

Day 1
5.16.19

Attachment & Emotional Regulation Techniques for Kids

Calm the Nervous System & De-Escalate Difficult Behaviors

Frustratingly, therapy and educational goals are often derailed by children becoming instantaneously dysregulated in emotion, thought and behavior.

While it only takes a few seconds for a child to throw a blood curdling tantrum it can take 45 minutes to deescalate—by then your time together is almost up.

Now imagine a reserve of practical strategies to deal with difficult behaviors in children. Interventions that will quickly empower children to make good choices, think before they act and choose their best behavior, most of the time.

Join Kathryne Cammisa, MHE, ORT/L, for this interactive seminar and learn effective strategies to teach children critical self-regulation skills that will help them to:

- resist highly emotional reactions to upsetting stimuli
- calm themselves down when they are upset, and
- consciously adjust to changing expectations and frustrations without a tantrum or outburst.

You will walk away with techniques such as **relaxation, mindfulness, social stories, video modeling, visualization** and **affirmations** for children of a variety of ages and abilities, including Sensory Processing disorders, Autism Spectrum Disorder, learning disabilities, behavioral or emotional deficits and other special needs.

Learn strategies that are necessary for children to sustain self-regulation so that they can become more independent and successful in all areas of their lives!

Objectives

1. Articulate how attachment style impacts children's self-regulation and its effect on behavior and learning.
2. Communicate the neurophysiological and social impact of anxiety and stress in children.
3. Implement customized strategies that sustain self-regulation in children of a variety of ages/abilities.
4. Demonstrate techniques that calm the nervous system in children such as alternate muscle contraction and progressive muscle relaxation.
5. Design interventions including social stories, video modeling, mindfulness, visualization and affirmation techniques to promote positive behavior in children.
6. Create and implement programs to deal with a variety of challenging behaviors in children including tantrums, sensory issues and sleep and elimination problems.
7. Integrate behavior modification techniques to reduce challenging behaviors in children.



PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced registration online required.**

Outline

The Neurobiology of Attachment to Empower Interventions

Neurological basis of attachment and emotional regulation
How relationships can reshape our brains
Mirror neurons, empathy and connecting with others
Oxytocin and the individual self
How attachment style impacts your client's relationships
Attachment and attunement in the therapeutic relationship

Impact of Anxiety and Stress on Self-Regulation

Stress response patterns as survival strategies
Nervous system implications – Fight, Flight, Fright, Freeze to Rest and Digest
Impact of stress on mental and physical functioning
Anxiety and brain research
Quick stress busters

Support Strategies to Sustain Self-Regulation

By age/developmental level including infants and low level functioning kids
Routines for regulation
Responsive, predictable care for teaching emotional intelligence
Imitation strategies for engagement and communication
Self-soothing strategies for independence
Language for positive results
Environments to support cognitive and language development
Responsive guidance techniques to support self-control
Play to stimulate development of regulatory skills
Scaffolding to expand and develop social skills

Calm the Nervous System

Techniques for little ones and older children
Quick relaxation breaks, alternate muscle contraction and social rituals
Progressive muscle relaxation, guided relaxation, sweeping breath
Stress reduction lab: Breath work

Empower and Motivate Kids to be Emotionally Independent

Creative interventions that positively change behavior
Mindfulness
Social stories
Video modeling
Visualization
Affirmations
Build confidence
Develop autonomy and intrinsic motivation

Address Tantrums & Other Difficult Behaviors that Impede Outcomes

Strategies and techniques to minimize:
Elimination problems
Sleep problems
Eating problems
Transition problems
Sensory problems

Apply Behavior Modification Techniques and Interventions

Positive discipline techniques: Case example
Alternatives to punishment: Case example
Gradual exposure to broaden tolerance: Case example
Self-management to empower kids: Case example

Self-Regulation Problem Solving Lab

Case study analysis: Linking what we've learned to symptomology
Aligning symptoms and characteristics with appropriate interventions
Therapeutic use of self with difficult kids

Questions?

Call
customer service at
800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 per day cancel fee. Substitutions are permitted at any time.



Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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ATTEND BOTH DAYS AND SAVE!

