

OUTLINE

How Self-Regulation Affects a Child's Physical, Mental and Emotional Wellbeing

Overlay of systems
Overlap with sensory processing disorder, ADHD, autism, giftedness, anxiety and related conditions

Sensory Processing Disorder (SPD)

Vestibular, proprioceptive, and sensory modulation characteristics
What can go wrong
Making it right: case studies and videos
The big therapies: Interactive Metronome® (IM), brushing, sensory diets, MeMoves™, and more!

Create a Sensory Lifestyle

Strategies for over-responsivity, under-responsivity, cravings
Develop sensory boxes, sensory schedules and spaces
Bedtime tips and strategies

ADHD Strategies

Parker's guidelines for giving meds
Greenspan's strategies for avoiding meds
Cognitive strategies, attention strategies and mindfulness meditation

Self-Management Strategies

As a powerful behavior program for ADHD
Address challenging behaviors and habits through sensory-based activities
Mindfulness and meditation techniques

Utilize Video

Role play and video modeling
Teach functional skills
Catch child "being good"
Art and music activities for emotions

iPad® Apps

Visual schedules
Social stories
Visual timers

Autism Strategies

Layers of autism
Working with emotions
Communication strategies that provide control
Match-and-repeat technique for social engagement
Deal with picky eating and poor sleep habits
Behavioral strategies for eliminating difficult behavior

Strategies for First-Person Stories

What, why and how
Case studies of why we see certain behaviors
Case study example reflecting successful intervention

Making Transitions Uneventful

Strategies for smooth transitions
Using objects to assist in transitions
Environmental strategies

Calming Strategies

Music, Me-Moves™
Deep pressure
Ease™

Other Approaches

Music therapy
Alternative therapy
Qi massage

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

OBJECTIVES

1. Differentiate between symptoms of sensory modulation disorder, ADHD and autism to determine appropriate self-regulation interventions.
2. Modify clinical treatments for Sensory Processing Disorder (SPD) to be utilized in school or home settings.
3. Design a sensory lifestyle program using readily-found items to improve self-regulation skills in your young clients.
4. Incorporate elements of first-person stories and transitional activities into your SPD intervention plan.
5. Recommend cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity.
6. Implement role plays and video modeling interventions to target appropriate self-management skills.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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Self-Regulation in Children

Keeping the Body, Mind & Emotions
on Task in Children with Autism,
ADHD or Sensory Disorders



REGISTER NOW:
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NANUET, NY
Wednesday, December 5, 2018

POUGHKEEPSIE, NY
Thursday, December 6, 2018

ALBANY, NY
Friday, December 7, 2018

Self-Regulation in Children

Keeping the Body, Mind & Emotions
on Task in Children with Autism,
ADHD or Sensory Disorders

- Role play and video modeling techniques to target appropriate self-management skills
- Communication strategies that provide emotional control for children with ASD
- Cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity
- First-person stories and transitional activities for SPD intervention



A NON-PROFIT ORGANIZATION CONNECTING
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REGISTER NOW: **pesirehab.com/express/66522**

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Wednesday, December 5, 2018

POUGHKEEPSIE, NY
Thursday, December 6, 2018

ALBANY, NY
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Children with Sensory Processing Disorders, ADHD or autism have much in common. They are challenged with physical problems that affect their ability to focus and can also cause them to be emotionally reactive. Children who have trouble self-regulating throughout the day are missing out on typical childhood experiences in school, on the playground and with their families. They have difficulty making and keeping friends.

This workshop looks at the underlying factors of poor self-regulation and how they affect the child. The course emphasizes practical interventions! You will walk away with effective strategies for creating simple but effective programs in clinical, school and home settings:

- Sensory therapy techniques
- Simple self-management and video modeling programs
- Sensory lifestyle programs
- First-person stories
- Energy regulation techniques
- Communication methods
- Transition strategies
- Behavioral strategies

Clinical programs such as Interactive Metronome® (IM), brushing, sensory diets, and MeMoves™ will be discussed, as will timely topics such as medication vs. non-medication for ADHD and new insights from research into biomedical aspects of autism. You will receive written handouts and a list of resources. Don't miss this opportunity - register today!

SPEAKER

Gwen Wild, MOT, OTR/L, specializes in the treatment of children and adolescents diagnosed with self-regulation difficulties due to sensory processing disorder, ADHD, ASD, anxiety, trauma, and other developmental issues. She is the owner of Sensational Brain LLC and the creator of the popular BrainWorks sensory lifestyle tool that teaches self-regulation by allowing kids to use sensory strategy picture cards to select activities to meet their sensory needs. Gwen has presented continuing education courses and trainings to occupational and physical therapists, teachers, school support staff, childcare center staff members, and parent support groups nationwide for over eight years and is best known for her ability to make the complicated subjects of self-regulation and sensory modulation easily understandable. She has led two relevant research studies and continues her research efforts today. Gwen founded and directed a childcare center for children with developmental disabilities in the Fort Worth area and has consulted with numerous daycare center directors and teachers to enable them to better meet the needs of children with disabilities. She was an adjunct faculty member in the occupational therapy department of Newman University in Wichita, Kansas, and has been a guest speaker in the special education department for other colleges.

Speaker Disclosures:

Financial: Gwen Wild is the owner of Sensational Brain LLC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Gwen Wild has no relevant non-financial relationship to disclose.

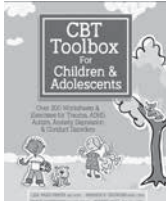
Target Audience: Occupational Therapists • Occupational Therapy Assistants • Educators
Speech-Language Pathologists • Counselors • Psychologists • Social Workers
Marriage & Family Therapists • Physical Therapists • Physical Therapist Assistants

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact **Cyndi Postlewaite** at **cpostlewaite@pesi.com** or call **(715) 855-5253**.

Self-Regulation in Children

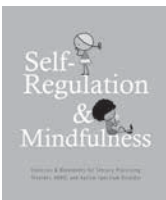
Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



CBT Toolbox for Children and Adolescents
Over 220 Worksheets & exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders
By Robert Hull, MA, ED, EDS, MHS

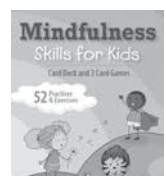
The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



Self-Regulation and Mindfulness
By Varleisha Gibbs, PhD, OTD, OTR/L


Nationally known OT, Dr. Varleisha Gibbs, OTD, OTR/L, has created a ground-breaking resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success.

Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.



Mindfulness Skills for Kids
By Debra Burdick, LCSW, BCN

52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice a mindfulness skill each time they win a hand. Great for therapists, teachers and parents. Perfect for ages 4 and up.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NEW JERSEY COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL: This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not


imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.6 Contact Hours.

PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements. American Psychological Association credits are not available.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at **info@pesirehab.com**.

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ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.


TUITION OPTIONS

•FREE Military Tuition: PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

•\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: **www.pesi.com/coord** for availability and job description, or call our Customer Service Dept. at 800-844-8260.

•Groups of 5 or more: Call 800-844-8260 for discounts.

•Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to **www.pesi.com/students** or call 800-844-8260 for details.
Advance registration required.
Cannot be combined with other discounts.



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Self-Regulation in Children: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

___ Seminar on DVD* (video) \$199.99 (RNV061575)

___ Seminar on CD* (audio) \$169.99 (RNA061575)

___ **CBT Toolbox for Children and Adolescents** book* \$34.99 (PUB085120)

___ **Self-Regulation and Mindfulness** book* \$26.99 (PUB085000)

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