



we are

The OT Centre

for UK wide
Occupational Therapy and
Sensory Integration



Rachel Markham Harris

Curriculum Vitae



Rachel Markham Harris

Private Occupational Therapist

MSc Occupational Therapy

HCPC OT70558 | RCOT BT0811335

[Make a Referral](#)

Rachel is a dedicated Occupational Therapist with over a decade of experience working with adults and children across NHS and private sector settings.

Her expertise lies in Paediatric Occupational Therapy, supporting children with diverse conditions. She is skilled in enhancing daily living skills, fine and gross motor development, handwriting, and anxiety management, fostering meaningful relationships to help clients maximise their potential.

With a caring and personable disposition, Rachel works with clients to create meaningful relationships, supporting them to achieve their goals. Currently qualified as an Advanced Special Yoga Practitioner, Rachel has qualified as an Advanced Sensory Integration Practitioner status, further developing and targeting her therapeutic approach. She is committed to providing the most effective support for her clients, and she regularly participates in professional development activities to ensure she is up to date with the most relevant and evidence-based treatments.

Rachel is proficient in administering standardised assessments, including the Sensory Profile and Movement ABC, and is able to synthesize assessment information, relevant evidence base and clinical reasoning to plan interventions suitable for her clients.

Rachel thrives on creative problem-solving, efficiently managing workloads and achieving impactful outcomes for her clients. In her most recent role, Rachel led a team of therapists and support staff to embed therapeutic provision across services for the benefit of clients and their families. This included the creation and delivery of a pilot project for young people, offering weekly group and individual sessions to support emotional wellbeing.

With experience at a senior level, Rachel has advanced stakeholder management and communication skills. Having presented operational therapeutic information at Board level to a number of stakeholders, Rachel has excellent written and verbal communication skills with multidisciplinary teams and external services.



The Right Clinician

Specialist skills for a Client's specific needs



The Right Provider

Est 2010 for high quality OT & SI Services



The Right Approach

Clinical Excellence before Profit

Expertise You Can Trust

Primary Specialisms

Mental Health & Neurodivergence OT, Paediatrics OT, Sensory Integration Practitioner, Vocational Rehabilitation OT

Skills & Interventions

Aids & Equipment, Anxiety Management, Challenging Behaviours Management & Support, Cognitive Rehabilitation, Fatigue Management, Functional Skills Training: Independent Living Skills (ILS), Activities of Daily Living (ADL), Community Access, Housing Adaptations: Minor, Housing Assessment, Manual Handling, Mental Health, Mobility, Motor Skills - Fine or Gross, Neurorehabilitation, Orthopaedic Injuries, Physical Rehabilitation, Postural Management, Sensory Integration Practitioner Level #3: can Assess & Treat, Sensory Processing, Sleep Hygiene, SMART Goal Setting & Reporting, Social Difficulties, Social, Emotional & Mental Health, Special Educational Needs (SEN): EHCP (Education Health & Care Plan), Individual Education Plan (IEP), Additional Learning Needs (ALN), Individual Development Plan (IDP), Coordinated Support Plan (CSP), Individualised Educational Programme (IEP), Upper Limb Rehabilitation, Vocational support: Return to Work or Education

Special Interests

Cognitive Rehabilitation, Sensory Processing, Sleep Hygiene, Social, Emotional & Mental Health

Conditions Supported

Developmental

Attention Deficit Hyperactivity Disorder ADHD, Autism/Autistic Spectrum Disorder ASD, Developmental Coordination Disorder (DCD) / Dyspraxia, Down Syndrome, Global Developmental Delay GDD, Learning Disability, Profound Multiple Learning Disabilities PMLD

Neurological

Acquired Brain Injury (Cerebral Palsy CP), Acquired Brain Injury (Stroke, Concussion, Aneurysm, Substance Use/Drug/Alcohol, Hypoxic or Anoxic Brain Injury, Tumor, Brain haemorrhage, Encephalitis), Epilepsy, Erb's Palsy, Progressive Conditions: Parkinson's Disease, Dementia, Alzheimer's

Physiological

Arthritis, Catastrophic Injury, Orthopaedic Injury, Fractures

Psychological

Anxiety Disorders incl Agoraphobia, Panic, Separation Anxiety, Social Anxiety, Phobia, Bi-polar, Depression

Sensory

Sensory Processing Disorder SPD, Sensory Modulation Disorder SMD, Sensory-Based Motor Disorder SBMD, Sensory Discrimination Disorder

Other

Elderly

Service Sectors

Case Managers & Medicolegal, Private Clients, Individuals & Families, Schools & Colleges, Housing Associations, Local Authorities/Statutory Services, Primary Care, Businesses & Charities

