

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, self-stimulatory, 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 self-regulation

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 Eastern

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. 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.
8. 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.



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

is an occupational therapist and author with 17 years of experience working with children and adolescents diagnosed with Autism Spectrum Disorder, Sensory Processing disorders and Neurological disorders. Dr. Gibbs is the Scientific Programs Officer for the American Occupational Therapy Foundation. She 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. She continues to lecture, and provide training, on sensory processing strategies and self-regulation to practitioners, parents, and teachers throughout the country and

internationally. 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). As co-author of *Raising Kids with Sensory Processing Disorders*, she has provided families with strategies to understand and care for their children.

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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Join 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 reflexes
- 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, such as:

- Activating the vagus nerve and the nervous system for regulation
- Addressing primitive reflexes and improve social skills and age appropriate behaviors
- 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 behaviors

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!

TARGET AUDIENCE:

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

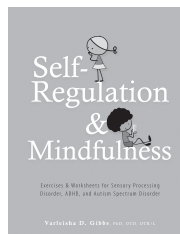


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This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP).

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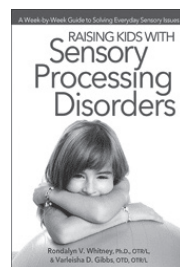
Self-Regulation and Mindfulness

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.

Your Speaker!



Raising Kids With Sensory Processing Disorders

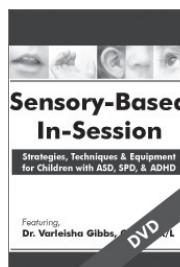
A Week-by-Week Guide to Solving Everyday Sensory Issues

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.

Your Speaker!



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

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.

Your Speaker!

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 12 & 13, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" 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/webcast/76044



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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.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.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.pesirehab.com/students or call 800-844-8260 for details.

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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 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 professional 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 12.5 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.

Ohio Counselors: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

Educators/Teachers: This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

Marriage & Family Therapists: This activity consists of 760 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.

Ohio Marriage & Family Therapists: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

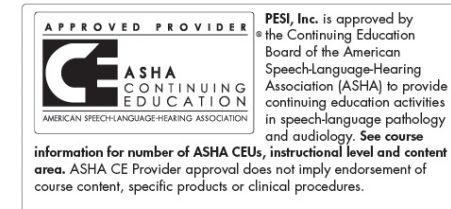
Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will 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 12.5 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.

Ohio Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Ohio Physical Therapy Association for review. Credit is pending.

Ohio Psychologists: PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



Speech-Language Pathologists: This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

**** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**

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 12.5 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.

Ohio Social Workers: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

Other Professions: This activity qualifies for 760 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.



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

___ **Raising Kids With Sensory Processing Disorders** book* \$16.95 (SAM082405)

___ **Sensory-Based In-Session** DVD* \$59.99 (RNV062735)

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