

## Outline

### The Neuroscience Behind Self-Regulation

A look at Sensory-Motor Pathways

The emotional brain and its connection to executive functioning:  
Brain dissection video

Hyper-activity, hypo-activity, aggressiveness, self-stimulatory, and inattentiveness: Neurological dysfunction

### Linking Neuro and Sensory Integration to Behaviors

Sensory, cognition, and emotions

Self-regulation effects on behavior: Flapping, inflexibility, rigidity, lack of inhibition, poor social skills, risk taking

Autonomic Nervous System and its connection to behavior (ie. stress, fear, and primitive reflexes)

The power of primitive reflexes and how they impede on function

Tools and strategies for assessing primitive reflexes

### Aligning Symptoms/ Characteristics with Interventions

*Video case study analyses:*

ADHD: Diagnosis and current treatment strategies

Autism: Diagnosis and DSM-5™ updates

Sensory Processing Disorder (SPD)

### Self-Regulation Techniques and the Vagus Nerve Connection

Communication strategies that provide control

Self-management and behavioral strategies

Address picky eating and poor sleep habits

Music to initiate sensorial stimuli, calming and attentiveness

New interventions for vestibular, proprioceptive, auditory, smell and vision work

### Apply Neuroscience to Interventions: Hands-on Activities

Brain Gym®, sensory diets, and MeMoves™ and their neurological connection

Self-Regulation and Mindfulness 7-Level Hierarchy program

Address primitive reflexes and improve social participation and age appropriate behaviors

Tool to assess child's arousal levels to organize interventions

### Treatment Plan for Challenging Social, Eating, and Sleeping Behaviors

*Video case examples:*

Perform a virtual evaluation

Develop a treatment plan

Goal development

Re-assessment: When is it needed and when to discharge

### Psychoeducation for Children and Parents to Address:

Psychosocial concerns and experiences of caregivers

Reciprocal regulation and interaction activities

**Learning Objectives can be viewed at [pesirehab.com/webcast/84573](http://pesirehab.com/webcast/84573)**

#### Live Webinar Schedule - both days (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

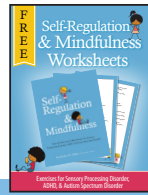
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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P.O. Box 1000  
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## 2-Day Self-Regulation Certificate Course

Neurological Interventions for Multisensory Integration, Emotional Regulation and Executive Functioning

**Live Interactive Webinar**  
**Thursday & Friday, March 4 & 5, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:** [pesirehab.com/webcast/84573](http://pesirehab.com/webcast/84573)

Join us online, for this live training!

## 2-Day Self-Regulation Certificate Course

Neurological Interventions for Multisensory Integration, Emotional Regulation and Executive Functioning



**FEATURING:**

**Varleisha Gibbs, PhD, OTD, OTR/L**

Renowned Self-Regulation Expert and Author

**Live Interactive Webinar**  
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# 2-Day Self-Regulation Certificate Course

## Neurological Interventions for Multisensory Integration, Emotional Regulation and Executive Functioning

For children to be able to pay attention, actively participate and learn, **their nervous systems must be regulated!** Therefore, it's essential to know the underlying brain connections related to challenging behaviors, such as **hyper-activity, hypo-activity, aggressiveness, self-stimulation** and **inattentive-ness** in children and adolescents diagnosed with Autism, Sensory Processing Disorder, and ADHD.

Join renowned self-regulation expert and author Varleisha Gibbs, PhD, OTR/L, for this advanced 2-day training and learn the connection between neuroscience and self-regulation to help you select and develop effective self-regulation interventions.

Under Dr. Gibbs' expert guidance, you will learn proven **neurologically tailored sensory strategies, environmental strategies, sensory-based tools, respiratory-based techniques,** and **emotional regulation techniques,** as well as mindfulness, social skill programs, and music and movement—to improve regulation.

