

Harnessing the Power of the Vagus Nerve: A Therapeutic Approach



PRESENTER

Ricki Dembitzer, MS OTR/L



WHEN

Monday, August 8, 2022

7:00 PM — 10:00 PM EST

(Will be recorded, pre-registration is required for access following this webinar)

TARGET AUDIENCE

OTs, OTAs, PTs, PTAs, SLPs, educators, special educators, social workers, psychologists, BCBAs



FEES

\$89

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WHERE

Live Web Conference

comfort of your home/school/office

INSTRUCTION

METHODS: Lecture, slides, case examples, video

LEVEL: Intermediate



ACCREDITATION

3.0 Contact Hours

0.3 AOTA CEU
3.75 NBCOT PDUs
3.6 NY PT CEU
3.0 CTLE credit hours
3.0 CEU NY SLP in NY
3.0 CEU for NY social workers

Certificates will be awarded

Credits listed are offered by Theramoves for full webinar attendance. Partial credit awarded for partial attendance.

Learning assessment will be completed on the computer via an online post course quiz. A score of 70% or more is required to receive the certificate of completion.

Please contact Theramoves with any special needs request

COURSE DESCRIPTION

This course will provide an overview of the autonomic nervous system and its two branches the sympathetic and parasympathetic nervous systems and their corresponding roles. The **Vagus nerve** and its role in regulating our nervous systems will be discussed. The polyvagal theory will be described as well as the therapeutic interventions that help improve vagal tone. Additionally, other treatment ideas to help improve self-regulation using the power of the Vagus nerve will be emphasized. Several primitive reflexes related to the Vagus response will also be discussed. The course is geared towards therapists working with children, teens and adults looking for another way to improve their client's reactions to stress as well as the underlying nervous system reactions involved. It is geared towards the neurotypical client as well as those with any history of trauma or underlying condition or diagnosis.

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Define the two branches of the autonomic nervous system and list at least 2 of their roles
2. Identify 3 functions of the Vagus nerve and how it affects us
3. Name 3 states of the Autonomic nervous system according to the polyvagal theory
4. Name two ways to measure Vagal tone
5. List 2 reflexes related to the Vagus nerve and its ANS affect.
6. List at least 5 ways to self-regulate using the Vagus nerve techniques taught



-- TheraMoves is an AOTA Approved Provider of professional development. Course approval ID # pending. This distant learning-interactive course is offered at 0.3 CEUs, intermediate educational level, in the area of occupational therapy service delivery and foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

- TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (3.6 contact hours)
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)
- Approved for 3.0 contact hours by NYSED's State Board for speech-language pathologists
- Approved for Social Workers by the NY State ED Dept. #SW-0499

AGENDA

- 7:00-7:30 The autonomic nervous system and the body's stress response including HPA axis
- 7:30-8:15 The polyvagal theory and in-depth description of the vagus nerve
- 8:15-9:00 Primitive reflex patterns and integration activities and techniques that are related to our sympathetic nervous system
- 9:00-10:00 Treatment ideas and self-regulation tools to improve vagus nerve activation including yoga and breathing techniques as well as cognitive behavioral techniques to affect vagal tone and improve the parasympathetic nervous system response

PRESENTER BIO's

Ricki Dembitzer has been an Occupational Therapist for over 20 years specializing in pediatrics. She graduated with a Bachelors of Science degree in psychology from Wayne State University in Michigan and received an additional Bachelor's of Science degree in Health Sciences as well as a Master's degree in Occupational Therapy from Touro College in New York City. Ricki owns a private practice in Wesley Hills New York, IncredAbilities Therapy LLC, and has a team of experienced Occupational therapists as well as physical therapy, speech therapy and psychology. She is well known for her fresh approach, ability to get to the root of the problem and her belief in treating the whole person to achieve success. Ricki specializes in neurodevelopmental treatment, sensory integration, reflex integration, visual and oculomotor dysfunction, as well as fine motor/graphomotor delays and praxis and motor skill development. She regularly gives workshops to schools and parents as well as to professionals. Ricki can be found on the web at www.incredabilitiesny.com

DISCLOSURES: Financial: Ricki Dembitzer will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

REFUNDS & CANCELLATIONS: A full refund less \$15 dollars administrative fee per course will be given for cancellations received up to 3 days prior to the course. After that no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances.