

## Quickshifts: Revolutionizing the Use of Sound in Sensorimotor Integrative Treatment

**Online • October 7, 2019**

### Course Summary

Since their inception, the Quickshifts library has grown exponentially. This expanded range of album choices provides therapists with more options to precisely match the musical elements to a clinical picture. In this one-day course, we will explore the therapeutic application of Quickshifts and how these sound tools can be used to quickly shift states of alertness and set up the nervous system for optimal success. Participants will learn about Quickshifts' theoretical underpinnings, such as, binaural beat technology, musical entrainment, the encoded movement patterns found in music, and how accessing whole-brain processing further promotes basic and higher-level functions and processes. In addition, participants will learn the specific musical qualities and various clinical applications of each Quickshift album.

Whether being used in the clinic, school, home, or community setting, Quickshifts have shown to support immediate and lasting changes in a variety of occupational performance areas such as: self-regulation, sensory modulation, anxiety, postural activation, motor coordination, social interaction, and executive functioning. Preliminary research on the impact of Quickshift albums, conducted at a prestigious university, has shown improvements in postural activation and bilateral motor coordination. These initial investigations only further supporting the results seen firsthand in the clinic. Audio samples, case presentations, and video examples will be provided so participants gain first-hand experience with these sound tools. By the end of the course, participants will be able to implement the use of Quickshifts into their practice settings and will understand how to select the best musical match between album and client to optimize therapy goals and outcomes.



### Course Objectives

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

- List clinically based observation and movement-based assessment tools that assist in assessing an individual's bilateral motor-coordination, state regulation and whole-brain processing, and how they relate to functional difficulties of the individual.
- Identify three movement activities that support vestibular, proprioceptive, auditory and visual functioning.
- Match Quickshift albums to client's clinical picture, goals, and functional outcomes.

### Course Materials

Registrants will receive an email within a week of the course containing instructions on how to access the webinar and printable course materials, such as, the PowerPoint handouts.

There are basic computer/device requirements for Vital Links webinars and we have a breakdown of computer/device requirements and internet connections that will assist you. Visit our Support section on [www.vitallinks.com](http://www.vitallinks.com) for details. It is the registrant's responsibility to ensure his/her device is compatible with the webinar platform and services. Please contact us with any questions regarding compatibility.

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### Instructor

**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.

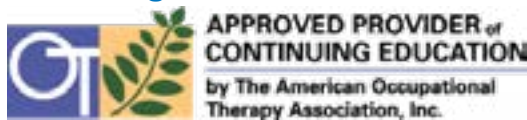
### Disclaimer:

Some of the music selections (Quickshifts) that are used in the 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.

*"The lecturers were very easy to follow and made sure to answers questions. They explained everything well and left me feeling confident in utilizing Quickshifts with my clients!!"*

*--Lisa S., OT*

### Continuing Education Units



This course offers 6.0 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



### ASHA CE Provider:

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



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**Monday, October 7, 2019**

- 8:30 Check-In Begins
- 9:00 Announcements & Introductions
- 9:10 Sensory Processing & Self-Regulation: Overview of Current Thinking & Neurophysiological Concepts
- 10:30 Short Break
- 10:40 Connecting Sound & Movement: Neuroanatomy & the Encoded Patterns
- 11:55 Extended Break
- 12:35 Assessment and Treatment Strategies for Supporting Movement, Interaction & Engagement; Case Examples
- 2:35 Short Break
- 2:45 Enhancing Executive Function Through Quickshifts; Case Examples
- 4:00 Test
- 4:30 End of Course

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

**Register Today!**

- ONLINE at [www.vitallinks.com](http://www.vitallinks.com)
- TOLL-FREE FAX 866-636-9720
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Vital Links  
6613 Seybold Rd.; Ste. D  
Madison, WI 53719

**Registration Fee:**

- \$195 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
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Mobile Phone #	Home Phone #	Work Phone #
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**Profession:**

- Occupational Therapy     Physical Therapy
- Speech/Language     Other \_\_\_\_\_

How did you first hear about this course?

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**Payment Method:**

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

Credit/Debit Card #

Exp. Date	CVV/CVC #
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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.