

## OUTLINE

### How Self-Regulation Affects a Child's Physical, Mental and Emotional Wellbeing

Overlay of systems  
Overlap with sensory processing disorder, ADHD, autism, giftedness, anxiety and related conditions

### Sensory Processing Disorder (SPD)

Vestibular, proprioceptive, and sensory modulation characteristics

What can go wrong

Making it right: case studies and videos

The big therapies: Interactive Metronome® (IM), brushing, sensory diets, MeMoves™, and more!

### Create a Sensory Lifestyle

Strategies for over-responsivity, under-responsivity, cravings

Develop sensory boxes, sensory schedules and spaces

Bedtime tips and strategies

### ADHD Strategies

Parker's guidelines for giving meds

Greenspan's strategies for avoiding meds

Cognitive strategies, attention strategies and mindfulness meditation

### Self-Management Strategies

As a powerful behavior program for ADHD

Address challenging behaviors and habits through sensory-based activities

Mindfulness and meditation techniques

### Utilize Video

Role play and video modeling

Teach functional skills

Catch child "being good"

Art and music activities for emotions

### iPad® Apps

Visual schedules

Social stories

Visual timers

### Autism Strategies

Layers of autism

Working with emotions

Communication strategies that provide control

Match-and-repeat technique for social engagement

Deal with picky eating and poor sleep habits

Behavioral strategies for eliminating difficult behavior

### Strategies for First-Person Stories

What, why and how

Case studies of why we see certain behaviors

Case study example reflecting successful intervention

### Making Transitions Uneventful

Strategies for smooth transitions

Using objects to assist in transitions

Environmental strategies

### Calming Strategies

Music, Me-Moves™

Deep pressure

Ease™

### Other Approaches

Music therapy

Alternative therapy

Qi massage

## Live Seminar Schedule

**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.

## OBJECTIVES

1. Differentiate between symptoms of sensory modulation disorder, ADHD and autism to determine appropriate self-regulation interventions.
2. Modify clinical treatments for Sensory Processing Disorder (SPD) to be utilized in school or home settings.
3. Design a sensory lifestyle program using readily-found items to improve self-regulation skills in your young clients.
4. Incorporate elements of first-person stories and transitional activities into your SPD intervention plan.
5. Recommend cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity.
6. Implement role plays and video modeling interventions to target appropriate self-management skills.
7. Utilize communication strategies that provide emotional control for children with ASD.

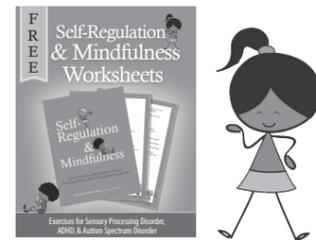
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.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.

**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 cancel fee. Substitutions are permitted at any time.



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# Self-Regulation in Children

Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

**FAYETTEVILLE, AR**  
Wednesday, December 4, 2019

**LITTLE ROCK, AR**  
Thursday, December 5, 2019

**MEMPHIS, TN**  
Friday, December 6, 2019

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# Self-Regulation in Children

Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

- Role play and video modeling techniques to target appropriate self-management skills
- Communication strategies that provide emotional control for children with ASD
- Cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity
- First-person stories and transitional activities for SPD intervention

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Children with Sensory Processing Disorders, ADHD or autism have much in common. They are challenged with physical problems that affect their ability to focus and can also cause them to be emotionally reactive. Children who have trouble self-regulating throughout the day are missing out on typical childhood experiences in school, on the playground and with their families. They have difficulty making and keeping friends.

This workshop looks at the underlying factors of poor self-regulation and how they affect the child.

The course emphasizes practical interventions! You will walk away with effective strategies for creating simple but effective programs in clinical, school and home settings:

- Sensory therapy techniques
- Simple self-management and video modeling programs
- Sensory lifestyle programs
- First-person stories
- Energy regulation techniques
- Communication methods
- Transition strategies
- Behavioral strategies

Clinical programs such as Interactive Metronome® (IM), brushing, sensory diets, and MeMoves™ will be discussed, as will timely topics such as medication vs. non-medication for ADHD and new insights from research into biomedical aspects of autism. You will receive written handouts and a list of resources. Don't miss this opportunity - register today!

