

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

Online Course Agenda

ALL TIMES ARE IN CENTRAL TIME

Break start times may vary

One-Day Course

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