

Harnessing the Power of the Vagus Nerve: A Therapeutic Approach



PRESENTER

Ricki Dembitzer, MS OTR/L



WHEN

Tuesday, August 1, 2023

7:00 PM — 10:00 PM EST

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

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 CEUs
3.75 NBCOT PDUs
3.0 NY OT CEUs
3.6 NY PT CEUs
3.0 CTLE credit hours
3.0 CEU 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. 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. Differentiate 3 functions of the Vagus nerve and how it affects us as well as 3 states of the ANS
3. Describe two ways to measure Vagal tone
4. Evaluate the sensory qualities that create an embodied sense of safety as this relates to treatment
5. Relate at least 5 ways to self-regulate using the Vagus nerve techniques taught



American
Occupational Therapy
Association

Approved Provider

-- TheraMoves is an AOTA Approved Provider of professional development. Course approval ID # 07303 . This distant learning-interactive course is offered at 0.3 CEUs, intermediate educational level, in the area of occupational therapy service delivery. 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)
- TheraMoves Services, LLC, is Approved for Sponsor by NYS Board for OT's & OTA's
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- 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 Sensory integration activities and techniques as it relates to the vagus nerve
- 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.