



ALEX SHEPHERD

SENIOR OCCUPATIONAL THERAPIST

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PROFILE

Alex joined the Hopscotch Children's Therapy Centre team in 2026, bringing extensive experience in paediatric occupational therapy and a strong foundation in sensory integration. With a proven track record in clinical leadership and evidence-based practice, Alex is dedicated to supporting children and young people with complex developmental needs.

About Alex:

Alex holds a Bachelor of Occupational Therapy from Western Sydney University. Throughout his career, Alex has held leadership positions where he mentored junior therapists, provided advanced clinical guidance on complex cases, and developed client-centred therapy programmes that deliver measurable outcomes. With experience managing diverse caseloads of children aged 3–19, Alex has developed particular expertise in supporting children with autism spectrum disorder (ASD), ADHD, developmental coordination disorder (DCD), genetic syndromes, and sensory processing challenges. His approach is grounded in Ayres Sensory Integration principles, using play-based, child-led interventions to support regulation, motor development, attention, and functional participation across home, school, and community settings.

Assessment & Intervention Skills:

Alex is highly skilled in conducting comprehensive assessments using standardised tools including the Peabody Developmental Motor Scales (PDMS), Beery Buktenica Developmental Test of Visual Motor Integration, McMaster Handwriting Assessment Protocol, and Bruininks-Oseretsky Test of Motor Proficiency. He uses these assessments to develop individualised treatment plans that address fine and gross motor skills, sensory integration, emotional regulation, handwriting, self-care, and social skills.

His therapeutic toolkit includes a wide range of evidence-based approaches:

- Ayres Sensory Integration therapy
- DIR/Floortime principles
- Therapeutic listening and brushing protocols
- Handwriting Without Tears
- Motor learning strategies
- Assistive technology and adaptive equipment