COURSE DATE: July 20, 2019

TITLE: Integrating Neurotherapeutic and Sensory Techniques Into Therapy for the Special Needs Client

DESCRIPTION: The special needs client often presents a unique set of challenges for therapists, other professionals and caregivers. The coexistence of multiple disabilities, including impaired mobility; sensory dysfunction; limited range of motion; and compromised coordination, strength and tone, calls for a paradigm shift in assessment and treatment of these individuals. It is important for therapists to utilize a multilateral approach to evaluation and treatment, thinking beyond traditional protocol and integrating the most effective techniques from different models in order to help individuals with disabilities achieve the greatest functional outcomes—physically, emotionally and socially.

Participants in this one-day seminar will acquire practical strategies for assessment and treatment of clients with special needs, from both the neurological and sensory perspectives to form a systems model approach. You will examine therapeutic techniques to improve tone, balance, coordination, strength, range of motion and focus, and you will learn multilateral observation methods to help write appropriate goals for a better overall evaluation and assessment. Home and classroom exercise programs will be outlined to help foster continued progress. These skills can be used immediately to help clients with special needs experience greater function, independence and improved self-esteem that will allow them to succeed in a variety of environments.

OUTCOMES:

- Discover the benefits of a quality-based approach to assessment and treatment of clients with disabilities
- Define the components of both neurologically and sensory-based therapy models and determine how they can be combined effectively to enhance outcomes
- Discuss the latest tools and equipment and examine treatment techniques that improve tone, balance, coordination, mobility, strength and focus in clients with special needs
- Discuss ways in which scoliosis and poor posture affect our muscles, range of motion and functional ability
- Identify how to facilitate better body alignment, body awareness and improved function with proper cues and positioning
- Integrate positioning, range of motion, reflexology and other hands-on techniques into treatment
- Utilize high-level balance activities to benefit clients with impaired mobility
- Outline activities and create an exercise program that can easily be incorporated into the home or classroom setting through a systems model approach to promote continued progress

INSTRUCTOR: Michelle Lindsey – Wehner, PT, MBA, CPT, Certified KRI Yoga Instructor, REIKI Practitioner

Dr. Michelle Lindsey–Wehner’s educational preparation and certification includes a Bachelor of Science degree in Kinesiology at Indiana University; a Bachelor of Science degree in Physical Therapy at The Finch University of Health Sciences, Chicago Medical School, now known as Rosalind Franklin University; a Master of Business Administration in Health Care Management at the University of Phoenix; and her Doctorate in Physical Therapy from Rosalind Franklin University. She is also a Certified Personal Trainer (CPT), KRI Yoga Instructor, a Level 3 Reiki Practitioner, and is certified in Tai massage and Dry Needling.

She is a licensed Physical Therapist in three states (Illinois, Arizona, and Colorado) and has over 20 years of experience. A member of the American Physical Therapy Association (APTA) as well its Arizona Chapter, she owns Rising Star Therapy Specialists, LLC, in Phoenix where she specializes in treating pediatric and adult special needs clients.

Register Online: http://bit.ly/ce11745
Throughout her career, Ms. Lindsey has worked as a therapist in various settings, including orthopedics, skilled nursing services, home health, outpatient, and acute care. She has been a guest speaker at the National Spinal Cord Injury Association Conference, the American Physical Therapy Association, the American Recreational Therapy Association, and was the keynote speaker for Rehab Summit in 2009, 2010, and in 2013. She has delivered numerous in-service trainings to schools, day programs, group homes, and state-operated agencies on physical therapy and exercise for persons with disabilities.

She has won national recognition in many areas of fitness. She was a competitive gold medal figure skater, an elite marathon runner on the 1997 United States Maccabiah Open Track and Field Team, a triathlete, and a professional speed skater.

