



GET TO KNOW YOUR THERAPIST

KRISTEN CASTO

Occupational Therapist (MOT, OTR)

Kristen received her undergraduate degree from the University of Houston (Go Coogs!) in 2013 with a Bachelor's Degree in Kinesiology. She then moved to Galveston to attend graduate school and graduated with her Masters in Occupational Therapy in 2015 from the University of Texas Medical Branch.

Kristen is a Level I certified handwriting specialist. She also has training in neurodevelopmental therapy, kinesiotopeing, and Beckman oral motor treatments. Before OT school, Kristen was a SonRise Play Therapist for children with autism. The SonRise Program was established by the Autism Treatment Center of America.

Outside of work, Kristen enjoys spending time with her husband and son, hanging with friends, and doing activities at church. She chose to go into this field because occupational therapy covers so many different aspects of life. Getting to not only help the child, but also the family as a whole makes this job uniquely satisfying.

One of her favorite aspects of working with children is getting to make any and every task into a fun and exciting adventure. Her favorite scripture is, *"This is the day the Lord has made. Let us rejoice and be glad in it."* Psalm 118:24