

**THE RAMOVES IS PROUD TO PRESENT**

# **SELF-REGULATION USING TELEHEALTH**

## **GUIDELINES AND TECHNIQUES FOR TREATMENT OF THE ANXIOUS STUDENT**

### **PRESENTER:**

**MIRIAM MANELA-FRANKEL, OTR**

DEVELOPER OF THE THRIVE METHOD

### **WHEN: On – Demand**

(originally recorded May 13, 2020)

### **WHERE: HOME/OFFICE/CLINIC**

**2 CONTACT HOURS**, 2 NBCOT PDUS, 2.4 NY PT contact hours, 2 CTLE credit hours.

*CERTIFICATES WILL BE AWARDED. CREDITS LISTED ARE OFFERED BY  
THE RAMOVES FOR FULL ATTENDANCE. NO PARTIAL CREDIT WILL BE ISSUED*

### **OVERVIEW**

This workshop will give participants the understanding of anxiety and techniques and tools that help students **achieve calm and self-regulation** during these unprecedented times.

If you need assistance please email [info@theramoves.com](mailto:info@theramoves.com)

### **TARGET AUDIENCE**

OTs, OTAs, SLPs, PTs, Social Workers, Special Educators, Principals, Educators

### **LEVEL AND METHOD OF INSTRUCTION**

Beginner level

Lecture, PowerPoint

*Learning outcomes/course evaluation will be completed via an online post course - test. A score of 70% or higher is required to receive ones' certificate of completion.*

### **COST— \$49**

**INCLUDES HANDOUT**

### **APPROVED:**

TheraMoves Services, LLC, is Approved for Sponsor by NYS Board for OTs and OTAs

Approved for **Social Workers** by the NY State ED Dept. #SW-0499

Approved by NYSED for Continuing Teacher and Leader Education (CTLE approval 23490)

TheraMoves Services, LLC is recognized by the NYSED's State Board for physical therapy as an approved provider of PT & PTAs continuing education, Approved for 2.4 contact hours

TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists by the NY State Ed Dept.

## COURSE DESCRIPTION

The Thrive Method takes a multi-faceted approach toward working with individuals who have difficulty regulating their emotional state. This short course offers proven strategies and tools that can be implemented immediately over a Telehealth platform to coach parents as well as build an individualized treatment program for clients with anxiety.

This workshop is a 2-hour course open to occupational therapists, physical therapists, speech and language pathologists, and mental health professionals who work with individuals that are experiencing anxiety.

### **COURSE OBJECTIVES** At the completion of the webinar participants will be able to:

- Identify the reasons why some are more prone to anxiety.
- Detail how behavior is affected by anxiety.
- Detail how to predict and prevent anxiety.
- List 3-4 techniques that can be used over Telehealth to decrease anxiety.
- Detail a repertoire of techniques to guide parents dealing with anxious children.

## AGENDA 2 HOURS

- 30 min      Whys and wherefores of Anxiety. Challenges Correlated with Anxiety: Relating specific underlying challenges to anxiety
- 1.5 hr min    Guidelines for Therapists and Parents: Develop a repertoire of body and cognitive techniques to cultivate adaptive responses that can be used through Telehealth

*Please contact the office with any special needs requests*

**REFUND & CANCELLATION POLICY:** No refunds for “on demand” webinars will be issued.

## ABOUT THE PRESENTER:

**Miriam Manela-Frankel OTR**, is the founder of The Thrive Group which specializes in helping children, adults, their families and educators with behavioral, academic, social, emotional and physical challenges. She conducts interactive educational workshops and presentations worldwide including universities, therapist conferences, as well as numerous educational and professional venues. She is the legislative co-chair of the New Jersey Occupational Therapy Association and the former representative for the representative assembly of the American Occupational Therapy Association. In 2013, she won the CBS Radio women’s achievement award. Miriam has been awarded Top Doctor’s in New Jersey award four consecutive years. Miriam is the author of the groundbreaking parenting book ‘The Parent-Child Dance’: A guide to Help You Understand and Shape Your Child’s Behavior. Her popular blog, Thethrivegroup.co, is followed by thousands of professionals and laypeople and she’s been interviewed on WCBS Radio and at PsychCentral.com

**DISCLOSURE:** Financial: Miriam Manela-Frankel, OTR, will receive a speaker’s honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

**TO REGISTER PLEASE VISIT**

**[www.theramoves.com](http://www.theramoves.com)**

**[info@theramoves.com](mailto:info@theramoves.com)**