



Sensory Smart Interventions for Real-Life Challenges

Sensory smart interventions you can use immediately in the classroom and therapy room.

Presenter:

Lindsey Biel, M.A., OTR/L

November 30, 2018

8:30am - 4:30pm

Location:

LIU Post

Humanities Hall – Rm. 119

720 Northern Blvd., Brookville, N.Y.

Sponsored by:

Kidz Conference Services

300 Garden City Plaza, Suite 350

Garden City, NY 11530

P: 516-747-9030 F: 516-877-0998

www.kidzconferenceservices.com

Teri Chase, Conference Coordinator

Gayle E. Kligman, Executive Director

COURSE DESCRIPTION

An estimated 10-15% of children and teens experience sensory challenges, with unusual reactions to many sensory experiences most others find commonplace. Bright lights, noisy classrooms and stores, certain food and clothing textures, poor body awareness, and other sensory difficulties can easily overwhelm them and interfere with their ability to self-regulate, play, learn, sleep, take care of their bodies, and maintain self-esteem. Sensory processing challenges affect all kinds of kids—from those with developmental delays, learning and attention issues, or autism spectrum disorders to those without any other issues.

This session will provide practical “sensory smart” interventions for sensory and behavioral challenges commonly seen in school, at home, and in the community. From classroom tasks (such as desk and circle time, transitioning, and following routines) to home settings (such as going to holiday gatherings, and tolerating dentist visits) there are dozens of therapeutic approaches that make teaching and parenting children from toddlers to teens much easier.

- Framework for understanding interaction between sensory processing difficulties, motor deficits, biomedical and environmental factors, and related behaviors
- Sensorimotor activities that help students reach and maintain an optimal state of arousal
- Techniques for decreasing sensitivity to noise, touch, movement, visuals, taste and smell while improving ability to handle multisensory input
- Ways to avoid overstimulation and deal with self-stimulatory behaviors and meltdowns
- School-based interventions related to desk and circle time, transitioning between activities, and following classroom routines
- Interventions for helping train parents to deal with challenges at home related to dressing, self-care, mealtime, and bedtime, and solutions for doctor/dentist visits, going to stores, parties, etc.

Target Audience

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> School Psychologists | <input checked="" type="checkbox"/> Social Workers | <input checked="" type="checkbox"/> Teachers |
| <input checked="" type="checkbox"/> Occupational Therapists | <input checked="" type="checkbox"/> Speech/Language Pathologists | |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> Level III Teaching Assistants | |
| <input checked="" type="checkbox"/> Licensed Mental Health Counselors | <input checked="" type="checkbox"/> BCBA's (not for ACE Type 2) | |

CEU / CPD hours available for most disciplines above; details on page 2

Designed for Staff Working with Ages:

- | | | | |
|---|--|---|---|
| <input checked="" type="checkbox"/> Preschool | <input checked="" type="checkbox"/> Elementary | <input checked="" type="checkbox"/> Middle School | <input checked="" type="checkbox"/> High School |
|---|--|---|---|

Level & Teaching Methods: Intermediate; Introductory (for OTs); Lecture

LEARNER OBJECTIVES

Upon completion of this course, participants will be able to:

- Explain how sensory processing challenges impact attention, behavior and learning.
- Identify “sensory smart” activities and environmental modifications that help individuals to reach and maintain an optimal state of arousal.
- Identify strategies to cope with sensitivity to noise, touch, movement, sights, taste and smell and sensory overload
- Identify strategies to help parents to problem solve sensory difficulties at home.

AGENDA

8:00 Registration & Continental Breakfast

8:30 - 10:30 Understanding SPD

- Sensory Processing 101

- Real-Life Presentations

- Managing Self-stimulatory Behaviors and Sensory Overload

10:30 Break

10:45 - 12:00

- Prevalence and Comorbidity

- Empirical Research

- Basic Assessment Techniques

- Vision Screening

- Multi-disciplinary Approach: Team Players & Collaboration

12:00 Lunch on your own

1:00 - 2:30 Intervention Strategies that Work

- Developing Sensory Diet programs for Home and School

- Interventions to Help Children Thrive at School: attention, seating, circle time, writing, transitions, & more

2:30 - 2:45 Break

2:45 - 4:00

- Helping families with home-based solutions: dressing, feeding, sleeping and more

- Helping the sensory smart child in the community: doctors, stores, parties and more

- Q&A

4:00 Sign out and Receipt of Certificates

BIOGRAPHICAL INFORMATION

Lindsey Biel is a pediatric occupational therapist with a private practice in New York City where she evaluates and treats children, adolescents, and young adults with sensory processing issues, developmental delays, autism spectrum disorders, and other challenges. She is co-author of the award-winning *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues*, with a foreword by Temple Grandin. She is also the author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens* as well as the Sensory Processing Master Class DVD. Visit her websites at www.sensorysmarts.com and www.sensoryprocessingchallenges.com for downloadable checklists, articles, podcasts and more.

