

Outline

The Many Challenges of Self-Regulation

Balancing the needs of the body, brain, senses, emotions and the social self
Emotional regulation and sensory regulation
Neurotypical children v. atypical children
Differences with ASD, ADHD, and other challenges
How well are we doing the research?

A Little Bit of Neuroanatomy

Cerebellum: The prediction machine
The ASD, ADHD, sensory connection
Mapping emotions
The vagal nerve's job in all this

Let's Talk about Infants and Toddlers

Early predictors of ASD, ADHD and sensory challenges
Infants, temperament, crying and social attention
Facial expressions and emotions in ASD
Parent video feedback with infants makes a difference!

Self-Regulation for All Age-Groups and Behavior Types

Calming and gradual exposure and desensitization
Rethinking the classroom, office, and/or home environment
Strategies for pre-school and the kindergarten classroom
Play, play, play! Inside/outside the classroom
Classroom aerobics and other activities
Heavy work, exercise, deep pressure and play

Eating and Sleeping Can Co-opt Good Effort

Effect of poor sleep on repetitive behaviors and negative affect in ASD
Effects of sensory processing on sleep
Bedtime Fading with Response Cost (BFRC) Intervention
Melatonin, elimination diets and supplements for ASD and ADHD
Sensory intervention at mealtime

Autism Spectrum Disorder: Techniques You Should Absolutely be Using

Engaging lists, stories and transitions (Make them fun!)
J. Shauls's Conversation Train (and more!)
Making consistency as your modus operandi
Play engagement, DIR, ABA, Discrete Trials and more
Restrictive, Repetitive Behaviors (RRBs) Interventions

High order v. low order
Exercise and aquatic movement
Ayer's Sensory Therapy®
Mixed method interventions
Help kids with ASD handle peer rejection
Video feedback for social scenarios: Do's and don'ts

ADHD: Effectively Intervene with This "Moving Target"

How imaging studies have challenged our ideas of ADHD
A new look at combined ADHD and Concentration Deficit Disorder
Innovative organization techniques
Creating simple habits and keeping it simple
Grounding activities: Mindfulness, karate, HIIT
Self-management intervention and "getting to center"
Check impulsivity meta-cognitive group games
Revisiting feedback and timing in the cerebellum

Special Interventions for Teens and Tweens

Video feedback: Create appropriate expressions, reactions and interactions
Social skills programs to develop real-life empathy
Regulation techniques for social situations and avoiding peer rejection
Sensorimotor Therapy to cut through trauma

It's a Team—Going for the Championship

Partnership of teachers, therapists and specialists
Interlace the team's self-regulation goals to make them effective
How to include parents: Highly effective at-home interventions

Learning Objectives can be viewed at [pesikids.com/webcast/88426](https://www.pesikids.com/webcast/88426)

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"Break Through"

Self-Regulation Interventions

for Children and Adolescents with Autism, ADHD, Sensory or Emotional Challenges

Live Interactive Webinar
Thursday, February 23, 2023

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



REGISTER NOW:
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"Break Through"

Self-Regulation Interventions

for Children and Adolescents with Autism, ADHD, Sensory or Emotional Challenges

Presenting SHEETAL PARIKH OTD, OTR/L, CAS

- Give children the skills they need to be their best at school, home and play
- Must-use calming, sensory, self-regulation and behavioral techniques that are effective in any setting
- Team-based behavioral/regulation interventions for the classroom, clinic and home
- New, effective approaches to Repetitive and Restrictive Behaviors (RRBs)
- Social regulation interventions to help children and teens get past peer rejection

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Live Webinar Schedule

(Times listed in Eastern)

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.

"Break Through" Self-Regulation Interventions

for Children and Adolescents with Autism, ADHD, Sensory or Emotional Challenges

Message from Your Presenter ...

No one ever said that working with children with autism, ADHD or sensory disorders is easy. Theo will only eat white foods, tends to be buried in his own world and melts when he is transitioned too quickly. Steven, in 6th grade, has ADHD, poor organization skills and an attitude that is hard to break through. But, how do we help a child break through the self-regulation issues that limit their achievements?

That was the question I posed to myself twelve years ago. I set out to learn as much as I could about theories, techniques, and research that could help make the lives of these young people much more manageable and promising. I took intensive courses on multi-sensory approaches, sensory integration, self-regulation, yoga, autism, ADHD and became a Certified Autism Specialist in 2016. I have extensive experience adapting these techniques to make them usable in a variety of settings while working closely with teachers, aides, child study professionals and parents.


Join me as I guide you through a broad set of self-regulation interventions culled from my years of research and practice along with strategies for adapting them to your setting. You will leave my program with the essential skills, interventions and strategies to help children find harmony with themselves, their families and the world around them!

You will learn:

- The most effective calming, sensory, motor or behavioral techniques for a given type of behavior
- Peer-to-peer video feedback as a social intervention for children and teens with ASD
- Sleep interventions for children with erratic sleep schedules
- Interventions for Repetitive and Restrictive Behaviors for a child with stereotypy
- Organization strategies for home and school for teenagers with ADHD
- And more!

I look forward to seeing you there! **Register today!**

Target Audience:
Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists
Teachers/School-Based Personnel • School Administrators • School Social Workers • Physicians
School Counselors • School Psychologists • School Guidance Counselors • Psychologists
Social Workers • Licensed Professional Counselors • Physical Therapists • Physical Therapist Assistants



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Meet Your Speaker

Sheetal Parikh OTD, OTR/L, CAS, is an occupational therapist with 19 years of experience working, with children and adults in a variety of settings and with a variety of diagnoses. In the last 14 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 has 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 Disclosure:
Financial: Dr. Sheetal Parikh has employment relationships with the University of the Sciences in Philadelphia, SPOT Therapy, and Manor Care. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Sheetal Parikh has no relevant non-financial relationships.

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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



Intermediate level
.6 ASHA CEUs

**** 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.**

This activity is pending approval from the National Association of Social Workers.

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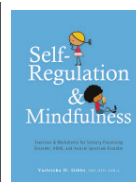
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Recommended Reading:

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|  PUB085120 | <p>CBT Toolbox for Children and Adolescents By Robert Hull, Lisa Phifer, Amanda Crowder, & Tracy Elsenraat \$36.99 \$26.99*</p> |  PUB085000 | <p>Self-Regulation and Mindfulness <i>Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder</i> By Varleisha Gibbs, PHD, OTD, OTR/L \$26.99 \$19.99*</p> |
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