By learning how to skillfully integrate these strategies you will be able to:

- Target the nine sensory systems, emotional regulation and executive functioning
- Tap into the central, autonomic, and enteric nervous systems to improve regulation
- Address primitive reflexes to improve social participation and age appropriate behaviors
- Initiate sensorial stimuli, calming and attentiveness to reduce challenging behaviors
- Improve working memory and reduce stress to open children up to learning
- Address picky eating and poor sleep habits

Whether you are an expert on the brain or new to this science, Dr. Gibb's makes it easy to understand and easy to implement! **Register today!**

### Target Audience:

Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists  
Counselors • Social Workers • Educators • Psychologist • Marriage & Family Therapists  
Physical Therapists • Physical Therapist Assistants



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## Meet Your Speaker



**Varleisha D. Gibbs, PhD, OTD, OTR/L,** is an occupational therapist and author with over 18 years of experience working with children and adolescents diagnosed with Autism Spectrum Disorder, Sensory Processing Disorders and Neurological Disorders. She is the vice president of practice engagement and capacity building at the American Occupational Therapy Association (AOTA). Dr. Gibbs is the former scientific programs officer at the American Occupational Therapy Foundation. She also served as the inaugural chair and director of the master's programs in occupational therapy at Wesley College in Dover, DE, where she was a tenured associate professor. Prior to joining Wesley, Dr. Gibbs worked at the University of the Sciences in Philadelphia, PA, where she served as the director of the doctoral programs in occupational therapy.

Dr. Gibbs is steadfast and an expert in the field of neurology, cognition, and pediatric therapeutic intervention. She lectures and provides training on sensory processing strategies and self-regulation to practitioners, parents, and teachers throughout the country and internationally. As co-author of *Raising Kids with Sensory Processing Disorders*, she has provided families with strategies to understand and care for their children. Dr. Gibbs is the developer of the Self-Regulation and Mindfulness program and author of the best-selling book, *Self-Regulation and Mindfulness: Exercise and Worksheets for Sensory Processing Disorder, ADHD, and Autism Spectrum Disorder* (PESI Publishing & Media). She is the co-author of a new book on complex trauma, which will be published in Spring 2021 (PESI Publishing & Media).

Speaker Disclosure:  
Financial: Dr. Varleisha Gibbs is the founder/ president of Universal Progressive Therapy, Inc. She is a faculty member at the University of the Sciences Philadelphia and receives compensation. She is a speaker who receives an honorarium for PESI, Inc.  
Non-financial: Dr. Varleisha Gibbs has been published in a peer-reviewed journal Occupational Therapy and Healthcare.

To view the full bio, visit [www.pesi.com/webcast/84573](http://www.pesi.com/webcast/84573)

### Questions?

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### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Psychologists, Social Workers, Speech-Language Pathologists**

For specific credit approvals and details, visit [pesirehab.com/webcast/84573](http://pesirehab.com/webcast/84573)

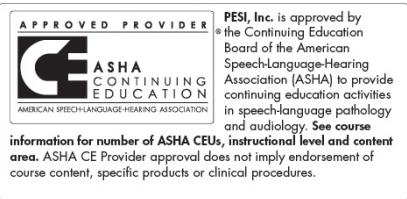
**National CE Credit Approvals For Live Webinar**  
Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

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This course is offered for **1.25** ASHA CEUs (Intermediate level, Professional area).

\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

**Self-study credit:** To check availability for your profession, go to [pesirehab.com](http://pesirehab.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

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March 4 & 5, 2021 PWZ84572

**\$439.99** tuition

8am Central time

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- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

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### On-Demand Digital Seminar (Option 2)

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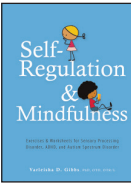
### DVD (Option 3)

**\$439.99** RNV063420

**DVD Experience:**

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CE hours, approvals and cost of CE Certificates may vary from live event. Visit [pesirehab.com](http://pesirehab.com) or call 800-844-8260 to check for availability and pricing

### Recommended Reading:

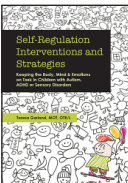


**Self-Regulation and Mindfulness Exercises & Worksheets for Sensory Processing Disorder, ADHD, and Autism Spectrum Disorder**

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

~~\$26.99~~ **\$19.99\***

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**Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders**

By Teresa Garland, MOT, OTR/L

~~\$26.99~~ **\$19.99\***

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*\* Discount Included with purchase of the Webinar*

### OTHER WAYS TO REGISTER

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