Ms. Lindsey views her clients as unique individuals with varied skills and abilities. She inspires them to extend beyond their best efforts by providing a comfortable, compassionate and respectful environment in which they thrive. Currently, Michelle travels across the United States speaking on four seminar topics:

- Integrating Neurotherapeutic and Sensory Techniques into Therapy for the Special Needs Client;
- A Systems Model Approach to Improving Function, Posture and Scoliosis --Flexibility and Function;
- Yoga Therapy: Achieving Greater Awareness and Understanding for Healing Our Clients and Ourselves;
- Therapeutic Breathing in Evidence Based Practice

Her first book, *The Wellness Equation*, offers hands-on-postures and exercises that promote healing at the crossroads of modern medicine and traditional yoga. *The Metamorphic Gift: Easy, Simple Breathing and Postural Techniques to Transform Your Life* is a great book for self-healing that integrates the body with breathing and postural exercises using understandable anatomy and physiology. For more information, please visit [www.risingstartherapyspecialists.com/books](http://www.risingstartherapyspecialists.com/books).

**LEVEL:** Introductory

**AUDIENCE:** OTs, OTAs, PTs, PTAs, SLPs, and ATs

AGENDA:

7:30 AM Registration Opens
8:00 AM Introduction
  - New paradigm of treatment
  - Client population
  - Building a relationship—client, therapist, family, insurance companies
8:30 AM NEUROTHERAPEUTIC AND SENSORY TREATMENT MODELS
  - The brain
  - Diagnostic, statistical, behavioral, philosophical models
  - Neurotherapeutic models
  - Sensory Integration model
  - Case study—merging models for optimum therapeutic outcomes (systems model approach)
10:00 AM TREATMENT TECHNIQUES USING SYSTEMS MODEL APPROACH
  - Associated reactions—case study
  - Pressure on tendon theory u Overflow principle
  - Motor rhythm u Reciprocal motion u Proprioception
  - Vibration
  - Distraction
  - Joint compression
  - Body movement—awakening neglected side
  - Tapping
  - Colors/vision/lighting
  - Stability
  - Tonal patterning
  - Blinders
  - Auditory response
  - Pitch/noises
  - Olfaction
  - Additional treatment ideas ACCOMPLISHING THERAPEUTIC
10:45 AM BREAK
11:00 AM ACCOMPLISHING THERAPEUTIC GOALS
  - Improved tone
  - Coordination
  - Balance
  - Mobility
  - Body awareness/positioning
  - Strength u Improving focus
  - Improving other sensory problems
12:00 PM LUNCH (on your Own)
1:00 PM FURTHER CHALLENGES WITH SPECIAL NEEDS CLIENTS
  - Range of motion

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• Joint contractures
• Scoliosis
• Sensory stimulation (atypical motor movements—head banging, hand flapping)
• Associated reactions
• Multiple disabilities occurring at one time

2:00 PM  ASSESSMENT VS. EVALUATION
• What is the difference?
• Application of the systems model approach

3:15 PM  BREAK

3:30 PM  HANDS-ON APPROACHES
• Palpation
• Positioning
• Range of motion
• Reflexology
• Acupuncture / acupressure

4:00 PM  CLIENTS WITH IMPAIRED MOBILITY
• Transfer training
• Ambulation skills training
• Mobility equipment
• High-level balance activities

4:30 PM  HOME EXERCISE PROGRAMS
• Writing a systems approach program
• How to achieve follow-through

5:00 PM  QUESTION & ANSWER; ADJOURN

REQUIRED COURSE MATERIALS: Lab Attire: Attendees should wear comfortable clothing. Layers are recommended as room temperatures may vary. Please bring a yoga mat

FOCUS: Domain of OT: Client Factors  Occupational Therapy Process: Evaluation and Intervention

COURSE #: 11745

PRICE: Early Price $255 (On or Before 6/20), Standard Price $295 (After 6/20)

CEU’s / CLOCK HOURS: 0.8 CEU’s (8 Clock Hours)

LOCATION:
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203

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