

TheraMoves is proud to present HEALTHY BODIES & HEALTHY MINDS:

THERAPEUTIC STRATEGIES FOR PROMOTING WELLNESS IN CHILDREN

PRESENTED BY

JENNY L. CLARK, OTR/L, BCP
NATIONWIDE SPEAKER, NOTED AUTHOR

WHEN

THURSDAY

DECEMBER 13, 2018

8:30 AM - 4:00 PM

WHERE

1580 Coney Island Avenue
BROOKLYN, NY (Q-train)

FEATURING • Therapeutic value of yoga • Integrating themes into yoga poses • Health promotion & prevention in pediatric therapy • Nature Deficit Disorder • "Blue Space" • Bringing nature into the classroom & clinic • Solutions for healthy eating • Creative ways to teach kids diaphragmatic breathing • Mindfulness • Interoception • Occupation-based wellness interventions

CONTACT INFORMATION

917-224-5114 ~ INFO@THERAMOVES.COM

WWW.THERAMOVES.COM

TARGET AUDIENCE:

OT's, OTA's, PT's, PTA's, SLP's, special educators, social workers and other professionals who work with children and infants

LEVEL OF INSTRUCTION

BEGINNER, INTERMEDIATE

INSTRUCTIONAL METHODS

LECTURE, VIDEOS, LABS,
CASE STUDIES

COST

EARLY REGISTRATION \$249
POSTMARKED NOVEMBER 16, 2018

GROUP OF 3 OR MORE \$229
POSTMARKED NOVEMBER 16, 2018

REGULAR REGISTRATION \$259

CEUs

6 contact hours

6 NBCOT PDUs/.6 CEUs

6 CTLE Hours

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)

Refreshments will be served,
Lunch is on your own

Please contact us with any
special needs requests



COURSE DESCRIPTION: Experience an exciting and fun new course by Jenny L. Clark, OTR/L as she teaches therapists innovative ideas to integrate health and wellness strategies into the daily lives of children and youth who struggle with childhood disorders that impact emotional regulation, attention span, problem solving skills, social interactions, and physical health. Therapists will learn why lack of movement contributes to physical, emotional, and behavioral challenges in children with childhood disorders as they are introduced to a variety of wellness strategies focusing on meaningful occupations, including outdoor activities in nature, healthy foods, yoga, deep breathing, and mindfulness activities.

In this course therapists will learn about the evidence-based therapeutic value of yoga for children and youth. Yoga addresses a wide spectrum of a child's developmental needs, from emotional regulation and attention span to motor planning and coordination. This course will also examine the neuroscientific evidence about the benefits of exposure to nature. Jenny will present evidence-based information about physical activity in nature, the benefits of 'blue space', and agricultural literature and its impact on a child's nutrition. Participants will develop a repertoire of fun and practical activities to connect children with nature, ideas on how to bring the outdoors inside to schools and clinics, therapeutic gardening for children, geocaching, animal-assisted therapy, and more.

AGENDA

8:00-8:30 Registration

8:30-12:00 1. Identifying occupational wellness needs in the pediatric population through Evidence-Based Practices 2. Occupation-Based Wellness Interventions for Children & Youth: Nature & Nutrition

12:00-1:00 Lunch (on your own)

1:00-4:00 1. Occupation-Based Wellness Interventions for Children & Youth: Deep Breathing, Brain Breaks & Mindfulness 2. Yoga Poses as Therapeutic Intervention for Kids

A 15 minute break in the morning and afternoon will be provided as needed

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

- Examine current evidence illustrating health and wellness needs in the pediatric population to substantiate application of therapeutic interventions.
- Analyze health-related challenges in prevalent childhood disorders to correlate a common need across a diverse population of youth.
- Develop a repertoire of occupation-based wellness interventions for youth that can be applied to home, school, and community settings.

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

PRESENTERS BIO: Jenny L. Clark, OTR/L, BCP (AOTA Board Certification in Pediatrics) graduated from The University of Kansas in 1990 with distinction and has helped children over the past 28 years as a licensed pediatric occupational therapist working as a speaker, consultant, private practitioner at her own clinic (Jenny's Kids, Inc.), school-based occupational therapist, independent contractor for early intervention services, author, and inventor. Jenny received certification from Aura Wellness Center as a Kids Yoga Teacher in July 2017. Her passion for developing new approaches to therapy can be seen in her diverse contributions to the field, including: the evidence based curriculum material Learn to Move, Move to Learn: Sensorimotor Early Childhood Activity Themes (AAPC 2004), and the sequel Learn to Move, Moving Up! Sensorimotor Elementary School Activity Themes (AAPC 2009); two DVD's Learn to Move: Dinosaurs (AAPC 2005), a companion to her first book, and Sensory Processing Disorder Kit: Simulations and Solutions for Parents, Teachers, and Therapist (AAPC 2006), which won the 2007 media in excellence video award from Autism Society of America; a music CD, Sing, Move, Learn (AAPC 2010), which accompanies the songs in her first book. Jenny was a contributing author for the book Autism Spectrum Disorders: A Handbook for Parents and Professionals (Greenwood Publishing Group 2007), as well as the author of a chapter in Autism Spectrum Disorders: Foundations, Characteristics, and Effective Strategies. (Pearson Publishing 2011). Most recently, Jenny was the technical reviewer for The Everything Parents Guide to Sensory Processing Disorder (Terri Mauro, Adams Media 2014). Jenny is the inventor of the patent-pending "Weigh" Cool Bracelet (www.abilitations.com) and her most recent creation, Letter Treasure Hunt handwriting game (Therapro 2014). Jenny is known for her dynamic personality, sprinkled with humor that engages people to 'think outside the box' inspiring unlimited creative ideas. Jenny's favorite sensorimotor recreation includes tennis, mountain biking, gardening, and photography.

DISCLOSURE:

Financial: Jenny L Clark will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

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