

Creating Effective Performance, Precision, and Power in Treatment and Sensory Diets

Online with Recording • August 7, 2020

Course Summary

While it appears deceptively simple, designing sensory diets is not merely following a list of predetermined activities. Creating effective and precise sensory diets requires individualized clinical reasoning based upon an understanding of the unique contributions of the sensory systems, the defensive-orienting continuum, sensory modulation, and arousal regulation.

Join Julia Wilbarger and Sheila Frick as they share their unique perspectives on creating and implementing sensory diets from a neurodevelopmental and sensorimotor perspective. Course content will be applicable across practice settings to support individuals of all ages who experience difficulties with sensory processing limiting occupational participation and wellbeing. This practical, interactive course will immediately support and reinforce successful application of these concepts in clinical practice and home environments.

Course Objectives

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

- Identify four key sensory systems and their influence on motor functions that support development of self-regulation and sensory modulation.
- Describe at least three developmental components and/or sensorimotor foundations of posture and breath.
- Evaluate the effectiveness of selected sensorimotor activities on an individual's state regulation and modulation using key clinical observations (respiratory patterns and core activation) through three case study/video examples.
- Identify at least four principles or unique quality considerations for designing individualized sensory diets



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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*.

Julia Wilbarger, PhD, OTR, received a BS in Physiological Psychology from UC Berkeley, a MS in OT from Boston University, and a PhD in Developmental Cognitive Neuroscience from the University of Denver, Colorado. She has worked as an OT in early intervention with high risk and developmentally delayed infants and toddlers in diverse settings. She served as a clinical specialist in sensory integration at The Children's Hospital, Denver. She joined the faculty at Dominican in the occupational therapy department as an associate professor in 2013. Her research is focused on the study of affective and sensory processing in a range of clinical populations.

Disclaimer:

Some of the music selections (Quickshifts) and therapy balls that are used in the Regulation and Trauma 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.

Continuing Education Units



This course offers 6.5 contact hours or 6.0 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: Intermediate

Target Audience: Occupational Therapy

Completion Requirements Live: Full Attendance/Participation, Quiz

Completion Requirements Recording: Complete Webinar, Quiz

Classification Code: Client Factors, Performance Skills, Intervention

