

## 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

For locations and maps, go to [www.pesirehab.com](http://www.pesirehab.com), find your event, and click on the seminar title.


## OBJECTIVES

1. Communicate characteristics of sensory modulation disorder, ADHD and autism and how they overlap.
2. Modify specific treatments for SPD that can be duplicated at school or home.
3. Design a sensory lifestyle program using readily-found items.
4. Determine elements of successful first-person stories and transitional activities.

5. Recommend ADHD interventions to be used with or without meds.
6. Implement a simple self-management and video modeling program.
7. Employ 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.




Applications of the Adult Attachment Interview

**DR. DAN SIEGEL**  
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August 15, 2017

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# Self-Regulation in Children

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

**TUPELO, MS**  
Monday, September 25, 2017

**JACKSON, MS**  
Tuesday, September 26, 2017

**BILOXI, MS**  
Wednesday, September 27, 2017

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# Self-Regulation in Children

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

- Discover what can cause self-regulation to fall apart
- Build and enhance self-regulation in any setting
- Come away with:
  - sensory therapy techniques
  - self-management and video modeling programs
  - sensory lifestyle strategies
  - first-person stories strategies
  - energy regulation techniques
  - and much more!

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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.

# Self-Regulation in Children

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

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

**Vickie Maertz, OTD, OTR,** has specialized in pediatrics for over 15 years and owns two private pediatric occupational therapy clinics in Texas. She lectures on the professional level to daycare providers for continuing education and at a Certified Occupational Therapy Assistant program in the Houston area. Her clinical experience includes early intervention, pediatric outpatient services, pediatric home health, and public/private school systems.

She graduated from Belmont University in 2003 with a masters', followed by a doctorate, in occupational therapy. Vickie is Sensory Integration Praxis Testing (SIPT) certified through Western Psychological Services and the University of Southern California, and is a Berard AIT provider. She serves on the board for Court Appointed Special Advocates (CASA) for Kids. She is the co-author of the book, *Classroom Strategies for Children with ADHD, Autism and Sensory Processing Disorders*.

**Speaker Disclosures:** Financial: Vickie Maertz maintains a private practice. She is an author for PESI Publishing & Media and receives royalties. She receives a speaking honorarium from PESI, Inc.

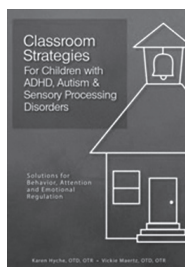
Non-financial: Vickie Maertz serves on the board for Court Appointed Special Advocates (CASA) for Kids. She is a Berard AIT provider and is Sensory Integration Praxis Testing certified.

**Course Content Disclosure:** Participants will be exposed to, but not formally trained in, the use of auditory integration therapies within the content of this course. ASHA Position Policy states that Auditory Integration Therapy (AIT) has not met scientific standards for efficacy that would currently justify its usage.

**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.

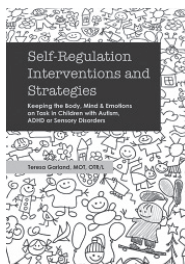
## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### Classroom Strategies for Children with ADHD, Autism & Sensory Processing Disorders

By Karen Hyche, OTD, OTR/L and Vickie Maertz, OTD, OTR - your speaker!

Classroom Strategies for Children with ADHD, Autism and Sensory Processing Disorders was written specifically for those working in the school setting. It's a unique design to serve as a comprehensive source for information as well as solutions.



### 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

Self-Regulation Interventions and Strategies features more than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to understand the issues our children face.

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 [cpesi@pesi.com](mailto:cpesi@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 professions 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.

**ALABAMA 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 the Alabama Board of Examiners in Counseling prior to the activity to determine requirements. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation.

**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.

**MISSISSIPPI PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Professional Licensure Branch of the Mississippi State Department of Health. Credit is pending.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. 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**

**ASHA CONTINUING EDUCATION**  
AMERICAN SPEECH-LANGUAGE HEARING ASSOCIATION

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. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. 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.

★ Satisfaction 100% Guaranteed ★

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

SELF-REGULATION IN CHILDREN: KEEPING THE BODY, MIND & EMOTIONS ON TASK IN CHILDREN WITH AUTISM, ADHD OR SENSORY DISORDERS

### ONLINE

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**1 Please complete entire form** (to notify you of seminar changes):  
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For your convenience, confirmations are sent via email.

**2 Check location:** (make copy of locations)

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### JACKSON, MS

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Hilton Jackson & Conference Center  
1001 E County Line Rd • 39211  
(601) 957-2800

### BILOXI, MS

**September 27, 2017** [56186BIX]  
Hard Rock Hotel & Casino Biloxi  
777 Beach Blvd • 39530  
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PLEASE RETURN ENTIRE REGISTRATION FORM

### ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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:

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

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. **Advance registration required.**

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**3 Check tuition:**

### TUITION WITH SEMINAR MANUAL

**\$199.99** - choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date
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### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$24.99\*** *Classroom Strategies for Children with ADHD, Autism & Sensory Processing Disorders* book
- \$26.99\*** *Self-Regulation Interventions and Strategies* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

- **Self-Regulation in Children: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders**
  - \_\_\_ Seminar on DVD\* (video) \$199.99 (RNV061575)
  - \_\_\_ Seminar on CD\* (audio) \$169.99 (RNA061575)
- **Classroom Strategies for Children with ADHD, Autism & Sensory Processing Disorders** book\* \$24.99 (PUB082200)
- **Self-Regulation Interventions and Strategies** book\* \$26.99 (PUB082195)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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