beyond Boundaries client families. Her role has changed over the years, and she is now one of the Billing Specialists for BBTS.

"Connie excels in every position at Beyond Boundaries. She has become incredibly knowledgeable with the ins and outs of insurance companies and what they require for coverage. She is passionate about helping others and strives to communicate all the information a family will need before starting at Beyond Boundaries. We all love and adore her and hope she is with us for 10 more years!" says Kitsy Radermacher, CEO Beyond Boundaries Speech Therapy Services.

Connie reflects on the past decade of her work, "A couple of things stand out to me when I think of the 10 years I have been with Beyond Boundaries. One is the growth of the business which has been amazing and the other is the offering of so many new programs and services to meet the needs in our community. I am so fortunate to work with this wonderful group of ladies and to be a part of helping clients and their families."

New Website Launched!

Check out our new and improved website! Easier to use and easier on the eyes, we are so proud to serve this community!
Scan the QR code below!

Upcoming: babies&BEYOND classes

July 12th:

Pre and Early Language Skills 11:00 AM-12:00 PM

July 27th: (Growing Futures Approved)

Optimal Positioning & Gross Motor Play/Safety 6:30-7:30 PM

OT Approach to Fine/Gross Motor/Sensory 7:30-8:30 PM

August 2nd:

Optimal Positioning & Gross Motor Play/Safety 11:00 AM-12:00 PM

September 13th:

Infant and Child Feeding 11:00 AM-12:00 PM

October 4th:

Optimal Positioning & Gross Motor Play/Safety 11:00 AM-12:00 PM

We are a Growing Futures Provider!

Email trudy@beyondboundaries.us

with any questions on how to get registered!

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