

The Art and Science of Body Awareness: Assessment and Intervention for Proprioception and Body Mapping



PRESENTER

Danielle Amster, MS OTR
Founder of SensoryWellness



WHEN

Monday

November 9, 2026

8:00 am – 3:00 pm EST



WHERE

Live Web Conference



FEES

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ACCREDITATION

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6.0 CEUs for NY SLPs

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**Application has been made to
the NJBPT for CE Credit
approval**

CE Broker (select states only)

Certificates will be Awarded

- Credits listed are offered by Theramoves for full attendance.
- NO partial credits awarded by ASHA for this webinar.
- Attendance is tracked automatically by the online platform "zoom"
- Learning assessment will be completed via an online post-course quiz. Passing a multiple choice with 70% accuracy within 1 week is required to receive your certificate of completion.
- Please contact Theramoves with any special needs requests at least 2 weeks prior to this webinar

LEVEL OF INSTRUCTION: Intermediate

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

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

REFUNDS & CANCELLATIONS:

A full refund less \$75 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. If this event is canceled, you will be refunded the registration fee within 10 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 canceled.

This continuing education program is available to all physical therapists and physical therapist assistants in the state of NJ/NY on a non-discriminatory basis.

DESCRIPTION

This one-day virtual continuing education course offers clinicians a clear and practical framework for understanding body awareness as a cornerstone of human function. Participants will begin with an overview of body awareness, including what it is, how it can be observed clinically, and how it can be assessed, treated, and reassessed to evaluate whether intervention has been effective. Body awareness will be explored as a foundational element that influences posture, movement quality, sensory processing, modulation, self-regulation, and ease in daily life. The course will then examine two key principles of body awareness.

First, participants will explore proprioception, including localized body awareness, the role of receptors throughout the body, and the growing clinical importance of fascia and soft tissue in proprioceptive processing. Discussion will include how different forms of sensory input influence the body, comparing traditional deep-touch approaches with more nuanced proprioceptive input, and examining how these differences may impact self-regulation and functional performance.

Second, participants will explore the map of the body in the brain, including what primary reflexes are, how they function within natural neurodevelopment, and how they contribute to the development of body mapping, movement patterns, postural patterns, and increasingly mature self-regulation.

Throughout the day, Danielle will use demonstration-based teaching to bring these concepts to life. Participants will observe clinical examples using the Return Touch Tool (slow-rising sensory foam tool) used to demonstrate the amount and quality of pressure used in self-regulation techniques while also serving as a practical self-regulation and co-regulation tool. The course will then move into the Return Touch Lab and its four stages, followed by implementation of Stability Points techniques, and clinical wrap-up. By the end of the course, participants will leave with a more integrated understanding of body awareness and practical ideas for observation, assessment, intervention, and reassessment that can be applied across settings and ages.

LEARNING OBJECTIVES

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

1. Define body awareness as it relates to functional performance, sensory processing, and self-regulation.
2. Recognize observable indicators of immature or decreased body awareness in clinical practice.
3. Discuss the contribution of proprioception, fascia, and soft tissue to body awareness and regulation.
4. Summarize the role of primary reflexes in the development of the body map, posture, and movement patterns.
5. Explain the relationship between body-level development and higher-level modulation and self-regulation.
6. Compare the effects of different forms of touch and pressure input on tissue response and regulation.
7. Demonstrate understanding of how basic return touch progression and stability points support clinical reasoning and intervention that enhance postural control and self-regulation for greater participation in home and school activities.
8. Identify methods for reassessing treatment effectiveness related to body awareness and functional change, including greater ease of movement, increased self-regulation and greater independence.

AGENDA

- 8:00 - 8:20 AM: Welcome, Course Overview, and Learning Goals
- 8:20 - 9:00 AM: What Is Body Awareness? Observation, Assessment, Treatment, and Reassessment
- 9:00 - 10:00 AM: Principle 1: Proprioception, Fascia, and Localized Body Awareness
- 10:00 - 10:15 AM Break
- 10:15 - 11:00 AM: Touch, Tissue Response, and Regulation
- 11:00 - 11:45 AM: Principle 2: The Map of the Body in the Brain
- 11:45 - 12:15 PM: Lunch
- 12:15 - 1:00 PM: Development, Modulation, and Self-Regulation
- 1:00 - 1:20 PM: Return Touch Tool Lab
- 1:20 - 1:35 PM: Break
- 1:35 - 2:15 PM: Four Stages of Basic Return
- 2:15 - 2:50 PM: Stability Points
- 2:50 - 3:00 PM: Wrap-Up and Q&A

PRESENTER'S BIO

Danielle Amster, OTR/L is the Founder and Clinical Director of SensoryWellness, an occupational therapy-based practice focused on helping children, teens, and adults improve emotional regulation, enhance daily function, feel more at ease in their bodies, and strengthen their capacity for social connection with others. A graduate of Columbia University with 25 years of clinical experience, Danielle uses an individualized, neuroscience-driven, body-based approach to help build maturity in the nervous system for meaningful and lasting change. Her work integrates sensory processing theory, reflex integration, and the biology of trauma and self-regulation to address the root causes of functional and self-regulation challenges. Through SensoryWellness, Danielle provides direct intervention through weekly therapy and BOOST intensive programs, as well as school consultations, workshops, professional development, mentoring, and continuing education courses. Danielle is passionate about equipping clinicians with practical frameworks that deepen their understanding of the connection between body awareness, development, regulation, and function. Known for her compassionate presence and thoughtful clinical reasoning, she is committed to helping both clients and professionals discover new possibilities for growth, healing, and lasting progress.

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



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- TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (6.0 contact hours)
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)
- Approved for 6 contact hours by NYSED's State Board for speech-language pathologists