



GET TO KNOW YOUR THERAPIST

KRISTEN CASTO

Occupational Therapist (MOT, OTR, ASDCS)

Kristen received her Bachelor's Degree in Kinesiology from the University of Houston in 2013. She graduated with her Masters in Occupational Therapy in 2015 from the University of Texas Medical Branch, Galveston.

Kristen is a Level I certified handwriting specialist. She also has training in neurodevelopmental therapy, kinesiotaping, 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. She is a certified autism spectrum disorder clinical specialist (ASDCS).

Outside of work, Kristen enjoys spending time with her husband and sons, 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