

Positive, Strength-Based Strategies for Sensitive Kids: A Sensory Smart™ Approach



PRESENTER

Lindsey Biel, OTR/L

An internationally recognized author and speaker



WHEN

Friday

November 20, 2026

8:00 am – 3:00 pm EST

Please email info@theramoves.com with any special needs requests at least 2 weeks prior to the webinar



WHERE

Live Webinar



FEES

\$239 Before October 30, 2026
\$259 After October 30, 2026

DISCOUNT- Group of 3+ 10%
*Savings- list group members and use Coupon code **Team3Save10** at checkout*

Group of 7+ 15% savings; contact Theramoves



ACCREDITATION

6 contact hours

0.6 AOTA CEUs

6.0 NBCOT PDUs

0.6 CEUs for NY SLPs

6.0 CTLE contact/clock hours

0.6 CEUs for NY social workers

7.2 PT NY contact hours

Certificates will be awarded

- Credits listed are offered by Theramoves for full attendance. Partial credits will be awarded for partial attendance.
- Course evaluation, posttest, and learning assessment, to be completed online with a passing score of 70% within 1 week, is required to receive your certificate of completion.

LEVEL OF INSTRUCTION: Beginner

TARGET AUDIENCE: OTs, OTAs, SLPs, PTs, special educators, educators, social workers

INSTRUCTION METHODS: Lecture, slides, video, hands-on practice

DESCRIPTION

This practical workshop gives therapists “sensory smart” tools they can use with clients of all ages to engage strengths and manage sensitivities in our increasingly demanding world.

This workshop is filled with proactive, neuro-affirming insights, strategies, and activities that help kids and families 24/7, including powerful approaches for:

- Dealing with sensitivity to noise, touch, movement, visuals, taste, smell, and multisensory processing demands
- Overcoming difficulties with interoception and dysregulation that can make daily life so stressful
- Improving classroom participation with easy-to-implement school-based solutions
- Building visual-vestibular integration, fine and graphomotor skills, executive function and more
- Increasing independence with self-care activities such as toothbrushing
- Fostering better sleep so everyone is more rested

In all, this workshop will equip you with the “sensory smarts” therapists will use each and every day to help their clients feel and function at their best.

LEARNING OBJECTIVES

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

1. Define the differences between strength-based vs. deficit-based models
2. Pinpoint specific sensory processing challenges
3. Identify practical strategies for sensitivity to noise, touch, movement, visuals, taste and smell
4. Develop powerful, easy-to-implement school-based solutions
5. Demonstrate fun, targeted therapeutic activities that build skills, including visual-vestibular integration, fine and graphomotor, and executive function
6. Describe a framework for problem-solving self-care challenges
7. Articulate solutions to parents on how to foster more restful sleep for their children and entire family



TheraMoves is an AOTA Approved Provider of professional development. Course approval ID# 08739. 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.



Approved for 6 contact hours by NYSEDs State Board for speech-language pathologists

- Approved by NYSED for Continuing Teacher and Leader Education (CTLE) hours

Provider # 23490. This webinar will qualify for 6

approved (CTLE) Hour(s)

- Approved for Social Workers by the NY State ED Dept. #SW-0499
- Recognized by NYSED State Board for PT as an approved provider of PT and PTA continuing education. Approved for 7.2 contact hours

AGENDA

8:00 am - 9:30 am

Strength-based vs. deficit-based models
Presumption of competence
Trauma, masking, and spoon theory
Harnessing knowledge in our daily interactions
Sensory vs. behavior: A trick question
Understanding sensory processing challenges

9:30 am - 9:40 am break

9:40- am -11:50 am

Sensory processing challenges continued
Empirical studies
Sensory Checklist
Strategies, tools, and techniques for noise, touch, movement, body awareness, visuals, taste and smell sensitivity

11:50 am - 12:30 pm Lunch (on your own)

12:30 pm - 1:45 pm

Strategies for self-regulation
Strategies and activities for school
Increasing physical stability and security
Building fine motor and graphomotor skills
Strategies for visual processing and visual-vestibular integration

1:45 pm - 1:55 pm break

1:55 pm - 3:00 pm

Executive function activities
Framework for problem-solving self-care challenges
Strategies for sleep
Q & A

PRESENTER'S BIO

Lindsey Biel is an occupational therapist with a private practice in New York City where she evaluates and treats children, adolescents, and adults with sensory processing differences, autism, developmental delays, and other challenges. Lindsey is co-author of the award-winning *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues*, with a foreword by Temple Grandin. She is also the author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens* and has authored chapters in Dr. William Steele's book *Optimizing Learning Outcomes*, contributed to the new edition of Kim West's classic *Good Night, Sleep Tight*, and coauthored the Guggenheim Museum's online *Guggenheim For All Toolkit*. Lindsey has been published in the *New York Times*, *Autism Advocate Magazine*, and elsewhere. She has trained thousands of parents, teachers, therapists and others in the United States and overseas. Please visit www.sensorysmarts.com for more information.

DISCLOSURE: Financial: Lindsey will receive a speaker's honorarium from TheraMoves Services LLC for the presentation. She receives royalties from the book 'Raising a Sensory Smart Child' that will be distributed by TheraMoves at the course. 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 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.