Day 1 Thursday, May 16, 2019

Attachment & Emotional Regulation Techniques for Kids

Calm the Nervous System & De-Escalate Difficult Behaviors

Day 2 Friday, May 17, 2019

Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids

Autism, ADHD, Developmental Disorders, Down Syndrome & CP

Honolulu, HI • May 16-17, 2019

REGISTER NOW: pesirehab.com/express/70278



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Day 2
5.17.19

Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids

Autism, ADHD, Developmental Disorders, Down Syndrome & CP

Are you struggling to gain the interest and cooperation of kids who have difficulty with motor skills, sensory processing, or behavior/emotional problems during your therapy sessions or in your classroom? Would you like to have some fun and effective new techniques to add to your bag of tricks?

Join Kathyrene Cammisa, MHE, OTR/L, as she shows you the powerful and positive impact yoga can have on the kids you work with who face challenges with sensory processing, motor incoordination, neurological disorders, ASD, ADHD, emotional/behavioral issues and learning disorders. You will learn to integrate poses and techniques into your classroom or clinic regardless of your level of yoga experience.

You will learn new, interactive yoga practices to enhance:

- Motor skills
- Body and self-awareness
- Muscle length and strength
- Nervous system regulation
- Focus for learning
- Cooperation with others

Through hands-on exercises, case studies and videos -- you will leave fully equipped to implement simple, fun & effective techniques to improve physical, sensory and self-regulation skills in the kids you work with in therapy or the classroom!

This is an interactive workshop. Please dress comfortably and we encourage you to bring a yoga mat or towel, but it is not mandatory.

Objectives

1. Communicate therapy goals reflecting each of the five components of well-balanced yoga practice.
2. Implement yoga poses/techniques to improve strength & balance and range of motion.
3. Select yoga poses/techniques to improve self-regulation and social & emotional skills.
4. Design simple, well-balanced, yoga routines for children with special needs.
5. Adapt yoga poses & techniques for a variety of settings, abilities & age levels.
6. List the 5 components of a well-balanced yoga practice.



HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Cyndi Postlewaite at cpostlewaite@pesi.com or call (715) 855-5253.

Speaker

Kathyrene Cammisa, MHE, OTR/L, is an SI/NDT certified occupational therapist, American Council on Exercise (ACE) certified personal trainer, Pranakriya certified yoga therapist, Radiant Child/Family 200 hour certified yoga teacher and Mindful Schools certified mindfulness teacher. She has over 25 years of experience working with children with special needs in clinical, school and home settings. Kathee works with children and their families through her private practice and at Children's Place, a therapeutic child care center. Her extensive teaching experience includes seminars around the country, Georgia State's Project SCEIS, and the Medical College of Georgia where she served as assistant professor of occupational therapy. Kathyrene has been published by the *American Journal of Occupational Therapy and Occupational Therapy in Mental Health* and has taken yoga and occupational therapy to children in China, Vietnam, Costa Rica and Ghana.

Speaker Disclosures:

Financial: Kathyrene Cammisa maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Kathyrene Cammisa has no relevant non-financial relationships to disclose.

Outline

OVERVIEW

Current research on yoga for children
LAB: Alignment, warm up & basic poses

YOGA POSES AND TECHNIQUES FOR: AUTISM SPECTRUM DISORDER

Breathing exercises for awareness & regulation
Poses to calm & relax the nervous system
Partner poses for facilitating dyadic cooperation
Meditation for strengthening attention
LAB: Practice techniques

ATTENTION DEFICIT DISORDER (ADHD)

Breathing exercises for calming the nervous system
Centering exercises for reigning in attention & bringing energy levels down
Facilitating focus via balance & core strengthening poses
Relaxation for calming the body & mind
Meditation to improve attention span
LAB: Practice techniques

BEHAVIOR AND EMOTIONAL PROBLEMS

Address resistance
Precautions for dealing with childhood trauma, abuse and neglect

DEVELOPMENTAL COORDINATION DISORDER

Breathing exercises for assisting with focus
Promote motor planning via sequenced poses
Relaxation for relieving anxiety
LAB: Practice techniques

SPECIAL NEEDS: CEREBRAL PALSY & INCREASED TONE

Breathing exercises for awareness & strengthening the diaphragm
Elongate flexors/adductors for improved range of motion & movement
Stretch hamstrings for improved posture
Relaxation for increasing body awareness
Mediation for assisting with focus & visual motor skill
LAB: Practice techniques

DOWN'S SYNDROME & LOW TONE

Breathing to invigorate the nervous system
Body awareness activities
Poses for strengthening core muscles
Meditation for focus & awareness
LAB: Practice techniques

