

Learning to be *Powerfully You*:

Training Occupational Therapists in a Social Emotional Learning Curriculum focused on Self-Regulation

Live Webinar • May 2 - 3, 2021

Course Summary

Self regulation is one of the most common reasons clients get referred for occupational therapy services. Self-regulation is defined as the ability to adapt our neurological arousal, emotional state, attention, and behavior in accordance with the demands of the situation. It is widely regarded as an underlying skill critical to behavioral self-management, emotional control, and social learning.

The Powerfully You curriculum is a series of lessons designed to teach fundamental skills and concepts that encourage self awareness and enable self regulation, leading to improvements in emotional mastery. Powerfully You provides a lens through which individuals can view themselves and others in a positive light. The lens values strengths, individual differences, and sees the whole person from a perspective of compassion and curiosity.

Lessons taught in this curriculum include Body Sensing, Body Battery, Body Activation, Tools and more. The concepts taught in these lessons include mindful awareness, awareness of body sensations, self assessment of body activation and emotional activation, tools to shift body activation and sensations, tools to shift emotions, skills for tracking and changing habits, practices to cultivate self compassion, and cognitively based inquiry techniques. Activities chosen are research and trauma informed. The 8 hour provider certification course will teach background theory, familiarize therapists with the interactive lessons, and provide implementation and goal setting guidance.

Course Objectives

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

- Discuss theoretical frameworks of Powerfully You, and explain the evidence informed concepts taught in the curriculum.
- Relate the use of Occupational Therapy's knowledge and expertise in utilization in class wide or community-based models of intervention and in Social Emotional Learning.
- Implement the Powerfully You curriculum with fidelity in classroom or clinical settings.
- Create goals that address the student or client's growth in self-regulation and occupational performance.

Course Materials

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.

Continuing Education Units



Approved Provider

This course offers 8.0 contact hours or 0.8 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: Occupational Therapy Service Delivery, Intervention, Outcomes



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Instructors

Amy Lewis, OTR/L graduated from the Medical University of South Carolina in 2001 with a Masters in Rehabilitation Sciences in Occupational Therapy. Her first job experience was in the birth to three population where she worked for most of her first 10 years of practice. Beginning with that population afforded the opportunity to experience the foundations of function and how that foundation affects later development. Subsequent practice expanded to older children, but continued to focus on foundations in breath, postural alignment, sensory processing, and self regulation. Early mentors and teachers of great influence include Patricia Oetter, Nancy Lawton-Shirley, Sheila Frick, and Julia and Pat Wilbarger. Amy's areas of interest include psychology, sensory integration, auditory interventions, and treating from a whole person perspective. Certifications include SIPT, Therapeutic Listening, Rhythmic Entrainment Intervention, iLs, and SSP. She is currently completing a mentorship in Tensegrity Medicine, an approach that provides a framework for treating the whole person from an integrated mind and body perspective, focused on the fascial system of the body and utilizing objective measures of fascial restrictions to guide treatment. Amy has always been fascinated by self regulation and how it affects us all. Her passion for this topic has led her to seek information from sources within and outside of typical OT practice. She enjoys interacting with and providing support to parents and teachers and bringing our OT knowledge to the general population. Powerfully You is a culmination of the last 20 years of working as an OT, combined with life experiences and learning, and a passion for being with others on their journey in a way that comes alongside and offers information and tools.

Disclosures:

Financial - adjunct instructor for Therapeutic Resources, Inc. of which Vital Links is a subsidiary. Co-author of the Powerfully You curriculum discussed with in the course.

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

Heather Spann, OTR/L completed her Masters in Rehabilitation Sciences in Occupational Therapy from the Medical University of South Carolina in 2000. She has practiced in pediatrics for over 20 years in a variety of settings including private practice, hospital practice, early intervention, residential youth programs, and schools. In her previous roles, Heather has served as a clinic administrator and in program development for a multidis-ciplinary pediatric outpatient rehabilitation center and as a community liaison in grant funding and residential care facilities. Throughout her career, her passion continues to be clinical practice with a specialty in sensory integration. Heather has completed extensive continuing education in sensory processing, feeding, and is SIPT certified. Her favorite career highlights include setting up a multidisciplinary developmental intervention and screening program in preschools funded through Duke Endowment and her current involvement in Pow-erfully You. Heather lives in Charleston, South Carolina with her husband and 2 children. She owns a private practice serving birth to teen in the natural environment, clinic setting, and a charter school. Heather credits the amazing children, families, and coworkers she has the honor of working and partnering with as some of her greatest teachers.

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Disclaimer:

The Powerfully You curriculum discussed within this course is licensed and sold exclusively through www.powerfullyyou.org. No other social emotional curriculum will be taught within this course.



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Friday, May 2, 2021

Monday, May 3, 2021

Times listed are in Central Time (CDT/CST)

- 8:30 Check-In Begins
- 9:00 Announcements & Introductions
- 9:10 Self Regulation, Powerful Thoughts, Body Sensing, Body Battery
- 11:00 Break
- 11:30 Arousal Theory, Activation Lessons
- 1:30 End of Day One

Times listed are in Central Time (CDT/CST)

- 8:30 Check-In Begins
- 9:00 Tools lesson, Classroom Tools Lesson, Mindbody Awareness Tool, Self Compassion, Inquiry Based Thinking
- 11:00 Break
- 11:30 BEST lessons, Social Emotional Learning, Rtl, Caseload vs Work load, Use with Individuals, Case studies, Goal Writing, Questions
- 1:30 Quiz
- 2:00 End of Course

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Madison, WI 53719

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- Add \$15 processing fee for purchase order without payment

Group Discount: Take an additional discount of \$20 per registrant for groups of 3 or more enrolling simultaneously

Participant Name (to appear on certificate/CEU documentation)

Mailing Address

| | | | |
|------|-------|----------|---------------|
| City | State | Zip Code | Email Address |
|------|-------|----------|---------------|

Personal Phone #

Work Phone #

Fax #

Profession:

- Occupational Therapy Physical Therapy
- Speech/Language Other _____

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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.

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