

# TheraMoves is proud to present A Look Inside Behavior and Regulation:

Strategies and Solutions for Sensory  
and Attachment Challenges

## Presented by

**MIRIAM MANELA**, OTR

International Speaker, Noted Author

## When

Tuesday, October 30, 2018

8:30 AM - 4:00 PM

## Where

Ramada by Wyndham,  
125 Tuckahoe Road,  
Yonkers, New York

**Featuring** • Predict, prevent and manage problematic behavior • Self-regulation tools and techniques to help students, teachers, and therapists obtain an optimal calm state in the classroom • Guidelines to reduce disruptive behaviors • Explore underlying sensory issues • Understanding Attachment • Guidelines to pre-empt a strong willed response from a student that is strong willed • The interconnectedness of behavior • Understanding anxious/avoidant attachment strategies

*“Upon completing the workshop, participants will take with them effective, practical tools and sensory strategies to incorporate into the daily setting, so they can do what they do best—Treat!”*

## Target Audience:

OT's, OTA's, PT's, PTA's, SLP's, Special Educators, Social Workers, Mental Health Counselors

## Level of Instruction

Beginner, Intermediate

## Instructional Methods

Lecture, Case Studies, Role Play, and Powerpoint Slides

## Cost

Early Registration \$229  
Postmarked October 4, 2018

Group of 3 or more \$219  
Postmarked October 4, 2018

Regular Registration \$249

## CEU's 6 Contact Hours

6 NBCOT PDUs/.6 CEUs

Credits listed are offered by TheraMoves for a full day's attendance

## Certificates will be awarded

TheraMoves Occupational Therapy Services, PLLC. is approved for sponsor by NYS board for OTs and OTAs

TheraMoves Services is recognized by the NY SED's state board for PT as an approved provider for PTs and PTAs continuing education

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

Approved for Social Workers by the NY State ED Dept. #SW-0499

Refreshments will be served, Lunch is on your own

Please contact us with any special needs requests

## Contact Info

917-224-5114

INFO@THERAMOVES.COM

WWW.THERAMOVES.COM

INSTAGRAM @TheraMoves

**SEE NEXT PAGE FOR  
MORE INFORMATION**

## **COURSE DESCRIPTION:**

Coping with students who exhibit challenging behaviors and attitudes can be frustrating and difficult. It also may prevent an optimal teaching or therapy environment, and typically, negatively affect the progression of the school curriculum and therapy. Students feel misunderstood, shamed, blamed, and controlled. The Thrive Method will help students feel understood and proud enough to cooperate, yet firmly guided so that they will no longer have the need to exhibit disruptive or negative behavior. In addition, this will increase the impact the school has on their academic performance by enabling each student to reach their maximum potential. The results will positively affect their personal lives and also the well-being and education of the other students to progress academically, as there is less disruption and disturbance.

Both modules will provide a **unique and in depth understanding** of the critical facets of sensory and social-emotional challenges that will provide participants with the appropriate tools for understanding the reasons behind specific behaviors and attitudes. After participants understand the source of the problem, they will then be taught how to tailor their approach towards the specific issue they are encountering. These unique approaches will positively affect changes in attitude, behavior, and academic performance of the students. The result will not only provide for a smooth running classroom but also will mitigate and often eliminate the problem. Participants will learn the relationship between \*Anxious Attachment and \*Avoidant Attachment and strategies to overcome behavioral and social-emotional challenges.

## **AGENDA**

8:30 - 9:30 Understanding Attachment– relate specific behavioral and social-emotional challenges to anxious attachment and avoidant attachment strategies

9:30 - 11:15 Techniques for Student Development

11:15-11:45 Role Play - Interactive session applying concepts into reality

11:45 - 12:45 Lunch (on your own)

12:45 -1:45 Understanding the Sensory systems

1:45 -3:30 Techniques for Sensory Application in the Classroom

3:30- 4:00 Role Play- Interactive session applying concepts into reality

Two-15 minute breaks will be taken mid-morning and mid-afternoon as needed

## **LEARNING OBJECTIVES: AT THE END OF THIS SEMINAR THE PARTICIPANT WILL BE ABLE TO...**

- Relate specific behavioral and social-emotional challenges to specific sensory processing disorders
- Develop a repertoire of techniques and sensory strategies to cultivate adaptive responses in the school setting and beyond
- Learn self-regulation tools and techniques to help students and teachers obtain an optimal calm state
- Relate specific behavioral and social-emotional challenges to anxious attachment and avoidant attachment strategies
- Understand how to use the teacher-student relationship to effect changes in behavior
- Develop a repertoire of techniques and strategies to help children develop adaptive responses in the school setting and beyond

