

Quickshifts: Revolutionizing the Use of Sound in Sensorimotor Integrative Treatment

Live Webinar • April 30, 2021

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 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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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 15,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system, and auditory interventions. She is the 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. Co-author of the *Listening with the Whole Body* book discussed in the course and receives royalty payment.

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* 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.

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

