

# 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.
7. Utilize communication strategies that provide emotional control for children with ASD.

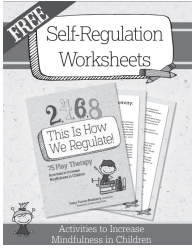
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.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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Free Self-Regulation  
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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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**TRUMBULL, CT**  
Wednesday, November 13, 2019

**CROMWELL, CT**  
Thursday, November 14, 2019

**PROVIDENCE, RI**  
Friday, November 15, 2019

# 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

**TRUMBULL, CT**  
Wednesday, November 13, 2019

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Thursday, November 14, 2019

**PROVIDENCE, RI**  
Friday, November 15, 2019



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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

**Anjali P. Sane, OTD, MA, OTR/L**, is an occupational therapist with over 25 years of experience working with infants, children, adolescents and adults in a variety of service delivery settings. For over 10 years, she has worked at an outpatient clinic utilizing sensory integration in the treatment of Autism, SPD, ADD and ADHD. Dr. Sane has worked in schools for the last sixteen years, practicing in early child-hood, instructional and collaborative classrooms where many of the children have diagnosis such as Autism, ADD, ADHD, SPD and Learning Disabilities. She is a state credentialed early intervention evaluator and provider in the state of Illinois. Dr. Sane is certified in administering the S.I.P.T (USC/WPS) and is also certified in pediatric massage. She is trained in Wilbarger's Sensory Defensiveness Protocol, the SOS approach to feeding difficulties and in the Listening Program.

Dr. Sane presents internationally on sensory integration in the treatment of children diagnosed with autism, SPD, ADHD and learning disabilities. She serves on committees for AOTA and ACOTE and is adjunct faculty at Governors State University, University Park in the MOT program. She is on the advisory board of Governors Stat University (Occupational Therapy Program). Dr. Sane earned her post professional doctorate in occupational therapy (Pediatric Science) from Rocky Mountain University and her MA in Education (Curriculum and Instruction) from Concordia University.

Speaker Disclosures:

Financial: Anjali Sane has an employment relationship with Omni Therapeutics. She receives a speaking honorarium from PESI, Inc.

Non-financial: Anjali Sane is a member of the American Occupational Therapy Association; and Illinois Occupational Therapy Association.

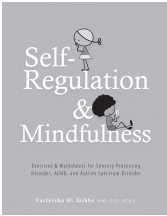
**Target Audience:** Occupational Therapists • Occupational Therapy Assistants • Educators  
Speech-Language Pathologists • Counselors • Psychologists • Social Workers  
Marriage & Family Therapists • Physical Therapists • Physical Therapist Assistants

**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](mailto: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!

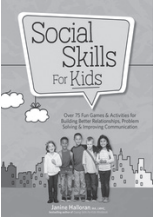


### Self-Regulation and Mindfulness

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.



### Social Skills for Kids

Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication

By Janine Halloran, LMHC

This rich resource includes reproducible, step-by-step plans for how to play, alternatives to each activity, and debriefing questions to reinforce learning.



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. **Limited seats available; advance online registration 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" on this brochure 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](mailto: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 profession's 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.

**Connecticut 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.

**Rhode Island Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/75243](http://www.pesi.com/events/detail/75243).

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

**Connecticut Educators, Administrators, School Psychologists & School Social Workers:** 6.0 CEUs. PESI, Inc. is an approved provider of Continuing Education by the Connecticut State Department of Education (Provider #930; Activity ID #930-19-059-033 for seminar on 11/13/19, #930-19-059-034 for seminar on 11/14/19 and #930-19-059-035 for seminar on 11/15/19).

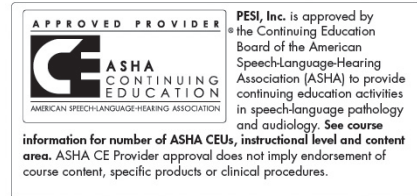
**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board 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.

**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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.



**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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.



PLEASE RETURN ENTIRE REGISTRATION FORM

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

SELF-REGULATION IN CHILDREN: KEEPING THE BODY, MIND & EMOTIONS ON TASK IN CHILDREN WITH AUTISM, ADHD OR SENSORY DISORDERS

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#### CROMWELL, CT

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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. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*



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### 3 Check tuition:

#### TUITION WITH SEMINAR MANUAL

**\$219.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
  - ☐ single registration postmarked 3 weeks prior to seminar date
- ☐ **\$249.99** standard

#### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$26.99\*** *Self-Regulation and Mindfulness* book
- ☐ **\$24.99\*** *Social Skills for Kids* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).**

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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

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

\_\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV061575)  
\_\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA061575)

\_\_\_\_ **Self-Regulation and Mindfulness** book\* \$26.99 (PUB085000)  
\_\_\_\_ **Social Skills for Kids** book\* \$24.99 (PUB085490)

CE hours and approvals on products may differ from live CE approvals. Product total \$ \_\_\_\_\_  
\*Shipping is \$6.95 first item + \$2.00 each add'l item. \*Shipping \_\_\_\_\_  
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