

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

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

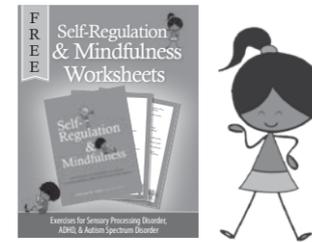
Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com 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.



FREE Worksheets

Self-Regulation & Mindfulness



www.pesi.com/selfregws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, INC
P.O. Box 1000
EAU CLAIRE, WI 54702-1000
A DIVISION OF PESI, INC

Self-Regulation in Children

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

HAMMOND, IN
Monday, December 2, 2019

FORT WAYNE, IN
Tuesday, December 3, 2019

INDIANAPOLIS, IN
Wednesday, December 4, 2019

REGISTER NOW:
pesi.com/express/75500

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

HAMMOND, IN
Monday, December 2, 2019

FORT WAYNE, IN
Tuesday, December 3, 2019

INDIANAPOLIS, IN
Wednesday, December 4, 2019



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: pesi.com/express/75500

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.

Self-Regulation in Children

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

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:

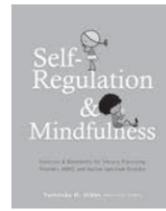
Financial: Anjali Sane has an employment relationship with Omni Therapeutics. She receives a speaking honorarium from PESI, Inc.

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 or call (715) 855-5253.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

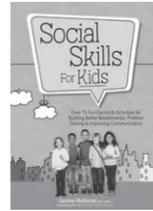


Self-Regulation and Mindfulness

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 cepsi@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.

Illinois 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.

Indiana 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.

Illinois Educators: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

Indiana Educators: 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

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.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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.

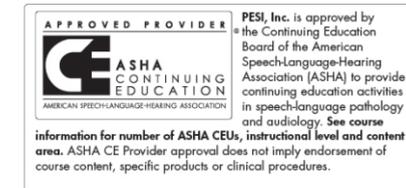
Illinois Physical Therapists & Physical Therapist Assistants: PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

Indiana Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Indiana Chapter, American Physical Therapy Association for review. Please contact our customer service department for the most current information.

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.

Illinois Psychologists: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

Indiana Psychologists: PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.25 contact hours.



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.

Illinois Social Workers: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

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.

SCAN HERE
FOR A SPECIAL OFFER ON
BOOKS & CARD DECKS

QUESTIONS? Call 800-844-8260 or e-mail us at 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

ONLINE

pesi.com/express/75500

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO Box 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept./Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: (make copy of locations)

HAMMOND, IN
December 2, 2019 75500HMD
Hampton Inn & Suites Hammond
2842 Carlson Dr • 46323
(219) 629-8720

FORT WAYNE, IN
December 3, 2019 75500FWA
Ramada Plaza Fort Wayne
305 E Washington Center Rd • 46825
(260) 484-0411

INDIANAPOLIS, IN
December 4, 2019 75500IND
Crowne Plaza
2501 S High School Rd • 46241
(317) 244-6861

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTER NOW
pesi.com/express/75500

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 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.*



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).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

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 _____

Residents add applicable state and local taxes except in AK, DE, MT, NH, OR. **Subtotal _____

TOTAL _____