

To Register for Conference
Please go to AKOTA Website
www.akota.org

Fees:

AKOTA Members: \$375 on or before 3/17/2020, \$400 after 3/17/2020 .

Non-Members: \$475 on or before 3/17/2020, \$500 after 3/17/2020

Student Rates: \$150, must have student ID

**Registration fee includes the Therapy Ball Trio: 1 Gertie Ball, 1 Pinky Ball, & 1 Power Up Ball (\$35.00 value)

No onsite registration

Memberships available to those in the field of Occupational therapy. Apply for membership online at www.akota.org.

Payment options: Pay online by credit card. Follow prompts when you register online. Your registration is finalized upon receipt of payment via your email address.

Cancellation Policy: Cancellations will be charged full registration fee and handled on an individual basis. No cancellations after April 1, 2020. In case of course cancellation, registration fee will be refunded.

Target Audience: OTs, OTAs and COTAs, SLPs and SLPA's, PTs and PTAs, Special Education Teachers, and Health Professionals

Contact: Emily Henderson at director1@akota.org for questions regarding registration

Gayle Marban at vpres@akota.org for other questions

AKOTA
PMB 1616, 3705 Arctic Blvd.
Anchorage, AK 99503



The ALASKA OCCUPATIONAL
THERAPY ASSOCIATION
Is proud to present

**TRAUMA INFORMED
APPROACH TO SENSORY
PROCESSING DISORDER &
AROUSAL REGULATION**

APRIL 17 & 18, 2020

**PRESENTER:
SHEILA FRICK, OTR/L**

**Location: Fireweed Business Center
725 E. Fireweed Lane
Anchorage, AK 99503
(see map on website @ akota.org)**

COURSE DESCRIPTION

Therapists and other professionals who work with individuals with sensory and developmental disorders often encounter clients with difficulties related to developmental trauma. Traumatic events may be overt, such as early loss of a primary caregiver; sexual, physical, or emotional abuse; or domestic, community and school violence. Trauma may also be innocent, such as early hospitalization and necessary life-saving medical procedures. Exposure to adverse life experiences has been shown to increase the likelihood of social, emotional, and developmental delays; furthermore, children with developmental delays have a much higher chance of experiencing abuse. There is a growing understanding, and accompanying clinical practice, that addresses the connection between sensory processing dysfunction and trauma. This two-day, hands-on course will explore, from a trauma informed perspective, the connections between sensory processing and sensory integrative difficulties. It will also provide a brief introduction to the tension reducing technique known as TRE, as a means of demonstrating how the body retains stress in core muscular tension patterns. This course will investigate the hardwired action systems that underlie sensory modulation, arousal, affect regulation, and play. A clinical reasoning model for tracking dynamic shifts in state and levels of integration will be presented. Interactive, hands-on labs, video and case presentations will bring key concepts and treatment strategies to life in this theoretically based, yet practical workshop.

COURSE OBJECTIVES

Upon completion of this course, the participant will be able to:

1. Recognize when patterns of defense are interfering with function and daily life.
2. Employ three body-based strategies to decrease tension patterns and regulate arousal.
3. Design three play-based strategies that support regulation, arousal, affect, and social engagement.

PRESENTER

Sheila Frick, OTR/L is an internationally esteemed clinician, lecturer, and pioneer in Occupational Therapy. She has over 20 years of clinical experience, having worked in psychiatry, rehabilitation, and home health before specializing in pediatrics. Her expertise includes sensory processing dysfunction, sensory integration and auditory interventions. She created and continues to expand Therapeutic Listening, which she has taught to over 10,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system, and various auditory interventions. She is the creator and author of *Listening with the Whole Body*, and co-author of *Core Concepts in Action*, *Astronaut Training*, and *Out of the Mouths of Babes*.

COURSE AGENDA

Day1:

8:00 Registration/Continental Breakfast
8:30 Developmental Trauma & Sensory Processing
10:00 Short Break
10:15 Attachment, Attunement & Sensory Processing
12:00 Lunch (on your own)
1:00 Neurodevelopmental Roots of Defense
2:30 Short Break
2:45 Brief Introduction to TRE & Lab
4:30 End of Day One

Day 2:

8:00 Registration, Continental Breakfast
8:30 Developmental Movement Patterns & Regulation
10:00 Short Break
10:15 Integration of Core Defensive Patterns
12:00 Lunch (on your own)
1:00 The Neurology of Primary Play
2:30 Short break
2:45 Primary Play into Practice: Play Labs
4:30 End of Course

CREDITS

This course meets the criteria for 13 contact hours (1.3 CEU's) through AKOTA.