YOGA GAMES

Body awareness
Creativity
Gratitude
Trust and cooperation
Quiet games
Listening and focus
Partner poses
LAB: Practice techniques

ADAPT YOGA FOR DIFFERENT AGE GROUPS:

Infants, toddlers & preschoolers, school age

ADAPT YOGA FOR DIFFERENT SETTINGS:

Clinic, classroom, home

Live Seminar Schedule (both days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience

Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists
Special Education Teachers • General Education Teachers • School Administrators
Educational Paraprofessionals • Physical Therapists • Physical Therapist Assistants • Counselors
Social Workers • Psychologists • School Psychologists • Marriage and Family Therapists
Case Managers • Nurses • Other helping professionals who work with children ages 0-21

RELATED PRODUCTS [Save by including with your seminar registration]



Self-Regulation and Mindfulness

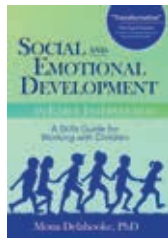
By Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a must-have resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success. Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.

Social and Emotional Development in Early Intervention

By Mona M. Delahooke, PhD

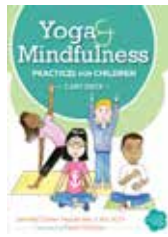
A groundbreaking resource for the field of early intervention. Illustrated with worksheets, charts and handouts, this reader-friendly book will provide valuable tools to nurture relationships, measure progress, reduce child stress, address challenging behaviors and promote self-regulation.



Yoga and Mindfulness Practices for Children Card Deck

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.



Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours per day or 12.5 clock hours for entire conference of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours per day OR 12.5 clock hours for entire conference in length.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs per day OR 12.5 clock hours or 1.25 CEUs for entire conference in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

HAWAII PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: An application has been submitted to the Hawaii Board of Physical Therapy. CCUs are pending the Board's review.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit per day OR 12.5 clock hours of continuing education instruction for entire conference. Full attendance is required; no partial credits will be offered for partial attendance.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit OR 12.5 hours of continuing education instruction for entire conference. Full attendance is required; no partial credits will be offered for partial attendance.

APPROVED PROVIDER
ASHA
CONTINUING EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

PESI, Inc. 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.

SPEECH-LANGUAGE PATHOLOGISTS: : This course, Attachment & Emotional Regulation Techniques for Kids: Calm the Nervous System & De-Escalate Difficult Behaviors - day 1, is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SPEECH-LANGUAGE PATHOLOGISTS: This course, Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids: Autism, ADHD, Developmental Disorders, Down Syndrome and Cerebral Palsy - day 2, is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical Practice) continuing education clock hours per day OR 12.5 (Clinical Practice) continuing education clock hours for entire conference for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes per day OR 760 minutes for entire conference of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register:

DAY 1: ATTACHMENT & EMOTIONAL REGULATION TECHNIQUES FOR KIDS
DAY 2: YOGA TO IMPROVE SENSORY, SELF-REGULATION AND MOTOR SKILLS IN KIDS

Questions? Call 800-844-8260 or e-mail us at info@pesi.com.

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2 Check location: (make copy of locations)

☐ **DAY 1: Attachment & Emotional Regulation Techniques for Kids**

May 16, 2019

Hyatt Regency Waikiki

2424 Kalakaua Ave • 96815

(808) 923-1234

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☐ **DAY 2: Yoga to Improve Sensory, Self-Regulation and Motor Skills in Kids**

May 17, 2019

Hyatt Regency Waikiki

2424 Kalakaua Ave • 96815

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Register now!

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advanced registration online required.

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.
• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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☐ **\$399.98** (+ tax in HI) per person for **both seminar days**

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☐ **\$26.99*** *Self-Regulation and Mindfulness* book

☐ **\$24.99*** *Social and Emotional Development in Early Intervention* book

☐ **\$19.99*** *Yoga and Mindfulness Practices for Children Card Deck*

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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See below for individual product orders

Day 1: Attachment & Emotional Regulation Techniques for Kids

— \$199.99 Seminar on DVD (RNV063480)

— \$169.99 Seminar on CD (RNA063480)

Day 2: Yoga for Kids to Improve Sensory, Self-Regulation and Physical Skills

— \$199.99* Seminar on DVD (RNV063435)

— \$169.99* Seminar on CD (RNA063435)

— **\$26.99*** *Self-Regulation and Mindfulness* book (PUB085000)

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