Self-Regulation in Children

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

• Discover the challenges to self-regulation
• Strategies to promote self-regulation in diverse contexts
• Come away with:
- Strategies guided by Ayres’ Sensory Integrative Theory
- Activities to help individuals develop self-management across the lifespan
- Understanding the importance of a rich sensory lifestyle to optimal health and wellbeing
- Using personal narratives to promote positive outcomes
- Energy regulation techniques
- And much more!

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

For locations and maps, go to www.pesirehab.com, find your event, and click on the seminar title.

Questions?
Call customer service at 800-844-8260

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
Strategies for home and school
Making it right: case studies and videos
New research from brain imaging

ADHD
Cognitive strategies, attention strategies and mindfulness meditation
The power of exercise
The overlay of executive function and ADHD

Self-Management
As a powerful behavior program for social-cognitive disabilities
Case study on routines, rituals and habit formation
Teaching functional skills
Catching child “being good”

OBJECTIVES

1. Summarize characteristics of sensory modulation disorder, ADHD and autism and how they overlap.
2. Describe specific treatments for SPD that can be duplicated at school or home.
3. Illustrate a sensory lifestyle as a part of a lifetime of habit building.
4. Provide examples of elements of successful personal narratives and transitional activities.
5. Describe how mindfulness and exercise are important tools for managing ADHD.
6. List ADHD interventions to be used with or without medications.

TARGET AUDIENCE:
Occupational Therapists • Occupational Therapy Assistants • Educators
Speech-Language Pathologists • Counselors • Psychologists • Social Workers
Marriage & Family Therapists • Physical Therapists • Physical Therapy Assistants

Questions?
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Rondalyn Varney Whitney, PhD, OTR/L, FAOTA, from the state of California. Dr. Whitney is an associate professor and chair of the OT Department at the Clarkson University. She is currently the lead investigator for the Sensory Integration and Praxis Test (SIPT) and has an advanced practice designation in Feeding and Swallowing (2014, PESI Publishing & Media). She is a featured author in The Out of Sync Child Book Series, Sensory Focus Magazine, Today in OT and OT Practice.

Dr. Whitney presents nationally and internationally on ASD, sensory processing, family quality of life, therapeutic humor, social skills program development and related topics. She is a pioneer of innovative social programs which serve as a model for many programs utilized today. Dr. Whitney is a recognized leader in the American Occupational Therapy Association and a recipient of multiple awards for excellence. She is certified in the Sensory Integration and Praxis Test (SIPT) and has an advanced practice designation in Feeding and Swallowing. She has been a national speaker at many conferences and workshops throughout the country. She is the current President-elect for the Association for Motor Learning and Development.

Dr. Whitney’s research on the Neurobiology of Motor Learning and Motor Therapists’ Knowledge of Educational Psychology has been published in multiple professional journals and presented at national conferences and workshops. She is the co-author of two books: Self-Regulation in Children: Keeping the Body, Mind & Emotions On Task in Children with Autism, ADHD or Sensory Disorders and The Child’s Morning and Afternoon Routine: 100 Activities and Interventions to Help Children with Their Sensory Needs. This highly detailed, illustrated and accessible guide is a rich resource for any therapist, teacher or parent.

Hands-on Activities for Children with Autism & Sensory Disorders by Teresa Garland, MOT, OTR/L

Following a step-by-step recipe format, Teresa Garland, MOT, OTR/L, provides nearly 200 activities and interventions to help children with their sensory needs. This highly detailed, illustrated and accessible guide is a rich resource for any therapist, teacher or parent.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders by your speaker Rondalyn Varney Whitney, PhD, OTR/L, FAOTA and Wendy Pickpen, MS, OTR/L

Keeping children bodies, minds and emotions on task just got easier with this new book from self-regulating expert Teresa Garland. Featuring more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to help the reader better understand the issues our children face.

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Seminar on DVD or CD Package: You can purchase a self-study seminar on DVD or CD that includes the seminar audio or video, a printed workbook, a seminar take-home manual, has a digital copy of the seminar manual and post-test evaluation. Please note: “The hands-on” components of this seminar are not offered as a DVD or digital manual package.

Hands-On Cancellation Policy: If you purchase a self-study seminar package and cannot exchange it for a DVD or digital manual package on the subject (self-study continuing education credit may be awarded), you may secure a certificate to attend another seminar, or we will provide you with a full refund. Please submit your request in writing to the Customer Service Dept. at 800-844-8260. Check with your board to verify acceptance of self-study credits for licensure renewal. To order, use the ordering form on this brochure or by calling by call our Customer Service Department at 800-844-8260.

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Rondalyn Varney Whitney, PhD, OTR/L, FAOTA, is an occupational therapist, educator, and researcher with over 20 years of experience. Her work focuses on the family as a system and she specializes in evidence-based strategies to help families develop strategies to engage in self-regulation. She has published over 40 articles and book chapters on self-regulation and has presented at national and international conferences. Dr. Whitney is a prolific author, including the best-selling book Self-Regulation: Understanding and Coping with NLD and Asperger’s, Revising Kids with Sensory Processing Disorders; and newly released, Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders (2014, PESI Publishing & Media). She is a featured author in The Out of Sync Child Book Series, Sensory Focus Magazine, Today in OT and OT Practice.

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Have a seminar idea? A manuscript to publish?
The nation’s top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Cyndi Postulate at spotlight@pesi.com or 713-855-5233.