## **PRESENTERS BIO:**

Miriam Manela, OTR, author of “The Parent-Child Dance” and founder of Thrive Occupational Therapy. Miriam conducts courses worldwide. She is the legislative co-chair of the New Jersey Occupational Therapy Association and the former representative for the representative assembly of the American Occupational Therapy Association. In 2013, she won the CBS Radio women’s achievement award. Miriam has been awarded Top Doctor’s in New Jersey award four consecutive years. Miriam is certified in Therapeutic Listening™, and has received advanced training in Neuro-Developmental Treatment (NDT), Sensory Integration, Attachment Theory and Reflex Integration. Miriam is a certified Reiki practitioner and Therapeutic Listening provider. Miriam graduated Magna Cum Laude. Miriam believes in listening to and working closely with parents and caregivers to help them achieve a healthy, responsive, and mutually satisfying parent-child relationship.

## **DISCLOSURE:**

Financial: Miriam Manela, will receive a speaker’s honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

**CANCELLATION POLICY:** We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable travel arrangements until you 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 cancelled.

**REFUND POLICY:** 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. This policy will be waived if a replacement participant is found.

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# DESCRIPTION OF PROGRAM - DETAIL:

## **MODULE ONE Behaviors in the Therapist-Child Dance Inside Sensory Processing**

### **Challenges in Students: Strategies and Solutions for Therapists and Educators**

Module 1 - In Sensory Processing Challenges in Students, therapists and educators will attain a unique in depth understanding of the underlying sensory issues that affect children in the classroom, therapy and beyond. A wide variety of practical tools and sensory processing strategies to develop adaptive responses will be taught and role played, as described in depth below. These can be used to effect immediate changes in behaviors and learning outcomes by predicting, preventing and managing problematic behaviors and attitudes that are faced daily in their classrooms and in therapy. This will benefit not only the problematic child but also their peers by minimizing classroom disruption and freeing up time and energy to focus on the prepared curriculum in school and in the therapy setting.

## **MODULE TWO Behaviors in the Educator and Therapist-Child Dance Relationship as a foundation for Behavioral, and Social-Emotional Challenges in Students: Strategies and Solutions for Therapists and Educators**

Module 2 is titled, "Tips and Tools for Behavioral and Social-Emotional Challenges in Students." In Behavioral and Social-Emotional Challenges, attendants will learn an insightful understanding of Attachment Theory (which is based on years of experience and successes) which will result in a constructive relationship between therapists, educators and their students. This will be used to effect changes in students' behavior (the dream of every parent, therapist and educator). A variety of practical tools and strategies will be thoroughly reviewed and practiced together in order to incorporate "Proactive Methodology" and develop adaptive responses in the school and therapy setting.

## **THE COMMON BEHAVIORAL DISRUPTIONS THAT WILL BE ADDRESSED INCLUDE:**

- Anxiety, rigidity, and controlling behavior
- Distractibility, difficulty paying attention and focusing
- Lack of motivation or being withdrawn
- Lack of respect for others' and own property
- Bullying, taunting, shaming, and intimidation
- Tantrums
- Class-clown and attention-seeking
- Risk-taking behaviors
- Physical aggression (shoving, kicking, hitting, and spitting)
- And other behaviors that prevent educators from effectively educating the children in their care.

*"The learning objectives will be infused with real-life case studies in an effort to further the practicality of the course".*

## **METHODS TO ACCOMPLISH THE SERVICES PROPOSED:**

- Evidence based prevention
- Underlying causes of challenging behavior and performance
- Empowerment strategies
- Mind posture
- Family support
- Interactive demonstrations
  - Coaching to resolve real-time and current issues
  - Role play
- Practical takeaways

*"Therapists and teachers need effective methods to transform challenging behaviors into positive attitudes and abilities so they can spend more time helping their students' progress academically and less time dealing with disruptive behaviors".*



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