

## **Session Title: Mentorship in Motion: Fueling Growth and Excellence in Physical Therapy Residency Education**

**Speakers:** Catherine “Ashley” Bergeron PT, DPT; Arianna Farnsworth PT, DPT; & Cecilia Haggas PT, DPT

### **Description:**

Mentorship is the heart of physical therapy residency education, shaping residents into confident, critically thinking clinicians. In this interactive session, we’ll explore what makes mentorship in a residency setting unique—how it differs from clinical instruction for students, and how these skills extend beyond residency into everyday professional development.

We’ll demonstrate effective mentoring techniques in action through real-world case examples across the continuum of lung transplant care—from prehab to post-transplant rehabilitation. You’ll hear from both mentors and residents as they walk through “pregame, game, and post-game” reflections from inpatient and outpatient experiences, highlighting how mentorship supports clinical reasoning, emotional growth, and adaptability in high-acuity and multiple complex environments.

We’ll wrap up with key takeaways on how to mentor with intention, build resident confidence, and foster excellence across varied settings. Whether you’re a current mentor, a future one, or just mentoring-curious, come learn how to turn mentorship into momentum.

### **Objectives:**

The participants will be able to:

1. Describe the difference between mentorship and other forms of teaching utilized in clinical settings
2. Create intentional mentorship goals with mentees that help foster the advancement of learning in a residency program
3. Provide examples of questions to initiate reflection-for-action, reflection-in-action, and reflection-on-action
4. Discuss how to improve their own mentorship through self-reflection, goal-setting and continued education

### **Speakers Bio:**

Ashley Bergeron:

Ashley Bergeron, PT, DPT, earned her Doctorate of Physical Therapy from the University of Miami Miller School of Medicine. She went on to complete a Cardiovascular and Pulmonary Physical Therapy Residency at Duke University. Throughout her education and residency, Ashley presented at both state and national conferences on topics related to cardiovascular and pulmonary physical therapy. After completing her residency, she joined Houston Methodist Hospital as a critical care physical therapist. There, she continues to

foster her interest in rehabbing the lung transplant population, promoting early mobility in the ICU, and bridging health literacy gaps.

Ari Farnsworth:

Ari Farnsworth, PT, DPT graduated with her Doctorate of Physical Therapy from the Ohio State University and completed a Cardiovascular and Pulmonary Physical Therapy Residency at the University of Utah. Dr. Farnsworth is passionate about early mobility with medically complex patients in the ICU with a special interest in working with patients with simultaneous neurological and cardiovascular diagnoses. She has also presented at national and international conferences on topics of cardiovascular and pulmonary rehabilitation.

Cecilia Haggas:

Cecilia Haggas, PT, DPT, MS graduated from the University of Delaware's Doctor of Physical Therapy program in 2025. She is currently the Cardiovascular and Pulmonary Physical Therapy Resident at the Cincinnati VA Medical Center, where she serves in various settings ranging from medical ICUs to outpatient cardiac and pulmonary rehabilitation. In addition to her clinical work, Cecilia contributes to teaching Acute Care and Cardiopulmonary courses at the University of Cincinnati's Doctor of Physical Therapy program. Upon completing her residency in January 2026, she plans to return to her home state of North Carolina to continue following her passions for working in critical care and educating physical therapy students both in the classroom and in clinical settings.

Haley Bento:

Haley Bento, PT, DPT, CHSE, is a board-certified clinical specialist in cardiovascular and pulmonary physical therapy. Dr. Bento serves as director of both the Acute Care and Cardiopulmonary PT residencies at the University of Utah, where she is also a Clinical Assistant Professor in the Department of Physical Therapy and Athletic Training. Dr. Bento has acted as the residency liaison to the Academy of Cardiovascular and Pulmonary Physical Therapy since 2021 and is active within the Post-professional Education Council through the APTA.

## **References:**

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