Education & Professional Qualifications

University of Essex
MSc Occupational Therapy, Merit, 2014

Employment History

2025 - Today Occupational Therapist The OT Centre

Options Autism, Outcomes First Group (2022 - 2025) Team Lead & Specialist Occupational Therapist

Rachel served as the sole Occupational Therapist responsible for delivering support to children and adolescents with ASD and other neurodivergent conditions in a school setting. She actively embedded gross and fine motor programmes, including touch typing and handwriting interventions, alongside assessing sensory needs and implementing required supports. She was responsible for communicating and coordinating a multi-therapy service provision within the school, working as part of the Senior Leadership Team. Additionally, she provided training and education for staff, pupils, and families.

Tracks Autism (2021 - 2022) Specialist Occupational Therapist

Rachel provided specialist input for sensory needs, including designing sensory circuits, conducting assessments, and educating staff and parents. She completed housing reports tailored to the individual needs of each child and delivered in-class support to model strategies and interventions for gross and fine motor skills as well as sensory preferences.

Hertfordshire Community Trust (HCT) (2018 - 2020) Paediatric Occupational Therapist

Rachel contributed to individual occupational therapy-focused Education, Health, and Care Plans (EHCPs) by conducting assessments of children and engaging in discussions with legal guardians and educational settings. She managed a diverse caseload to assess and treat motor coordination difficulties, fine motor skills, and sensory needs. She completed assessments and referrals for both standard and specialist equipment to support children's developmental needs and maintained effective collaboration with physiotherapy teams, facilitating regular referrals within Children's Services.

Hertfordshire Partnership Foundation Trust (HPFT) (2017 - 2018) Occupational Therapist: Older Adult Mental Health

Rachel worked as part of the multidisciplinary team responsible for the assessment, treatment, evaluation, and discharge of older adults with a diagnosis of a mental health condition, both functional and organic. She utilised standardised assessments such as ACE III, MOHOST, and functional observation of ADLs and PADLs. Her weekly interventions supported individuals in establishing and maintaining routines, promoting healthy lifestyle habits, and accessing community support and events.

North East London Foundation Trust (NELFT) (2016 - 2016) Occupational Therapist: Community Rehab

Rachel worked as part of the Integrated Community Team, managing her own caseload of clients in the community. Her interventions focused on falls prevention, neuro upper limb rehabilitation, and equipment assessment and provision, alongside liaising with external providers and referrers.

Central London Community Healthcare (CLCH), Edgware Community Hospital (2016 - 2016)
Occupational Therapist: Inpatient Rehab

In this role, Rachel worked as part of a multidisciplinary team on a rehabilitation ward, managing an independent caseload in a fast-paced inpatient setting. She conducted standardised assessments, including MOCA, HADS, CAM, and the NHS Checklist and delivered interventions focused on neuro upper limb rehabilitation, functional assessments, falls prevention, and transfer training. Rachel also collaborated with social services, care agencies, family members, and equipment providers to ensure comprehensive patient care and support.

Barnet, Enfield & Haringey Mental Health Trust (2015 - 2015)
Occupational Therapist: Forensic Mental Health

Rachel undertook a locum role as part of a multidisciplinary team, providing occupational therapy to male inpatient clients within a community reintegration team. She utilised standardised and non-standardised assessments, including MOCA, COSA, and REEL. Her work focused on facilitating work experience and preparation, enhancing skills of independence, and supporting executive functioning.

The OT Centre

Established 2010

Private Occupational Therapy and Sensory Integration Services
for Individuals, Case Managers, Solicitors, Schools & Colleges, Businesses & The Public Sector



Expertise

Occupational Therapists vetted by our Clinical Director as specialists in their field.



Experience

Working with Case Managers, Solicitors and the Client MDT since 2010



Ethos

Remaining a family owned, family run practice putting clinical services, quality and integrity before profit.



Availability

Direct access to your T via Mobile Phone and online Call-Back Booking Service.

Secure Online Access to all aspects of our work, including Professional Reports, SMARTAAR Goal Plans, Goal-Scored Client Sessions and Client Appointment Schedules.



Clarity

Fully Costed Proposals for fixed periods of SMARTAAR goal-driven outcome focused therapy.

Quantifiable clinically justifiable interventions through Session by Session scored Outcome Reports and End-Term Treatment Review Reports.



Consistency

Best use of tools and technologies to provide a first-class service for our clients and our customers.

Custom built Apps make it easy for your OT to manage your client case, documentation, goal plans and reports, providing a clear framework for their clinical work.