## **Outline**

#### The Neuroscience Behind Self-Regulation

A look at sensory-motor pathways

Brain dissection video: The emotional brain and its connection to executive functioning

Neurological dysfunction: Hyper-activity, hypo-activity, aggressiveness, selfstimulatory, and inattentiveness

#### Neuro and Sensory Integration: Linking to Behaviors

Breaking down self-regulation: Sensory, cognition and emotions

Self-regulation effects on behavior: Flapping, inflexibility, rigidity, lack of inhibition, poor social skills, risk taking

The power of the autonomic nervous system and its connection to behavior (ie. stress, fear and primitive reflexes)

The power of primitive reflexes and how they impede on function

Tools and strategies for assessing primitive reflexes

#### Video Case Study Analyzation: Aligning Symptoms and Characteristics with Appropriate Interventions

ADHD: Diagnosis and current treatment strategies

Autism: Diagnosis and DSM-5® updates

Sensory Processing Disorder (SPD):
Sensory modulation disorder

Sensory-based motor disorder

Sensory discrimination disorder

## Self-Regulation Techniques and the Vagus Nerve Connection

Communication strategies that provide control: Symbolic and non-verbal

Self-management and behavioral strategies:
Behavioral contracts, checklist for tracking behaviors, video modeling

Addressing picky eating and poor sleep habits: Desensitizing and non-threatening activities

Music as a technique to initiate sensorial stimuli, calming and attentiveness

New interventions for vestibular, proprioceptive, auditory, smell and vision work

## Apply Neuroscience to Interventions: Hands-on Activities

Neurological connection of current programs such as Brain Gym®, sensory diets, and MeMoves™, just to name a few!

Integrate a mindfulness program for selfregulation

Address primitive reflexes and improve social participation and age appropriate behaviors

Tool to assess child's arousal levels to be used for daily schedules and to organize daily interventions

# Treatment Planning: Video Case Examples of Children Displaying Challenging Social, Eating and Sleeping Behaviors

Perform a virtual evaluation

Develop a treatment plan

Goal development

Re-assessment: When is it needed and when to discharge

#### **Psychoeducation for Client and Parents**

Evidence-based intervention and techniques to address challenges with self-regulation

Address psychosocial concerns and experiences of caregivers of children with self-regulation challenges

Communicate methods to address reciprocal regulation between the child and caregiver to address the influences and interaction each have

#### Live Seminar & Webcast Schedule - both days

(Times listed in Mountain)

7:30 Registration/Morning Coffee & Tea8:00 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.

- Summarize the neuroscientific research related to self-regulation and sensory processing in kids diagnosed with Autism, Sensory Processing Disorder, and ADHD.
- 2. Differentiate between the characteristics of sensory processing disorder, ADHD and autism and articulate how the neurological processes of each disorder coincide with one another
- 3. Apply neurological approaches that tap into the central, autonomic, and enteric nervous systems to improve clinical intervention techniques.
- 4. Examine the role of primitive reflexes and how they support or impede client functioning.
- 5. Evaluate the relationship between the autonomic nervous system and behavior in clients.
- 6. Determine the neurological responses aligned with intervention techniques to further enhance treatment planning.
- 7. Develop appropriate clinical interventions for challenging behaviors in clients, such as hyper-activity, hypoactivity, aggressiveness, self-stimulation and inattentiveness.
- Implement music as a technique to initiate sensorial stimuli, calming and attentiveness in clients.
- 9. Integrate a comprehensive mindfulness program to improve self-regulation in clients.
- 10. Utilize role play activities to assess levels of arousal among clients.
- 11. Develop a comprehensive treatment plan that addresses a variety of clinical concerns, including social skills deficits, picky eating and sleeping issues.
- 12. Implement strategies to address reciprocal regulation between the child and caregiver in order to improve clinical outcomes.

# AZIE

#### Varleisha D. Gibbs, PhD, OTD, OTR/L,

is an occupational therapist and author with over 13 years of experience working with children and adolescents diagnosed with Autism Spectrum Disorder, Sensory Processing disorders and Neurological disorders. Dr. Gibbs is the inaugural chair and director of the master's programs in occupational therapy and full time associate professor at Wesley College in Dover, DE. Prior to joining Wesley, she worked at the University of the Sciences in Philadelphia, PA, where she served as the director of the doctoral programs in occupational therapy. Dr. Gibbs is steadfast and an expert in the field of neurology, cognition, and pediatric therapeutic intervention.

Dr. Gibbs continues to lecture, and provide training, on sensory processing strategies and self-regulation to practitioners, parents, and teaches throughout the country and internationally. As co-author of *Raising Kids with Sensory* 

Processing Disorders, she has provided families with strategies to understand and care for their children. Dr. Gibbs is the developer of the Self-Regulation and Mindfulness program, and her new book, Self-Regulation and Mindfulness: Exercises and Worksheets for Sensory Processing Disorder, ADHD, and Autism Spectrum Disorder, was published in 2017 (PESI Publishing & Media).

