

# The Self-Determined Child:

## Evidence Informed Tools to Build Autonomy and Success!



### PRESENTER

Amy Coopersmith,  
OTD, OTR/L, MA Ed



### WHEN

Monday

December 18, 2023

8:00 am – 3:00 pm EST

Please contact Theramoves with any special needs requests at least 2 weeks prior to webinar



### WHERE

Hilton Garden Inn  
Staten Island



### FEES

**\$249** Register before  
November 27, 2023

**\$279** Register after  
November 27, 2023

**Group of 4+** 10% Savings- list  
group members and use  
Coupon code **Team4Save10** at  
checkout



### ACCREDITATION

#### 6 contact hours

0.6 AOTA CEUs

6.0 NBCOT PDUs

0.6 CEU for NY OTs

0.6 CEU for NY SLPs

7.2 NY PT contact hours

6.0 CTLE contact/clock hours

#### Certificates will be Awarded

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

\*\*\*Participants will receive  
the Self-Determination  
Strategies Toolkit, a 20-  
page guidebook and kit\*\*\*\*

**LEVEL OF INSTRUCTION:** Intermediate

**TARGET AUDIENCE:** OTs, OTAs, SLPs, PTs, special educators, educators,

**INSTRUCTION METHODS:** Lecture, Group Activities, Treatment Planning, Case Studies

## DESCRIPTION

Do you know a child or teen who waits for others to do things for them? Do they depend on adults or peers for daily tasks and decision-making? These are signs of “learned helplessness,” a condition that leads children to believe they are unable to learn and have little control over their lives. Therapy practitioners and educators have an opportunity to change this! "The Self-Determined Child" is a one-day course on children's self-determination that focuses on strategies to promote self-reliance and reduce learned helplessness.

Workshop participants will receive the “Self-Determination Strategies Toolkit©” a guidebook and kit providing ten evidence-informed strategies to increase children's motivation and engagement. Each strategy will be reviewed and practiced by participants during the workshop. A 2022 Temple University research study revealed that educators and practitioners who used these ten strategies observed significant increases in children's ability to take part in learning activities with motivation and enthusiasm. Additionally, practitioners stated that they found renewed joy and meaning in their own practice when using this approach. The Self-Determination Strategies Toolkit© is a user-friendly way to completely change one's experience during sessions, to provide children and teens with multiple opportunities for success.

## LEARNING OBJECTIVES

- At the end of this seminar the participant will be able to:
1. Identify at least 3 components of self-determination to promote children's participation in school activities, self-care, and play/leisure.
  2. Practice 3 methods to incorporate self-determination into pediatric sessions.
  3. Create an action plan to incorporate goal setting, self-monitoring of progress, and choice making into sessions, in order to promote children's self-reliance and motivation.

**REFUNDS & CANCELLATIONS:** A full refund less \$75 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.



TheraMoves is an AOTA Approved Provider of professional development. Course approval # 07539. This live, distant learning course is offered at 0.6 CEUs., an 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.

- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)
- TheraMoves Services, LLC, is Approved for Sponsor by New York State Board for OTs & OTAs
- Approved for 6 contact hours by NYSED's State Board for speech-language pathologists. TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2 contact hours)

## AGENDA

8:00-8:30	Introduction to Self-Determination
8:30-9:00	Theories and Models of Practice
9:00-9:30	Evidence on Interventions
9:30-10:00	Self-Determination Strategies Toolkit Overview
10:00-10:10	Break
10:10-10:40	Using Strategies for Various Populations
10:40-11:10	Using Self-Talk / Time to Think – Helping Children Reinforce What They've Learned
11:10-11:40	ACTIVITY: Creating Choice Boards
11:40-12:10	Ask Questions / Problem Solving – Helping Children Think for Themselves
12:10-12:50	Lunch
12:50-1:20	Goal Setting / Decision Making – Inspiring Child-Led Goal Creation
1:20-1:50	Songs and Video-Based Learning to Promote Retention
1:50-2:00	Break
2:00-2:30	ACTIVITY: Creating Self-Monitoring Forms with Children
2:30-2:45	ACTIVITY: Developing a Self-Determination Action Plan
2:45-3:00	Q & A / Reflection

## PRESENTER'S BIO

Amy Coopersmith is a lecturer and consultant who worked as an OT Supervisor, clinician, and evaluator for the NYC Department of Education for 17 years. She is passionate about promoting student self-determination and has provided workshops at national conferences and online learning communities on this topic for the past seven years. Previously, Amy taught Pediatric Assessment and Treatment at Mercy College and worked for ten years as a teacher in New York City. Amy is the creator of Captain Me, an interactive musical self-determination program for young children. She completed her OT doctorate at Temple University in 2022.

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