

Katie Brennan

Expert Witness
Occupational Therapist

Newcastle Upon Tyne



Professional Background

Katie Brennan is a Highly Specialist Paediatric Occupational Therapist with over a decade of experience across four NHS Trusts and in private practice. She has extensive expertise in working with children with complex conditions, focusing on maximising their ability to engage in meaningful occupations. Her clinical practice includes children with developmental conditions, post-injury rehabilitation needs, cerebral palsy and complex physical disabilities.

She currently holds a Highly Specialist role at Northumbria Healthcare NHS Foundation Trust, where she leads the Early Years caseload for children with complex developmental needs. In this role, she standardises care and supports best practice within the team. Her responsibilities include the assessment and provision of therapy programmes, specialist equipment recommendations for home and educational settings, manual handling advice and risk assessments, and the development of 24-hour postural management programmes. She works collaboratively with local authorities on major housing adaptations and with wheelchair services to optimise functional posture.

Katie also has experience in independent practice, having provided assessment and intervention for children with Autism Spectrum Disorder, Developmental Coordination Disorder, and Attention Deficit Hyperactivity Disorder. Her earlier clinical roles have included highly specialist posts at Evelina London (Guy's and St. Thomas's NHS Foundation Trust), Bromley Healthcare, and Homerton University Hospital NHS Foundation Trust.

Katie maintains a strong commitment to professional development, with further qualifications in sensory integration, developmental assessment, feeding interventions, and occupational performance coaching. Her clinical work is grounded in a sound understanding of neuroscience, posture and positioning, and functional hand use.

Katie is fully trained in the Civil Procedure Rules, including relevant revisions as they arise. She actively maintains her continuing professional development via a range of training opportunities, ensuring she stays abreast of the latest advancements in her field.

Specialisms

- Brain Injury
- Stroke
- Cerebral palsy
- Epilepsy
- Genetic disorders
- Tremors/Ataxia
- Progressive Neurological Conditions
- Cognitive disability
- Neuromuscular disorders
- Progressive Neurological Conditions
- Complex Orthopaedic & MSK injuries
- Sensory Processing Disorder
- Environmental/housing adaptations
- Specialist equipment provision
- Seating & Posture management

Age group

- Paediatric (0 to 18)
- Adolescent (12 to 18)



Career history

- Associate Paediatric Occupational Therapist October 2025 - Present
- Paediatric Occupational Therapist April 2024 – 2025
North East North Cumbria Integrated Care Board
Allied Health Professional (AHP) Clinical Fellow
- Mentor for International AHPs January 2025 – Present
Supporting career development opportunities and application/interview skills
- Highly Specialist Paediatric Occupational Therapist October 2019 – Present
Northumbria Healthcare NHS Foundation Trust
 - Lead OT for Early Years caseload, children with complex developmental needs: standardising care and supporting best practice amongst the team
 - Assessment and provision of therapy programmes for children post injury and/or with developmental conditions
 - Specialist equipment recommendations for homes, schools and nurseries
 - Manual handling advice to schools and nurseries, including written risk assessments
 - Producing 24-hour postural management programmes
 - Joint work with the Local Authority for major housing adaptations for children with complex needs, & Joint working with the Wheelchair Service to maximise functional posture
- Bank Band 7 Paediatric Occupational Therapist September 2018 – December 2018
Northumbria Healthcare NHS Foundation Trust
 - Two days per week setting up an OT service in a Specialist Primary School for children with Autism Spectrum Disorder
- Independent work with The OT Practice April 2018 – October 2018
London and Northumberland
 - Assessments and intervention for children with Autism Spectrum Disorder, Developmental Coordination Disorder and ADHD
- Band 6- 7 Highly Specialist Paediatric Occupational Therapist May 2014 – April 2018
Evelina London (Guy's and St. Thomas's NHS Foundation Trust), London
- Band 6 Specialist Paediatric Occupational Therapist May 2014 - January 2017
- Band 6 Paediatric Occupational Therapist May 2012 – May 2014
Bromley Healthcare, Kent
- Band 5 rotational Occupational Therapist September 2010 – May 2012
Homerton University Hospital NHS Foundation Trust, London

Qualifications

- MSc Occupational Therapy (Merit): London
South Bank University 2008-2010
- BA American Studies (2:1): University of Leicester
2001-2005

Registrations & Memberships

- Royal College of Occupational Therapists:
full membership
- Health and Care Professions Council:
OT62221