

Regulation and Trauma:

Trauma Informed Approach to Sensory Processing Disorder and Arousal Regulation



PRESENTER

SHEILA M. FRICK, OTR/L
Internationally Renowned Lecturer

TRACY BJORLING OTD, OTR/L



WHEN

Wednesday & Thursday
May 17 & 18, 2023

8:00 AM — 3:00 PM EST



WHERE

1580 Coney Island Ave
Brooklyn, NY (Q-Train)

INSTRUCTION METHODS: Lecture, slides, demonstrations, video

LEVEL: Beginner

TARGET AUDIENCE OTs, OTAs, PTs and PTAs, SLPs, educators and specialty staff, social workers



FEES

\$499 *Before April 18, 2023
\$525 *After April 18, 2023

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ACCREDITATION

12 contact hours

1.2 **AOTA CEUs**,
12 **NBCOT PDUs**
14.4 **NY PT CEUs**
12 **CTLE credit CEUs**
12 **NY SLP CEUs**
12 **NY Social Worker CEUs**

Certificates will be awarded

*Credits listed are offered by
Theramoves for full webinar
attendance.*

*For any special needs' requests,
please contact Theramoves 2
weeks prior.*



- TheraMoves is an AOTA Approved Provider of professional development. **Course approval ID** . 06654 . This distant learning-independent course is offered at 1.2 CEUs, beginner educational level, in the area of occupational therapy service delivery & 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 (14.4 contact hours)
- TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists by The State Education Department
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE approval 23490)
- Approved for Social Workers by the NY State ED Dept. #SW-0499

COURSE DESCRIPTION

Pediatric therapists and other professionals who work with individuals with sensory and developmental disorders (e.g. autism spectrum, attention deficit, learning disabilities) often encounter clients with difficulties related to developmental trauma. Traumatic events may be overt, such as early loss of a primary caregiver; sexual, physical or emotional abuse; or domestic, community and school violence. Trauma may also be innocent, such as early hospitalization and necessary lifesaving medical procedures in the neonatal intensive care unit. **Exposure to adverse life experiences has been shown to increase the likelihood of social emotional and developmental delays.**

Individuals who experience extreme stress and trauma have been shown to demonstrate co-existing sensory processing and sensory motor difficulties. **Consequently, as providers, it is important to gain an understanding and awareness of how best to support individuals who experience extreme stress or trauma to be adaptable and successful across environments.**

This two-day hands-on course will explore from a trauma informed perspective the connections between sensory modulation, arousal, and affect regulation difficulties. Additionally, individuals may also experience other sensory integrative issue that impact one's ability to find a solid sense of self within the context of the home, classroom, and community.

Participants will investigate the neurobiological underpinnings of the dynamic interplay between sensory modulation, arousal, attachment, affect regulation, and play. As a part of understanding and working with trauma from a "sensory motor perspective", we will provide a brief introduction to the tension reducing technique known as TRE®. This experiential learning opportunity will be presented as a part of gaining an understanding of how the body retains stress in core muscular/tissue tension patterns. **Interactive hands-on labs, video and case presentations will bring key concepts and treatment strategies to life in this theoretically based, yet practical workshop.**

LEARNING OBJECTIVES

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

1. Articulate the physiological, physical, and emotional sequela of trauma on the developing child
2. Recognize when patterns of defense are interfering with function and daily life
3. Examine three body-based strategies to decrease tension patterns and regulate arousal
4. Discuss three classroom, small-group, or pull-out activities that support regulation, arousal, affect, and social engagement

REFUNDS & CANCELLATIONS: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 10 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. **Please do not make non-refundable arrangements until you contact us** &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

AGENDA

DAY ONE

- 8:00 – 9:30 am Developmental Trauma and Sensory Processing
- 9:30 – 9:40 am: Morning Break
- 9:40 – 11:10 am: Attachment, Attunement, and Sensory Processing
- 11:10 – 11:50 pm: Lunch
- 11:50 – 1:20 pm Neurodevelopmental Roots of Defense
- 1:20 – 1:30 pm: Afternoon Break
- 1:30 – 3:00 pm: Brief Introduction to TRE® and Lab

DAY TWO

- 8:00 – 9:30 am Exploring the Connections: Sensory Integration and Trauma
- 9:30 - 9:40 am Morning Break
- 9:40 – 11:10 am Trauma's Impact on the Developing Brain
- 11:10 – 11:50 pm: Lunch
- 11:50 – 1:20 pm: Developmental Movement Patterns of Regulating and Relating
- 1:20 – 1:30 pm: Afternoon Break
- 1:30 – 3:00 pm: Lab Exploration: Regulating and Releasing Stress through Embodied Movement

PRESENTER BIO's

Sheila M. Frick; OTR/L, is an internationally esteemed clinician, lecturer and pioneer in Occupational Therapy. She has over 20 years of clinical experience, having worked in psychiatry, rehabilitation and home health before specializing in pediatrics. Her expertise includes sensory processing dysfunction, sensory integration and auditory interventions. She created and continues to expand Therapeutic Listening®, which she has taught to over 10,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system, and various auditory interventions. She is the creator and author of Listening with the Whole Body, and coauthor of Core Concepts in Action, Astronaut Training, and Out of the Mouths of Babies.

DISCLOSURE: Financial: Sheila M. Frick will receive a speaker's honorarium from TheraMoves Services for the presentation. She is the president of Therapeutic Resources, Inc. of which Vital Links is a subsidiary. Non-Financial: married to Ronald Frick, president of Vital Sounds Inc

Tracy Bjorling; M.S., OTR/L, L is a pediatric occupational therapist and a three-time graduate of the University of Wisconsin-Madison, most recently with her Post Professional Doctor of Occupational Therapy degree. Tracy has had the wonderful opportunity of being mentored by and working in partnership with Sheila Frick, OTR/L in her clinic over the past ten plus years. Working in conjunction with Sheila, Tracy has had multiple opportunities to explore the use of Therapeutic Listening with a wide variety of clients and diagnoses. Driven by her interest in continuing the evolution of Therapeutic Listening and as part of her Doctoral Capstone project, Tracy explored the addition of an expanded clinical reasoning model as a future component of a Therapeutic Listening Stage II manual. As a member of the Vital Links teaching and clinical support team, Tracy has also had the privilege of accompanying and supporting Sheila, and other Vital Links speakers, to numerous workshops nationally and internationally.

DISCLOSURE: Financial - Tracy Bjorling, will receive a speaker's honorarium from TheraMoves Services for the presentation and is an employee of Therapeutic Resources, Inc. of which Vital Links is a subsidiary. Non-financial - no relevant nonfinancial relationships exist.