## SPEAKER

**Sheetal Parikh OTD, OTR/L, CAS**, is an occupational therapist with 18 years of experience working with children and adults in a variety of settings and with a variety of diagnoses. In the last 13 years, Dr. Parikh has primarily worked in the school setting with children and adolescents diagnosed with autism spectrum disorder (ASD), sensory processing disorder (SPD), attention-deficit hyperactivity disorder (ADHD), genetic disorders, neurological disorders, and developmental delays. Dr. Parikh has also worked in a pediatric medical day care, adult rehabilitation hospital, acute care hospitals, sub-acute rehabilitation facilities, skilled nursing facilities, and home care.

Dr. Parikh is the founder and owner of SPOT Therapy, LLC, a company that specializes in providing occupational therapy services in public and private schools. She provides evaluations, treatment interventions and education in the areas of sensory integration, self-regulation, autism, and developmental delays. Dr. Parikh is a certified autism specialist.

Dr. Parikh is also an adjunct professor in the masters and doctorate occupational therapy programs at the University of the Sciences (USciences) in Philadelphia, PA. She been an adjunct at USciences since 2008, teaching in courses such as neuroscience, clinical skills, movement analysis, rehabilitation, and developmental interventions. She also teaches dance, yoga, and mindfulness to children with and without special needs.

Dr. Parikh earned her Doctorate degree in occupational therapy in 2014 from Chatham University in Pittsburgh, PA, with a focus on the multi-sensory approach to teaching handwriting. She earned her Master's degree in occupational therapy and her Bachelor's degree in health sciences in 2001 from the University of the Sciences in Philadelphia, PA.

### Speaker Disclosures:

Financial: Sheetal Parikh is the founder and owner of SPOT Therapy, LLC. She is an adjunct faculty at the University of the Sciences in Philadelphia. Dr. Parikh receives a speaking honorarium from PESI, Inc.

Non-financial: Sheetal Parikh has no relevant non-financial relationship to disclose.

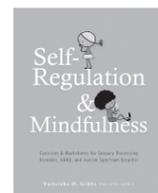
**Target Audience:** Occupational Therapists • Occupational Therapy Assistants • Educators  
Speech-Language Pathologists • Counselors • Psychologists • Social Workers  
Marriage & Family Therapists • Physical Therapists • Physical Therapist Assistants

**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 [cpotlewaite@pesi.com](mailto:cpotlewaite@pesi.com) or call (715) 855-5253.

# Self-Regulation in Children

Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### Self-Regulation and Mindfulness

By Varleisha Gibbs, PhD, OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs, OTD, OTR/L, has created a ground-breaking 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.



### 2,4,6,8 This Is How We Regulate:

75 Play Therapy Activities to Increase Mindfulness in Children

By Tracy Turner-Bumberry, LPC, RPT-S, CAS

Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.



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. *Limited seats available; advance online registration required.*

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

*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](mailto: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 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.

**Arkansas Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Missouri Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Oklahoma Counselors:** PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

**Tennessee Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Oklahoma Marital & Family Therapists:** PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Mississippi Marriage & Family Therapists:** PESI, Inc. has submitted an application for credit approval to the Mississippi Board of Examiners for Marriage & Family Therapists. Credit is pending.

**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 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.

**Arkansas Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Arkansas State Board of Physical Therapy for review. Credit is pending. For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/76140](http://www.pesi.com/events/detail/76140).

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**Oklahoma Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Oklahoma Physical Therapy Advisory Committee for approval.

**Tennessee Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Tennessee Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

**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. Full attendance is required; no partial credits will be offered for partial attendance.

**APPROVED PROVIDER**



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 is offered for 6 ASHA CEUs (Intermediate level, Professional area).

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Other Professions:** This activity qualifies for 380 minutes 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.



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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. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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