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Commitment to DEIB

As a physical therapist and educator, my commitment to equity, inclusion, and cultural humility influences both my healthcare practice and teaching philosophy. With a decade of clinical experience in downtown Philadelphia, I witnessed healthcare disparities firsthand, motivating me to adopt a comprehensive approach.

In response, I actively shape my teaching methods to prioritize cultural humility, open dialogue, and equity. At prior institutions, I designed professionalism courses introducing concepts like individual differences, implicit bias, health inequities, and social determinants of health. Currently, at Washington University in St. Louis, I contribute actively to the Moderators of Movement Thread, emphasizing the relationships among movement, health conditions, activities, participation, environmental factors, and personal factors.

Understanding biases exist at individual, institutional, and societal levels, I am dedicated to creating an inclusive learning environment, meeting students where they are, fostering self-reflection, and encouraging continuous dialogue. My teaching philosophy revolves around the biopsychosocial approach, emphasizing addressing social determinants of health for holistic care.

My commitment extends beyond the classroom; I was a founding member of the DEI commission at my previous institution, collaborated on programs for campus inclusivity, co-led the Content Production Team for APTA Virginia's DEI Committee, and am a current member of Washington University Program in Physical Therapy's DEI Committee.

In essence, my teaching philosophy reflects my dedication to promoting equitable healthcare and creating a learning environment that prepares future healthcare professionals for the diverse and complex needs of populations.