

# TheraMoves is proud to present IT MAKES SENSE TO TAKE ACTION:

## A Sensory and Reflex-Based Approach to Improve Self Regulation and Attention Span

### PRESENTED BY

**RICKI DEMBITZER, MS, OTR/L**

### WHEN

**TUESDAY, DECEMBER 1, 2020**

*7:00 PM — 9:30 PM EST*

### WHERE

LIVE WEB CONFERENCE (will be recorded)

**2.5 CONTACT HOURS** 0.25 AOTA CEU'S,  
2.5 NBCOT PDU'S, 3 CONTACT HOURS FOR NY PTS

### CERTIFICATES WILL BE AWARDED

FOLLOWING THE COURSE A POSTTEST AND LEARNING OUTCOME WILL BE EMAILED, ONCE COMPLETED A CERTIFICATE OF COMPLETION WILL BE PROVIDED.

Credits listed are offered by TheraMoves for full attendance

**FEE \$59, GROUPS 3+ SAVE 10%**



TheraMoves is an AOTA Approved Provider of continuing education "The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA." (APP # 11168) Approved by AOTA for .25 CEU, 2.5 contact hours, beginner/intermediate domain of OT performance skills.

TheraMoves Services, LLC is recognized by the NYSED's State Board for physical therapy as an approved provider of PT & PTAs continuing education, Approved for 3 contact hours

### COURSE DESCRIPTION:

This webinar is designed to address some of the main underlying components of self-regulation, focus and attention. It is geared towards pediatric therapists in trying to improve children's ability to reach their therapy goals with improved self-regulation protocols, sensory treatment ideas and techniques as well as some of the primitive reflexes that affect regulation of the nervous system. Background theory will be provided as well as an explanation of the sensory systems involved and calming techniques to decrease sympathetic nervous system response. Specific activities that utilize readily available objects in the home will be demonstrated to improve tele-health therapy sessions as well as direct care treatment ideas for hands on care. Therapists will walk away with more background knowledge of both the sensory and reflex systems that affect our focus and attention as well as practical techniques and activities to implement immediately into their practice.

**TARGET AUDIENCE:** OTs, COTAs, PTs, Social Workers, Psychologists and SLPs

**LEVEL OF INSTRUCTION:** BEGINNER/ INTERMEDIATE LEVEL

**TO REGISTER PLEASE EMAIL  
INFO@THERAMOVES.COM**

## **LEARNING OBJECTIVES:** At the end of this webinar, participant should be able to:

1. Identify three important rules and tips to telehealth/direct care success
2. Name the three biggest power senses to affect focus and attention span
3. Identify 3 ways reflexes impact upon our ability to attend
4. Learn 3-5 ways to teach a child to self-regulate or co-regulate with parent through activation of the parasympathetic nervous system
5. List 3 primitive reflexes and reflex integration activities to help integrate them
6. List 5 new sensory based activities to implement through direct hands on care or telehealth therapy to use with your clients immediately

## **AGENDA:**

- 7:00 - 9 :00 pm Summary of Sensory Processing disorder and an in-depth look at 3 of the sensory systems with related reflexes and their impact upon focus and attention span including take home techniques
- 9:00-9:15 pm Self regulation tools
- 9:15-9:30 pm The impact of the parasympathetic nervous system on our ability to self regulate and focus

**INSTRUCTIONAL METHODS:** LECTURE, VIDEOS, CASE STUDIES

**CANCELLATION POLICY:** We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable 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 \$15 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

## **DISCLOSURE:**

**Financial:** Ricki Dembitzer, will receive a speaker's honorarium from TheraMoves Services for the presentation. **Non-Financial:** She has no non-financial relationships to disclose.

**To register please email [info@theramoves.com](mailto:info@theramoves.com)**

**Visit [WWW.THERAMOVES.COM](http://WWW.THERAMOVES.COM) 347-379-1359**

## **PRESENTERS BIO:**

Ricki Dembitzer has been an Occupational Therapist for over 20 years specializing in pediatrics. She graduated with a Bachelors of Science degree in psychology from Wayne State University in Michigan and received an additional Bachelor's of Science degree in Health Sciences as well as a Master's degree in Occupational Therapy from Touro College in New York City. Ricki owns a private practice in Wesley Hills New York, IncredAbilities Therapy LLC, and has a team of experienced Occupational therapists as well as physical therapy, speech therapy and psychology. She is well known for her fresh approach, ability to get to the root of the problem and her belief in treating the whole person to achieve success. Ricki specializes in neurodevelopmental treatment, sensory integration, reflex integration, visual and oculomotor dysfunction, as well as fine motor/graphomotor delays and praxis and motor skill development. She regularly gives workshops to schools and parents as well as to professionals. She lives in Wesley Hills NY with her husband and 5 children.

Approved for 2 contact hours by NYSED's State Board for **speech-language pathologists**

Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)

*Please contact us with any special needs requests*