

Building Connections and Understanding Perceptions: Sensory and Motor-Based Strategies to Help Regulate, Support, and Empower Neurodivergent Minds and Bodies



PRESENTER

Dr. Michele Lindsey
DPT, PT, MBA, CPT

Nationally known speaker
and author



WHEN

Friday, September 25, 2026
8:00 AM—3:00 PM EST

Target Audience:

OTs, OTAs, PTs, PTAs, SLPs

Instruction Methods: Lecture,
slides, lab demonstration

Level: Intermediate

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 cost of registration 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.



WHERE

Live Web Conference
from the comfort of your
home/school/office



FEE

\$239 Before September 14
\$259 After September 14

Group of 4+ 10% Savings
(Team4save10)

*Please contact info@theramoves.com
with any special needs request
within 2 weeks.*



ACCREDITATION

6.0 contact hours

0.6 AOTA CEUs

7.5 NBCOT PDUs

0.6 ASHA CEUs

0.6 NY PT CEUs

0.6 CEUs for NY SLPs

CE Broker for select states

Certificates will be awarded

- Credits listed are offered by Theramoves for full attendance.
- ASHA partial credits **will not be** awarded for this conference.
- Learning assessment will be completed via an online post-course quiz. Passing a multiple-choice test with 70% accuracy within 1 week is required to receive your certificate of completion.

DESCRIPTION

No two Nervous systems are the same. Recognizing that every nervous system is unique, it is time to move beyond protocol-driven therapies. Discover an adaptive, integrative perspective that offers unique tools, insights, and experiences to understanding sensory motor connections when addressing patients with sensory disorders and developmental delays across the lifespan. Learn how a regulated nervous system allows us to experience physical and other sensations of the body which helps us to stay focused and feel safe within our bodies. Gain a fresh perspective on how to connect with your patients, let go of your ego, build trust and better relationships with your patients, understand body awareness and spatial awareness, embrace neurodiverse care, and learn how to self-regulate by building adaptable coping skills and exercises across all settings. You will leave the course with more knowledge and understanding when you create your own treatment sessions and when developing home programs. You will learn how to progress these therapeutic activities in the patient's home and classroom to foster community integration, independence, and empowerment. Prepare to change how you see, understand, and treat your patients.

LEARNING OBJECTIVES

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

1. Integrate neurodiverse and sensory re-education techniques to improve clients' ability to improve motor planning and motor functioning.
2. Compare and contrast sensory integration and sensory regulation by defining their core meanings and understanding their roles when creating treatment programs.
3. Design a classroom or group treatment that reduces sensory overload, allowing for improved focus and better task initiation.
4. Analyze the interdependence of the human anatomical system and evaluate how diaphragmatic breathing and posture influence sensory regulation and sensory integration.
5. Analyze how the Vagus nerve regulates heart rate, digestive function, and immune responses to maintain homeostasis in the body
6. Select and describe at least therapeutic exercises designed to improve body awareness, directional cues, midline and crossing midline activities, and visual attentiveness.



TheraMoves is an AOTA-approved provider of professional development. Course approval # 16788. This distant learning-interactive, distant learning-independent course is offered at 0.6 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 procedures by AOTA.



-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)
-TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists by The State Education Department



Theramoves Services, LLC

Intermediate Level
0.6 ASHA CEUs

Disclosure: Financial: Dr Lindsey will receive a speaker's honorarium from TheraMoves Services for the presentation. She is owner of Rising Stars Therapy Specialists. She has authored two books which will be referenced during the conference. *The Metamorphic Gift: Easy, Simple Breathing and Postural Techniques to Transform Your Life* and *The Wellness Equation*. Non-Financial: She has no non-financial relationships to disclose

AGENDA

8:00 – 8:45 AM | Foundations

- Sensory integration research and clinical applications
- Autism, cerebral palsy, Down syndrome, and other developmental disabilities = Building therapeutic relationships
- Observation, clinical reasoning, and paradigm shifts
- Self-regulation vs. sensory integration

8:45 – 10:00 AM | The Brain & Nervous System

- Systems Model Approach:
- Neuroplasticity and nervous system function
- Fascia, diaphragm, posture, and the vagus nerve
- Body awareness and somatic approaches

10:00 – 10:10 AM | Break

10:10 – 11:30 AM | Understanding the Sensory Systems

- Overview of each sensory system with
- Treatment tools and equipment, sensory rooms, and boxes

11:30 AM – 12:10 PM | Lunch

12:10 – 12:45 PM | Assessment & Clinical Decision-Making

- Functional assessment
- Body awareness and neurotech nique labs
- Midline, visual focus, and environmental modifications

12:45 – 1:15 PM | Complex Clinical Considerations

- Contractures, Scoliosis, and positioning
- Hypertonicity and hypotonicity, Co-occurring conditions

1:15 – 1:25 PM | Break

1:25 – 2:30 PM | Sensory Regulation & Intervention

- Self-regulation and mindfulness strategies
 - Breathing techniques and therapeutic exercises
 - Dynamic stabilization and balance activities
 - Group intervention strategies
 - Sensory approaches for orthopedic and neuromuscular needs
 - Sensory reweighting for gait and balance
- ### 2:30 – 3:00 PM | Functional Outcomes
- Individualized exercise programs
 - Classroom and community strategies
 - ADLs, participation, and meaningful occupations

PRESENTER'S BIO

Dr. Lindsey's educational preparation and certification includes a Bachelor of Science degree in Kinesiology at Indiana University, a Bachelor of Science degree in Physical Therapy at The Finch University of Health Sciences, Chicago Medical School, now known as Rosalind Franklin University; a Master of Business Administration in Health Care Management at the University of Phoenix; and her Doctorate in her Doctorate in Physical Therapy from Rosalind Franklin University. She is also a Certified Personal Trainer (CPT), KRI Yoga Instructor, a Level 3 Reiki Practitioner, Certified Dolphin Therapist, Certified Fall Prevention Specialist, and is Certified in Tai massage and Dry Needling. She is a licensed Physical Therapist in three states and has over 26 years of experience. She owns Rising Star Therapy Specialists, LLC, in Phoenix where she specializes in treating pediatric and adult special needs clients. Throughout her career, Ms. Lindsey has worked as a therapist in various settings, including orthopedics, skilled nursing services, home health, outpatient, and acute care. She has been a guest speaker at the National Spinal Cord Injury Association Conference, the American Physical Therapy Association, the American Recreational Therapy Association, and was the keynote speaker for Rehab Summit in 2009, 2010, and in 2013. She has delivered numerous in-service trainings to schools, day programs, group homes, and state-operated agencies on physical therapy and exercise for persons with disabilities. She has won national recognition in many areas of fitness. She was a competitive gold medal figure skater, an elite marathon runner on the 1997 United States Maccabiah Open Track and Field Team, a triathlete, and a professional speed skater. Her first book, *The Wellness Equation*, offers hands-on postures and exercises that promote healing at the crossroads of modern medicine and traditional yoga. *The Metamorphic Gift: Easy, Simple Breathing and Postural Techniques to Transform Your Life* is a great book for self-healing that integrates the body with breathing and postural exercises using understandable anatomy and physiology.