Disclosure Information

Financial - Ms. Biel is receiving a speaker’s fee for presenting this workshop. She receives royalties from the publishers of her books and DVDs.

Non-Financial – No relevant interests

WORKSHOP DETAILS

Certificates of Attendance - Attendance for the entire session is required for Certificates of Completion and/or CEUs (where applicable)

Cancellations Due to Weather - will be announced on our website (www.kidztherapy.com); top of the main page

CONFERENCE LOCATION

Enter LIU Post campus at the West Gate on Northern Blvd., Brookville, bearing right and proceeding on Post Lane. Humanities Hall is located behind the Kahn Discovery Building, which is the 2nd building located on the left side of the road. Parking is available next door at the Tilles Center. See map on the next page.

CEU / CPD INFORMATION



Kidz Conference Services, LLC is approved by the National Association of School Psychologists to offer continuing education for school psychologists (**6 NASP CPDs**)

Kidz Conference Services, LLC is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers SW#0147 (**6 contact hours**)

Kidz Conference Services, LLC is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. MHC#-0118 (**6 contact hrs.**)

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368 (**6 hrs.**)



Kidz Conference Services, LLC is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. (**.6 AOTA CEUs**)

Domain of OT- Performance skills



Kidz Conference Services 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.

This course is offered for **.6 ASHA CEUs** (Intermediate level, Related area)

Refund Policy: All cancellations will be subject to the handling fee noted below. Refund requests must be received by mail/e-mail **at least 14 calendar days** prior to the conference date or the full amount will be charged. Full refunds will be given if workshop is cancelled due to inclement weather or other unforeseen circumstances.

Handling Fee - \$25

Special accommodations or information: **Special Accommodations - Should you require a reasonable accommodation to attend, all such requests must be received no less than four weeks prior to the date of the conference to: kidzconferenceservices@kidztherapy.com**

REGISTRATION INFORMATION

WAYS TO REGISTER:

Online: www.kidztherapy.com with credit card
Fax: By credit card 516-877-0998
Phone: By credit card 516-747-9030 x181
Mail: By check/credit card:
Kidz Conference Services
300 Garden City Plaza Suite 350
Garden City, NY 11530

Sensory Smart Interventions for Real-Life Challenges

Print information clearly

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone # _____ Email Address _____

Discipline _____

Employer _____

License Number (for Social Workers & LMHCs) _____

Please check one:

- Early Bird Registration by Oct 30 - **\$185**
- Standard Registration - **\$199**
- Groups of 3 or more \$15 discount pp (must send or call in registration and payment together)

Registration fee includes breakfast

To pay by credit card: ___ Visa ___ MasterCard ___ AmEx

Credit Card Number _____

Security Code _____ Expiration Date _____

Name as it appears on card _____

Signature _____

Directions & Lunch Locations

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November 30, 2018

8:30am – 4:30pm

LIU Post

720 Northern Blvd, Brookville, NY
Humanities Hall – Room 119

Enter LIU Post campus at West Gate and bear right. Look for the **yellow Kidz Conference Services signs, posted in the ground**. Second building on the left is Kahn Discovery Center (#25). **For Humanities Hall**, make a left just past the building and go to the end of the road. Humanities Hall is the building at the end on the left. Building #21 on map. **For Parking** – Do NOT make the left; most available parking is just past the turn, on the left.

