

Contact Us

4870 Haygood Road, Suite 106

Virginia Beach, VA 23455

757-698-4681 (p) 757-401-4441 (fax)

office@helpinghandstherapyservices.com

www.helpinghandstherapyservices.com



Live In-Person Workshop

Improving Emotional Regulation, Sensory Processing, and Social Engagement in Children

Presented by Helping Hands Therapy Services

Virginia Beach, VA

September 15, 2023

November 10, 2023

\$497
group discounts
available

About the Instructor

Kathleen Yopp, MOT, OTR/L,
Speaker, Author, AOTA Approved Provider # 0000001046

Kathleen is a pediatric occupational therapist and business owner with 25 years of experience in working with children with emotional and sensory processing difficulties. She has her certification in the Safe and Sound Protocol, which is based on Dr. Stephen Porges Polyvagal Theory. Kathleen takes a holistic approach to therapy, incorporating the whole body, and addressing the underlying root cause.

DISCLOSURES: Financial - Author of this PD Activity and receives royalty payments for this PD Activity and is an employee at Helping Hands Therapy Services PLLC. Non-Financial - No relevant nonfinancial relationship exists/None.



COURSE OUTLINE

Sensory Processing and Emotional Regulation

- An overview of the sensory systems and how they relate to emotional regulation
- Sensory processing deficits related to each sensory system

Factors Contributing to Emotional Regulation and Sensory Processing Development

How emotional regulation and sensory processing difficulties can impact a child's overall development.

The Nervous System

- Nervous system regulation
- The autonomic nervous system
- Fight or flight response
- Polyvagal Theory and how it relates to sensory processing
- Activation of the vagus nerve to assist in regulation

Assessment and Evaluation

How to effectively assess sensory processing and emotional regulation using polyvagal theory.

Therapeutic Interventions

Therapeutic interventions to assist in regulating the nervous system

- Sensory strategies
- Diet and Nutrition
- Mindfulness
- Biofeedback
- Auditory Stimulation including Safe and Sound Protocol
- Breathing
- Co-regulation
- Polyvagal Theory/Vagus Exercises
- Brain Rewiring

About The Course

Children need to learn about the different parts of their nervous system and how they work together to regulate their emotions and behavior. This course will give you the tools you need to understand how the nervous system works in order to help reset the nervous system using sensory strategies, and other polyvagal techniques including breathing, mindfulness, and movement.



This Live Professional Development Activity Awards 6.0 Contact Hours (.6 CEU) at an Intermediate Educational Level for pediatric Occupational Therapy Practitioners, Speech Language Pathologists, Physical Therapists, Educators, or other Professionals working with children.

OBJECTIVES

1. Identify the definition of sensory processing and the eight sensory systems.
2. Develop home program activities that includes co-regulation and emotional regulation strategies
3. Differentiate between sensory seeking and sensory avoiding behaviors and identify appropriate interventions for each.
4. Identify the role of attachment in a child's emotional regulation and identify one appropriate strategy to improve emotional regulation in relation to attachment.
5. Identify how diet and nutrition impact gut health and how gut health impacts behavior and emotional regulation.
6. Identify the three nervous system states based on Polyvagal Theory and analyze how each can be incorporated into a therapeutic intervention to improve sensory processing, emotional regulation, and social skills.
7. Analyze the vagus nerve definition and develop one treatment plan with three strategies that target sensory processing via the vague nerve to improve emotional regulation. Develop informed sensory processing and polyvagal strategies that regulates the nervous system to be implemented into existing treatment plans to improve trauma response.
8. Identify appropriate assessment tools to analyze a child's sensory processing skills and ability to self-regulate. Analyze the most significant differences between Polyvagal and nervous system rewiring techniques; Emotional Freedom Technique (EFT), Tapping, Guided Imagery, and Deep Breathing, and develop treatment plan using the above techniques.

CANCELATION POLICY

Canceled by Learner: There are no refunds available for in-person Live PD Activities due to the nature of the event preparation and delivery costs and demands.

Canceled by Instructor: If, for any reason, the course is canceled by the instructor before the course is started, a full refund will be provided within 14 business days. Contact Helping Hands Therapy Services at office@helpinghandstherapyservices.com

SCHEDULE

8:00 Registration
8:30 Program Begins
11:45-12:30 Lunch (On your own)
12:30-3:00 Application of Polyvagal Theory
3:00 Hands on Applications
4:00 Program Ends

Location:

4870 Haygood Road, Suite 106
Virginia Beach, VA 23455

Registration

Name _____

Address _____

Phone _____

Email _____

Credit Card number Exp Code Amount Paid

Date Registering for:

Please mail, fax or email registration and payment information