



The Polyvagal Backpack: Regulation and Resiliency Tools for Behavior and Academic Success



PRESENTER

Dr. Jessica Gilson-Shore
PT, DPT

Certified S'cool Moves Trainer



WHEN

Thursday
October 22, 2026

8:00 AM — 3:00 PM EST

TARGET AUDIENCE

OTs, OTAs, PTs, PTAs,
educators, special educators,
support specialists, social
workers, school counselors

*Please contact Theramoves with any
special needs request 2 weeks prior to the course.*



WHERE

Live Web Conference



FEES

\$315 Before October 1, 2026
\$329 After October 1, 2026

*Group of 4+ 10% Savings use
coupon code TEAM3SAVE10
Group of 7+ 15% Savings email
theramoves for code*

Your registration includes:

- * The Resilient Learner's Backpack Course Text
- *The Resilient Learner's Backpack Activity Book (full color)
- *The Polyvagal Backpack Activity Book (full color)
- *Tapping Sticks (one red and blue pair)

***Access to the online
classroom with additional
download tools and activities.**



ACCREDITATION

6.0 Contact Hours

0.6 AOTA CEUs
0.6 ASHA CEUs
7.5 NBCOT PDUs
6.0 CTLE contact/clock hours
0.6 NY PT contact hours
0.6 CEU for SLP in NY



Certificates will be awarded

- Theramoves offer credits listed for full attendance.
- ASHA partial credits will not be awarded 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.

DESCRIPTION

Using a seven-step approach for building resilience and enhancing regulation, attendees will learn how to integrate Polyvagal Theory, post-traumatic growth strategies, and regulatory movement into everyday use in classrooms and clinics. Instruction includes strategies for befriending the nervous system, implementing the Three Cs of Safety, identifying regulating resources, retuning the nervous system, and expanding nervous system flexibility. Included are modifications for students from preschool through high school. This course deepens participants' understanding of S'cool Moves activities as seen through a polyvagal and resilience lens and includes new activities not covered in other courses.

LEARNING OBJECTIVES

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

- Name the three nervous system states and understand their role in regulation.
- Identify blended states and how to support students to transition from dysregulation into regulation using sensory-based movement.
- Utilize 5 activities that retune the nervous system including vagal brake activities, danger maps, safety rest stops, glimmers, and the repair continuum.
- Implement 3 strategies that create a befriending school culture where everyone, from staff to students, becomes more regulated and resilient.

INSTRUCTION

METHODS: Lecture, slides, demonstrations, video

LEVEL: Beginner



Theramoves Services, LLC

Beginner Level
0.6 ASHA CEUs



TheraMoves is an AOTA Approved Provider of professional development. Course approval ID #14748. This distant learning-interactive course is offered at 0.6 CEUs., a beginner 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.



--TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (6 contact hours)
-- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) CTLE approval 23490
-- Approved for Social Workers by the NY State ED Dept. #SW-0499

AGENDA

8:00-9:45 Steps 1 and 2 focusing on befriending the nervous system and the Three Cs of Safety and Connection

9:45-10:00 Break

10:00-11:45 Steps 3 and 4 focusing on identifying regulating resources, retuning the nervous system, and vagal brake activities

11:45-12:15 Lunch

12:15-1:30 Steps 5 and 6 focusing on expanding nervous system flexibility and reducing cognitive load

1:30-1:45 Break

1:45-3:00 Step 7 focusing on bilateral integration, modifications for developmentally young students, and implementation strategies

PRESENTER BIO's

Dr. Jessica Gilson-Shore, PT, DPT is a physical therapist who received her Doctorate in Physical Therapy from Touro College and her Bachelor of Science from Yeshiva University Stern College for Women. Jessica primarily works with children and young adults ranging in age from birth to 21 years old in a variety of settings. These include a private therapy center, both the general and special education school systems, and in the home within the early intervention model. She has worked and collaborated with teachers, paraprofessionals, social workers, occupational therapists, speech therapists, and physical education teachers. She is a S'cool Moves Certified Trainer. S'cool Moves is a program founded by Dr. Debra Em Wilson.

DISCLOSURES: Financial: Jessica Gilson will receive a speaker's honorarium from TheraMoves Services for the presentation. This course will focus on the 'Resilient learner Backpack' materials which you will receive via mail. She has no non-financial relationships to disclose.

REFUNDS & CANCELLATIONS: A full refund, less a \$75 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 receive a refund of the registration cost within 10 days. Please do not make non-refundable arrangements until you have contacted us &/or received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be canceled.