

Finding Safety & Stability: a Trauma-Informed Sensory Motor Approach

Online • March 1, 2019

Course Summary

Therapists and other professionals who work with individuals with sensory and developmental disorders (e.g. autism spectrum, attention deficit, learning disabilities) often encounter clients with difficulties related to developmental trauma. Traumatic events may be overt, such as early loss of a primary caregiver; sexual, physical or emotional abuse; or domestic, community and school violence. Trauma may also be innocent, such as early hospitalization and necessary lifesaving medical procedures in the neonatal intensive care unit. Exposure to adverse life experiences has been shown to increase the likelihood of social, emotional and developmental delays. Furthermore, children with developmental delays have a higher risk of being subjected to experiences involving physical, emotional and sexual abuse.

There is a growing understanding, and accompanying clinical practice that addresses the connection between sensory processing dysfunction and trauma. When an individual cannot adequately process sensory information or traumatic experiences, the body's natural defense mechanisms become heightened, further impacting the sensory processing disorder.



This live, one-day online course will explore, the connections between trauma, sensory processing and sensory integrative difficulties. Participants will learn how sound and movement are critical in the development of body based, perceptual motor, and social emotional foundations for feeling safe in the world and in relationship to another. Treatment labs will explore the basics of auditory and vestibular/somatosensory processing, and their relationship to arousal, attachment, self-regulation, and learning. Video and case presentations will bring key concepts and treatment strategies to life in this theoretically-based, yet practical course.

Course Objectives

Upon completion of the course, participants will be able to:

- Identify the relationship between the inner ear, arousal, and affect regulation.
- Recognize the importance of the auditory and vestibular systems in the development of orientation in time and space, necessary for feeling safe in one's body and relating to others.
- Select three therapeutic activities that activate the vestibular and/or auditory systems to regulate arousal, build somatic resources, and relate.
- Recognize when patterns of defense are interfering with function and daily life.
- List three body-based strategies to decrease tension patterns and regulate arousal.

Course Materials

Each participant is asked to have a yoga mat and gym ball (fits you to sit at 90/90) available during the course's online labs. Registration includes the Therapy Ball Trio: 1 Gertie Ball, 1 Pinky Ball & 1 Power Up Ball. Registrants will receive an email within a week of the course containing instructions on how to access the webinar & printable course materials, such as, the PowerPoint handouts.

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Instructors

Sheila M. Frick; OTR/L, is an internationally esteemed clinician, lecturer and pioneer in Occupational Therapy. She has over 20 years of clinical experience, having worked in psychiatry, rehabilitation and home health before specializing in pediatrics. Her expertise includes sensory processing dysfunction, sensory integration and auditory interventions. She created and continues to expand *Therapeutic Listening*, which she has taught to over 10,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system, and various auditory interventions. She is the creator and author of *Listening with the Whole Body*, and co-author of *Core Concepts in Action*, *Astronaut Training*, and *Out of the Mouths of Babes*.

Disclosure:

Financial - president of Therapeutic Resources, Inc. of which Vital Links is a subsidiary.

Non-financial - married to Ronald Frick, president of Vital Sounds, Inc.

Tracy Bjorling; M.S., OTR/L is a pediatric OT currently pursuing a Doctor of Occupational Therapy degree through the University of Wisconsin-Madison. Tracy has had the wonderful opportunity of being mentored by Sheila M. Frick in her clinic. Working in conjunction with Sheila, Tracy has had multiple opportunities to explore the use of *Therapeutic Listening* and *Quickshifts* with a wide variety of clients and diagnoses. As a member of the Vital Links clinical support team, Tracy has also had the privilege of accompanying and supporting Sheila, and other Vital Links speakers, at numerous workshops around the world. Tracy has received additional training in *Astronaut Training*, *Interactive Metronome* and *DIR/ Floortime®*.

Disclosure:

Financial - employee of Therapeutic Resources, Inc. of which Vital Links is a subsidiary.

Non-financial - no relevant non-financial relationships exist.

Disclaimer:

Some of the music selections (Quickshifts) and therapy balls used in the Finding Safety & Stability course are developed & sold only by Vital Sounds, Inc. This presentation will discuss Quickshifts & will not include detailed information on other binaural beat technology. Vital Sounds is a sister company of Vital links.

Continuing Education Units



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

This course offers 6.25 contact hours or 0.6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures.

Vital Links is approved by the American Occupational Therapy Association (AOTA) as a provider of continuing education.

Level: Introductory

Target Audience: Occupational Therapy

Completion Requirements: Full Attendance/Participation, Test

Classification Code: Client Factors, Performance Skills, Intervention



Vital Links Division of Therapeutic Resources is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in

speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

ASHA CE Provider:

This course is offered for 0.6 ASHA CEUs (Introductory Level, Professional Area)

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Friday, March 1, 2019

- 8:30am Check-In Begins
- 9:00am Announcements & Introductions
- 9:10am Sensory Processing & Developmental Trauma
- 10:30 Short Break
- 10:40 Neurodevelopmental Roots of Defense
- 12:25 Extended Break
- 1:05 Overview of Vestibular-Somatosensory-Auditory Systems in relationship to safety & Stability
- 2:35 Short Break
- 2:45 Sensorimotor Strategies for Regulation & Orientation
- 4:15 Test
- 4:45 End of Course

*Times listed are in Central Time
(CDT/CST)*

Register Today!

-  ONLINE at www.vitallinks.com
-  TOLL-FREE FAX 866-636-9720
-  MAIL this form and payment to:
Vital Links
6613 Seybold Rd.; Ste. D
Madison, WI 53719

Registration Fee:

- \$225 Registration fee*
 - Add \$15 processing fee for purchase order without payment
 - Add \$44.95 shipping fee for registrations outside the U.S.
- *Registration fee includes the Therapy Ball Trio:
1 Gertie Ball, 1 Pinky Ball & 1 Power Up Ball (\$32.50 value)*
- *Group Discount: Take an additional discount of \$15 per registrant for groups of 3 or more enrolling simultaneously*

Participant Name (to appear on certificate/CEU documentation) - PLEASE PRINT

Mailing Address

City State Zip Code Email Address

Mobile Phone # Home Phone # Work Phone #

Profession:

- Occupational Therapy Physical Therapy
- Speech/Language Other _____

How did you first hear about this course?

Payment Method:

- Check or Money Order payable to **Vital Links**, or
- VISA MasterCard Discover Amex

Credit/Debit Card #

Exp. Date CVV/CVC #

Name on Card (Print)

Signature

Cancellation Policy

Cancellations requesting a full refund must be in writing and received by Vital Links two weeks prior to the course; refund will not be granted after that date. Approved refunds will be issued after the final course date (minus \$50 processing fee). Cancellation requests may transfer full credit towards another Vital Links course if notification is received in writing at least 7 business days prior to the start date. Vital Links reserves the right to cancel any course with due cause and refund in full. There are basic computer/device requirements for Vital Links online and on-demand courses. Vital Links is not responsible for device compatibility issues, and it is each participant's responsibility to ensure their device is compatible with the noted platform and services.

Accessibility Policy

In compliance with the Americans with Disabilities Act, Vital Links will make every effort to honor requests for reasonable accommodations made by individuals with disabilities, including but not limited to written transcripts, multiple viewing attempts, and increased amount of time to complete training activities. It is a priority for Vital Links to ensure participation in all courses and activities for all individuals. Vital Links is committed to ensuring non-discrimination and to resolving any complaints related to a disability in a prompt and equitable manner.