



# Organizing the Chaos:

## A Systematic Approach to Promoting Observable Change in a World of Neurodiversity



### PRESENTER

**Danielle Amster, MS OTR**  
Founder of SensoryWellness



### WHEN

**Tuesday & Wednesday**

**December 5 & 6, 2023**

*8:00 am – 3:00 pm EST*



### WHERE

**In-Person Conference**  
**1580 Coney Island Ave**  
**Brooklyn, NY (Q-Train)**



### FEES

**\$479 Register before**  
**November 14, 2023**

**\$499 Register after**  
**November 14, 2023**

**Group of 4+ 5% Savings-** list group members and use Coupon code **Team4Save5** at checkout



### ACCREDITATION

#### **12 contact hours**

*12 CEUs for NY OTs*

*12 NBCOT PDUs*

*14.4 CEU's for NY PT*

*12.0 CTLE credit/contact hours*

#### **Certificates will be Awarded**

*Credits listed are offered by Theramoves for full attendance. Partial attendance will receive partial CEUs.*

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

**LEVEL OF INSTRUCTION:** Intermediate

**TARGET AUDIENCE:** OTs, OTAs, PTs, PTAs, SLP's, special educators, educators

**INSTRUCTION METHODS:** Lecture, slides, demonstration, video analysis, hands-on lab

**REFUNDS & CANCELLATIONS:** A full refund less \$175 dollars administrative fee per course will be given for cancellations received up to week 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.

## DESCRIPTION

Discover a systematic approach to the assessment and development of therapeutic interventions for addressing the common challenges in today's world of neurodiversity. In this seminar participants will learn how to develop a clear plan of action to improve **self-regulation** abilities from the bottom-up, with measurable and observable changes along the way. Participants will understand the relationship between physical development and the way that we use our bodies as it relates to social-emotional-cognitive development, and the way that clinicians can tap into that growth with a systematic and organized therapeutic approach.

At this seminar, clinicians will sharpen their effective use of a bottom-up approach to effect change in overall processing skill and speed, ability to pick up social nuances, decrease anxiety, improved groundedness, develop graded movement patterns, and achieve balance in the body and mind. Clinicians will develop a plan of action that allows them to incorporate the many strategies in their toolbox within a framework that leads to the achievement of functional goals in an efficient manner.

**Leave this 2-day seminar with practical assessment and intervention strategies, experienced in variety of hands-on labs.** Understand the expression of these challenges throughout the lifespan, and benefit from the experience of the presenter in her work with adults and teenagers, as it impacts both work with the adult population as well as the way in which it informs **best practice in the pediatric population.**

## LEARNING OBJECTIVES

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

1. Assess individuals using the approach described in this seminar and develop a systematic therapeutic intervention plan that provides a clear path of treatment toward observable functional change.
2. Articulate the role of primary reflex patterns in the development of sensory processing, executive functioning skills, motor development, and self-regulation abilities, with an understanding of how to incorporate a variety of therapeutic approaches to promote growth and development in these areas.
3. Correlate the relationship between physical symptoms of neurodevelopmental maturity and social, emotional, cognitive, and regulation challenges experienced by these same individuals.
4. Explain the basic principles of neurodevelopment within the approach taught in this seminar as used to implement effective therapeutic interventions throughout the lifespan.
5. Demonstrate proficiency in the use of the manual strategies and neurodevelopmental techniques that will be taught as well as relate the application and adaptation of these interventions to all therapeutic settings.

- TheraMoves Services, LLC, is Approved for Sponsor by New York State Board for OTs & OTAs
- 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)
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)

## AGENDA

### Day 1

- 8:00 - 8:30 Top-down vs. Bottom-up therapeutic approaches with video analysis.
- 8:30 - 9:30 The relationship between developmental milestones, postural control, and movement patterns with social, emotional, and cognitive development.
- 9:30 - 9:40 Break
- 9:40 - 10:10 Basic principles of the **SensoryWellness Model**:
- Organize the body to organize the mind
  - Proprioception at its core
  - Using the body and mind with ease
- 10:10 - 11:25 Tactile/Proprioception Lab, follow up discussion Q&A
- 11:25 - 12:05 Lunch Break**
- 12:05 - 1:50 Primary Reflex Patterns - an intervention or assessment tool?
- What is a reflex / Role in growth and development
- 1:50 - 2:00 Break
- 2:00 - 3:00 Modulation Lab, Q&A

### Day 2

- 8:00 - 10:00 Primary Reflex Patterns: From chaos to organization
- Reflex Patterns and Sensory Processing: mapping the body.
  - Executive functioning and processing abilities (processing speed, visual, auditory, social, emotional)
  - Self-regulation and emotional reactivity
- 10:00 - 10:10 Break
- 10:10 - 11:25 Disconnect to Connect Lab, follow up Q&A
- 11:25 - 12:05 Lunch Break
- 12:05 - 12:50 Assessment & development of a map for intervention
- 12:50 - 2:05 Stability Points Lab - assessment and intervention
- 2:05 - 2:15 Break
- 2:15 - 3:00 Concepts through the lifespan, Q&A

## PRESENTER'S BIO

Danielle has more than 20 years of broad experience as an occupational therapist, working with children, teenagers, and adults through the lifespan. She is the founder of SensoryWellness LLC, a practice dedicated to working with adults and teenagers with regulation and sensory processing challenges. To date, Danielle and her team have helped hundreds of clients improve the quality and function of their daily lives. Her experience led her to develop a systematic approach to assessing and treating children and adults of all ages. Danielle received her graduate degree in occupational therapy from Columbia University in 2000. Danielle is dedicated to staying up-to-date on the latest advances in relevant areas of study, including sensory processing theory, reflex integration, neuroscience, and the biology of trauma, anxiety, and self-regulation. She regularly conducts training and information sessions for therapists and organizations on topics relating to self-regulation and sensory processing. She is known for her gentle cheerleading style and her commitment to "making life easier" for her clients.

**Disclosure:** Financial: Danielle Amster will receive a speaker's honorarium from TheraMoves Services for the presentation. She has no nonfinancial relationships to disclose.

*Please contact Theramoves with any special needs' requests at least 2 weeks prior to the webinar.*