

**Core Connections:
Exploring the Core's Developmental Roots**

Live Webinar • May 3, 2019

Course Summary

Core is a popular topic among therapists, Pilates and yoga instructors, and exercise enthusiasts; however, it is often poorly defined. This course will provide a clear description of the core based on current research and discuss the neuro-physiological rationale for evaluating core development and function in individuals with sensory processing difficulties. Core function will be explored from its developmental roots in the unfolding of the primary movement patterns (innate reflex development). Two key patterns (Moro and Tonic Labyrinthine) and their connections to core development and self-regulation will be discussed. A specific play-based observation tool that identifies core movement challenges and assists in prioritizing treatment strategies will be presented and explored through movement labs. All lectures will come to life through clinical videos of both assessment and treatment strategies.



Course Objectives

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

- List the anatomical components of the inner and outer core.
- Identify the significance of vestibular visual and auditory input for core development.
- Select three strategies that activate inner core for the purpose of stability and self-regulation.
- Underline the importance of complete expression and integration of the Moro and Tonic Labyrinthine reflex for core development and self-regulation.
- Recognize the importance of respiratory patterns and their relationship to core activation.

Continuing Education Units



This course offers 12.5 contact hours or 1.25 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures.



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.

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

ASHA CE Provider:

This course is offered for 1.25 ASHA CEUs (Introductory Level, Professional Area)

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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 Babies.



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 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 all over 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 that are used in the Building Blocks course are developed & sold only by Vital Sounds, Inc. This presentation will focus exclusively on Quickshifts & will not include detailed information on other binaural beat technology. Vital Sounds is a sister company of Vital links.

Course Materials

Each participant is asked to have a yoga mat & gym ball (fits you to sit at 90/90) available during the course's online labs. 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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Friday, May 3, 2019

- 8:00 Check-In Begins
- 8:30 Core Definitions, Anatomical Considerations & Current Research on the Treatment of Core Function
- 9:30 The Sensory Systems & their Relationship to Core Development
- 10:00 Short Break
- 10:10 The Sensory Systems (cont.)
- 11:40 Extended Break
- 12:20 Primary Movement Patterns, Breath & the Development of a Flexible, yet Stable, Core
- 2:20 Short Break
- 2:30 Assessment & Treatment Strategies from, both, a Sensory & Developmental Movement Perspective
- 4:30 Test
- 5:00 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
- *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.