

## SELF-REGULATION: PATHWAYS TO LEARNING

*Presented by Kimberly Barthel*

Date: October 19 & 20, 2017

Venue: Kanata Recreation Centre

100 Walter Baker Place, Kanata, ON



**About the Presenter:** Kim is a world-renowned teacher and occupational therapist who supports multi-disciplinary function and healing in many cultures. A pioneer in reinforcing the importance of relationship in therapy and education, she is known for blending the art of intuitive inquiry with cutting-edge developments in neuroscience. With 30+ years as an OT, Kim's specialties include Sensory Processing, Complex Behaviour, Inclusive Education, Autism, Mental Health, Trauma Informed Practice and Attachment. To empower personal reflection, she recently co-authored the national best-seller "Conversations with a Rattlesnake" with NHL hockey legend Theo Fleury. To see more about Kim, her website is [www.kimbarthel.ca](http://www.kimbarthel.ca), she's on Twitter @kimbarthelOTR and on Facebook under 'Kimberly Barthel'

### Course Description & Objectives

This two-day workshop is an introduction to the elements of self-regulation and its profound influence upon learning. Many children have trouble with regulation and balancing their sensory systems which can disrupt the learning environment and social interaction. Strategies will be introduced to assist teachers, support staff, therapists and caregivers in managing varying activity levels, emotional regulation difficulties, and executive function skills such as attention, impulse control and information retention. This course is designed for educators (teachers, EAs, ECEs, learning resource consultants), therapists, consultants and parents.

The learner will develop an understanding of:

- strategies to adapt the classroom/therapy environment for learners with special needs.
- the science of movement as it supports learning.
- learning theory and universal design education.
- attunement and its effect on learning.
- sensory processing intervention.

## SENSATIONAL PARENTING

*Presented by Kimberly Barthel*

Date: October 21, 2017

Venue: Kanata Recreation Centre

100 Walter Baker Place, Kanata, ON

### Parent Workshop Description - Sensational Parenting

Sensational Parenting is a 3-hour workshop designed for parents and caregivers of children and adults with self-regulation and sensory processing challenges. The focus will be on understanding that what you are doing is "good enough" and how to incorporate relationship and sensory-based practice at home and in the community.

## REGISTRATION

Registration can be completed by mail or email. Please send email registration to [jessica@sproutot.com](mailto:jessica@sproutot.com) and be sure to include your name, address, phone number, profession, and place of employment (if applicable). Confirmation of registration will be sent via email once registration and payment are received.

### **Early Registration Fee for 2 Day Workshop:**

**Up to September 15, 2017: \$350**

### **Regular Registration Fee for 2 Day Workshop:**

**After September 15, 2017: \$395**

**Parent Workshop: \$50 per person or \$75 per couple**

### **Payment:**

Cheque: Please make your cheque payable to Sprout Occupational Therapy.

Electronic Transfer: etransfer fee to [jessica@sproutot.com](mailto:jessica@sproutot.com).

Cheques and the registration form found below can be completed and mailed. Registration information and etransfers can also be sent via email to [jessica@sproutot.com](mailto:jessica@sproutot.com).

### **Mailing Address: SPROUT Occupational Therapy, PO Box 1672, Almonte ON, K0A 1A0**

*Disclaimer: Please note that we are not responsible for any expenses incurred by participants if the course must be cancelled due to extenuating circumstances.*

This fee includes snacks and materials. For the two-day workshop, cancellations prior to October 1, 2017 will be refunded less a \$50.00 administration fee.

### **Times:**

Thursday October 19, 2017: Registration begins at 8:00am, Workshop runs from 8:30-4:00pm

Friday October 20, 2017: Workshop runs from 8:30-4:00pm.

Saturday October 21, 2017: Parent workshop will run from 1:00-4:00pm.

Hotel information can be provided upon request.

## Registration Form

**NAME:**

**ADDRESS:**

**TELEPHONE:**

**EMAIL:**

**ROLE/PLACE OF WORK:**

**I AM REGISTERING FOR:**

- October 19 & 20, 2017**
  - October 21, 2017**
  - October 19, 20 & 21, 2017**
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