In 2003, Dr. Gibbs founded Universal Progressive Therapy, Inc., a company that provides interdisciplinary and quality therapeutic services to families. As founding president, she provided treatment interventions and education in the areas of sensory integration, autism as well as family-centered care. Dr. Gibbs co-authored the publication, "Family-Centered Occupational Therapy and Telerehabilitation for Children with Autism Spectrum Disorders", found in the journal of *Occupational Therapy in Healthcare*. She received her PhD at Seton Hall University with a dissertation focusing on the Autism Spectrum diagnosis. Dr. Gibbs earned her doctorate in occupational therapy at Thomas Jefferson University.

Speaker Disclosure

Financial: Dr. Varleisha Gibbs is the founder/ president of Universal Progressive Therapy, Inc. She is a faculty member at the University of the Sciences Philadelphia and receives compensation. She is a speaker who receives an honorarium for PESI, Inc. Non-financial: Dr. Varleisha Gibbs has been published in a peer-reviewed journal Occupational Therapy and Healthcare.



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oin Varleisha Gibbs, PhD, OTD, OTR/L, renowned self-regulation expert and author for this intensive 2-day certificate training and learn clinically proven neurological approaches to addressing self-regulation in children and adolescents diagnosed with Autism, Sensory Processing Disorder, and ADHD. Knowing the underlying brain connections will help you better select and develop appropriate interventions for challenging behaviors, such as hyper-activity, hypo-activity, aggressiveness, self-stimulatory and inattentiveness.

You will walk away with neurologically tailored sensory strategies, cutting-edge treatment techniques, and sensory equipment strategies, including, mindfulness, social skill programs, music and movement, and respiratory-based techniques.

On day one, you will learn the underlying neurological components to connect the brain to clinical practice through:

- Brain dissection video wet labs, neuroanatomy, pathways, and function
- Autonomic nervous system and its connection to stress, fear, and primitive
- Video examples of children in a sensory clinic demonstrating positive outcomes when equipment is used appropriately

The second day, you will learn how to analyze and apply treatment techniques,

- Activating the vagus nerve and the nervous system for regulation
- Addressing primitive reflexes and improve social skills and age appropriate
- Incorporating a mindfulness program for self-regulation
- Applying your knowledge through the use of video case studies to examine the evaluation process, treatment planning, goal development, and re-assessment of children displaying challenging social, eating, and sleeping

Whether you are an expert on the brain or new to this science, Dr. Gibbs makes it easy to understand and easy to implement. You will leave ignited by revelations exposed in Dr. Gibbs' presentation!

#### Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 7 & 8, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attended to the seminar," attended to the seminar of the seminar the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/





#### **Self-Regulation and Mindfulness**

By Varleisha Gibbs, PhD, OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs 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.

## Sensory Processino Disorder

#### Raising Kids With Sensory Processing Disorders

A Week-by-Week Guide to Solving Everyday Sensory Issues

By Rondalyn Varney Whitney, PhD, OTR/L, FAOTA Varleisha Gibbs, PhD, OTD, OTR/L

Taking a look at the most common sensory issues kids face, Raising Kids with Sensory Processing Disorders offers a compilation of unique, proven strategies parents can implement to help their children move beyond their sensory needs and increase their performance on tasks like homework, field trips, transitions between activities, bedtime, holidays, and interactions with friends.



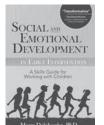
#### Sensory-Based In-Session: Strategies, Techniques and Equipment for Children with ASD, SPD, and ADHD

Sensory-Based By Varleisha Gibbs, PhD, OTD, OTR/L



Join sensory and self-regulation expert, Varleisha Gibbs, OTD, OTR/L, and discover various sensory strategies, techniques, and equipment to use when working with children with ASD, SPD, and ADHD. The underlying neurological components will be reviewed to connect neuroanatomy to practice.

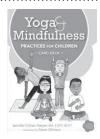
Through live demonstrations at a sensory clinic, you will learn what types of equipment you should purchase for your clinic as well as their appropriate use, when to use them, and for how long. Video examples of children in a sensory clinic will be used to demonstrate correct versus incorrect methods including how to maneuver the equipment for the sought response as well as what happens when equipment is used incorrectly. Treatment techniques to be analyzed include: sound-based, movement, and vision-based therapies.



#### Social and Emotional Development in Early Intervention

By Mona M. Delahooke, PhD

A groundbreaking resource for the field of early intervention. Illustrated with worksheets, charts and handouts, this reader-friendly book will provide valuable tools to nurture relationships, measure progress, reduce child stress, address challenging behaviors and promote self-regulation.



#### Yoga and Mindfulness Practices for Children Card Deck

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.





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\*\* Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their particip submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

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