Food Availability near LIU Post:

Walking - Student Cafeteria – Hillwood Commons - Exit at main entrance and go right. Building behind flag pole

By Car

LEFT after exiting out of main campus entrance - Go approximately 1.7 miles to the major intersection of Glen Cove Road

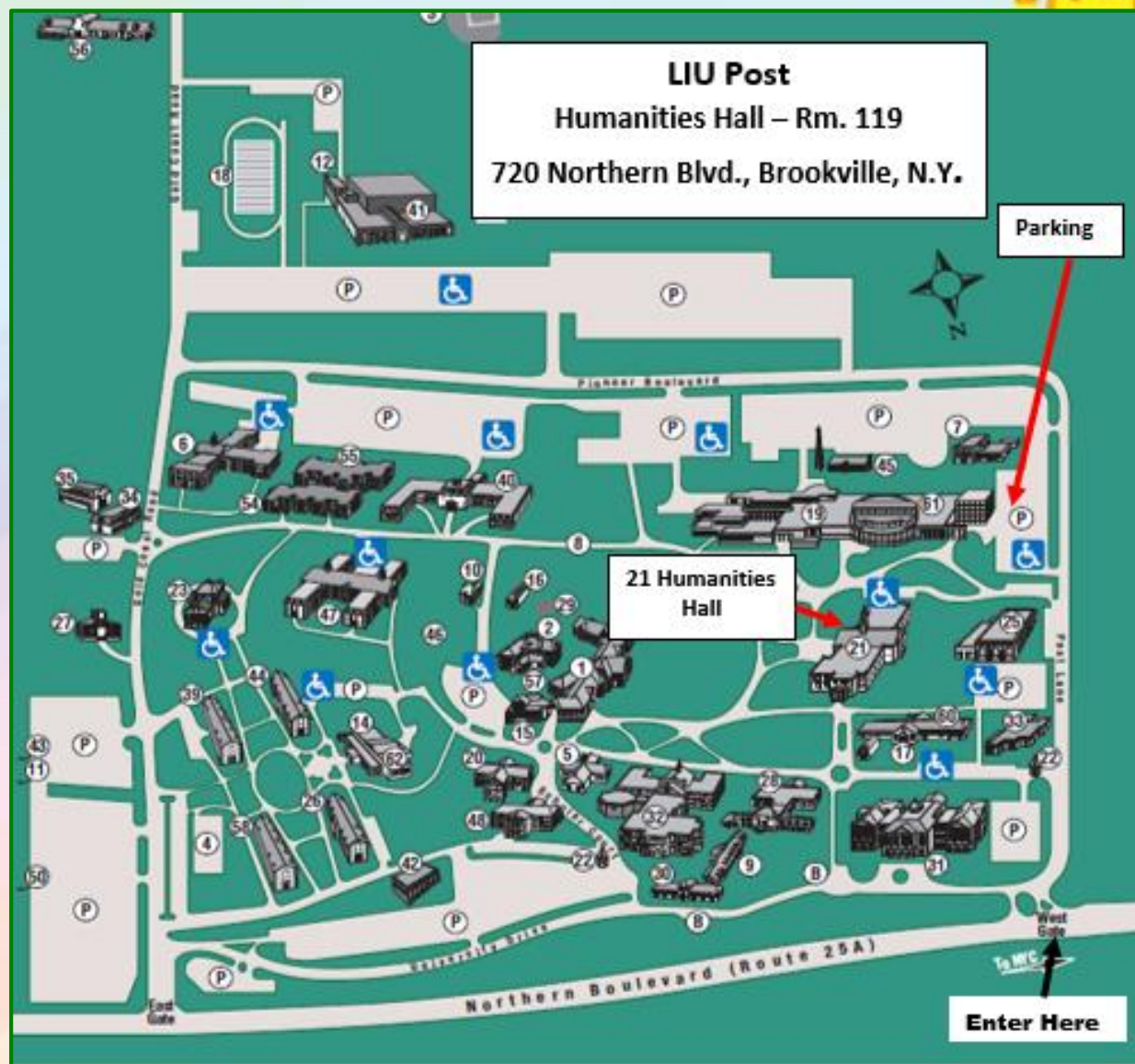
- Ben's Deli – in the Wheatley Plaza shopping center on your left

◦ **Left** onto Glen Cove Road (at main intersection)

- Moe's Southwest Grill - right side
- Wendy's - right side
- Yogurt & Such - left side
- Burger King - right side thru shopping center
- Bagel Store- right side, then a left as you enter the shopping center

◦ **Right** onto Glen Cove Road - at main intersection

- Greenvale Townhouse Diner - on left
- Pizzeria – on right in little strip mall



RIGHT exiting out of main campus entrance - Go approximately 3.7 miles to 106; **Left** onto 106

- Bagel Boss - right side in strip mall
- East Norwich Deli - across the street from Bagel Boss
- Saggios (Italian/Pizza) - right side in strip mall

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