

PowerUp for Participation: Ready, Steady, Go!



PRESENTER

SHEILA M. FRICK, OTR/L
Internationally Renowned
Lecturer

TRACY BJORLING M.S., OTR/L



WHEN

**Wednesday & Thursday
November 15 & 16, 2023**

8:00 AM — 3:00 PM EST



WHERE

Young Israel of Jamaica Estates
83-10 188th Street
Jamaica Estates, NY (Queens)



FEES

\$525 *Before October 25
\$549 *After October 25

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**** Registration includes a FREE**
Gertie Ball & Power Up Ball ******

INSTRUCTION METHODS:

Lecture, slides, demonstrations, video

LEVEL: Beginner

TARGET AUDIENCE OTs, OTAs,
PTs and PTAs, SLPs, Educators and
Specialty Staff



ACCREDITATION

12 contact hours

1.2 AOTA CEUs,
12 NBCOT PDUs
14.4 NY PT contact hours
12 CTLE contact/clock hours
1.2 NY OT/OTA CEUs

Certificates will be awarded

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

*Please contact Theramoves via email
info@theramoves.com with any special
needs' requests at least 2 weeks prior to
conference*

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. If this event is canceled, you will be refunded the cost of registration within 10 business days. 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.

COURSE DESCRIPTION

Increased participation and meaningful engagement in daily life are vital treatment outcomes within occupational therapy and allied health professions. However, from a developmental, body-based, sensory integrative approach, prior to participation it is essential to organize the body for regulated engagement across all environments and tasks. This two-day course will introduce participants to the clinical reasoning template of **“Ready, Steady, Go”** which blends theory, assessment, and **treatment activities** into one approach.

Ready, Steady, Go serves as a guiding template to **structure treatment** from the basis of regulating one’s physiological arousal and organizing movement within time and space as a precursor to participation in all aspects of life.

Lecture content will convey the importance of breath, emotional motor system, embodied self-awareness, and state regulation (“Ready”); working from the ground up to establish stable and dynamic postural control in conjunction with organization of the eyes and ears (“Steady”); and developing coordinated movement within three-dimensional space and as key foundations for accessing higher-level skills of self-monitoring and sustained attention (“Go”).

Theoretical lectures will be supplemented by video examples and interactive treatment labs where participants will be introduced to assessment and treatment activities that correspond with each of the three components of the approach. This course will be appropriate for occupational therapists and other health professionals working in private practice, school, or home environments as discussions will include how to adapt principles for individuals or groups/classrooms.

LEARNING OBJECTIVES

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

1. Identify when an individual’s physiological arousal and affective tone are not supporting a state of readiness to participate in the activity at hand.
2. Select at least three treatment activities appropriate to support steadiness (postural-ocular-auditory organization for adaptability that supports regulation)
3. Identify how “Ready”, “Steady”, and “Go” treatment plans may shift depending upon the individual in the moment and the intended functional participation outcomes.
4. Discuss and adapt “Ready, Steady, Go” principles to suit the needs of a classroom or individual family.



-- TheraMoves is an AOTA Approved Provider of professional development. Course approval # 7733. This live, distant learning-interactive course is offered at 1.2 CEUs., an 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

* Theramoves Services, LLC. is recognized by the NY State Education Department, State Board for Physical Therapy as an approved provider for PT & PTA continuing education. This webinar qualifies for 14.4 contact hours

* Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) Provider # 23490. This webinar will qualify for 12 approved (CTLE) Hour(s)

* TheraMoves Services, LLC, is Approved for Sponsor by New York State Board for OTs & OTAs

AGENDA

Day 1:

- 8:00am – 9:00am Introduction and Overview of “Ready, Steady, Go” Principles
- 9:00am – 9:30am Overview of Key Sensory Systems: Vestibular & Somatosensory
- 9:30am – 9:40am Short Break
- 9:40am – 11:10am Overview of Key Sensory Systems: Vestibular & Somatosensory Cont.; Auditory & Visual
- 11:10am – 11:50pm Lunch Break
- 11:50am – 12:50pm The Foundations for Ready: State regulation as a critical first step
- 12:50pm – 1:20pm The Foundations for Ready: The role of sensation and movement in early development
- 1:20pm – 1:30pm Short Break
- 1:30pm – 2:00pm The Foundations for Ready: The role of sensation and movement cont.
- 2:00pm – 3:00pm Empowering Ready: How to assess and facilitate Ready in treatment

Day 2:

- 8:00am – 9:30am The Foundations for Steady: Establishing postural organization & movement through the dynamic interplay of key sensory systems.
- 9:30am – 9:40am Short Break
- 9:40am – 11:10am Empowering Steady: How to assess and facilitate Steady in treatment
- 11:10am – 11:50pm Lunch Break
- 11:50am – 12:50pm The Foundations for Go: Organizing ready and steady in three-dimensional space and within interactional synchrony
- 12:50pm – 1:20pm Empowering Go: How to assess and facilitate Go in treatment
- 1:20pm – 1:30pm Short Break
- 1:30pm – 2:00pm Empowering Go: How to assess and facilitate Go cont.
- 2:00pm – 2:45pm Practical Aspects for Adapting: Principles for families and classrooms
- 2:45pm – 3:00pm Question & Answer; Wrap-Up

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 15,000 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. Co-author of the Listening with the Whole Body book and receives royalty payment. Non-Financial: married to Ronald Frick, president of Vital Sounds Inc

Tracy Bjorling; M.S., OTR/L, is a pediatric OT currently pursuing a Doctor of Occupational Therapy degree through the University of Wisconsin-Madison. Tracy has had the wonderful opportunity of being mentored by Sheila M. Frick in her clinic. 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. As a member of the Vital Links clinical support team, Tracy has also had the privilege of accompanying and supporting Sheila, and other Vital Links speakers, at numerous workshops all over the world. Tracy has received additional training in Astronaut Training, Interactive Metronome and DIR/Floortime®.

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.

Disclaimer: Some of the music selections (Quickshifts) that are used in the course are developed & sold only by Vital Sounds, Inc. This presentation will focus exclusively on Quickshifts & will not include detailed information on other binaural beat technology. Vital Sounds is a sister company of Vital links.