



WHO SHOULD ATTEND

- Occupational Therapists
- Physical Therapists
- Fitness Professionals

OVERVIEW

The ability to self-regulate is essential to all learning, communication, and social interaction. Our ability to self-regulate is rooted in the body's underlying physical state and begins pre-natally with the development of a set of foundational movements. By delving into the underlying physical principles and development of the body's ability to regulate, participants in this course will gain new insight into understanding, assessing, and treating regulation difficulties in infants and young children. Participants will learn three foundational pre-natal movements essential to the development of regulation, how to assess these foundational movements, common pregnancy and birth complications that can disrupt the development of regulation, and relevant applications to the design of family-centered strategies to improve regulation in infants and young children.

This four part series covers progressively more complex functional interactions between posture, movement, and the myriad systems of the body. Each weekend session is ten hours total with significant practical time assessing, demonstrating, and experiencing the concepts. The science fundamentals will also be covered as well as the early developmental basis for the underlying movement relationships. Practical considerations for integrating the new insights and skills to your work setting will allow you to hit the ground running the following week.

SESSION LEARNING OBJECTIVES

3.1: Common Injuries and Interventions

- Assessment of limb function and integration to the core.
- Common injury, illness, and trauma's effects of movement and regulation.
- Gathering useful, relevant information from clients.
- Use of Bridging to restore function, including how to use details in history to facilitate results.

3.2: Diaphragm: Center of Posture, Movement, and Breathing

- Learn the many roles of the diaphragm.
- Assessment of core diaphragm relationships to breathing, posture, and movement.
- Discuss diaphragm dysfunction ranging from development to injury and illness.
- Use of Bridging to restore core function by supporting diaphragm function.

3.3: Metabolic Flows and Movement

- Explore inter-related systems supporting movement: circulatory, lymphatic, digestive.
- Discuss causes for dysfunction including development, illness, and injury.
- Learn how to recognize restrictive relationships.
- Use of Bridging to integrate multiple layers of function.

3.4: Visual and Vestibular System Relationships

- Gain insights on inter-related development of movement, visual, and vestibular function.
- Assess inter-related function of posture, vision, and vestibular function.
- Learn common ways sensory integration is disrupted including auto accidents, head trauma, and birth (forceps, c-section, etc).
- Use of Bridging to restore movement with sensory processing.

COURSE LOCATION AND DATES/TIMES

Session 3.1	October 19, 2018	1:00 p.m. - 5:00 p.m.	Kinetic Connections (Northbrook, IL)
	October 20, 2018	9:00 a.m. - 4:00 p.m.	
Session 3.2	November 9, 2018	1:00 p.m. - 5:00 p.m.	Kinetic Connections (Northbrook, IL)
	November 10, 2018	9:00 a.m. - 4:00 p.m.	
Session 3.3	December 7, 2018	1:00 p.m. - 5:00 p.m.	Kinetic Connections (Northbrook, IL)
	December 8, 2018	9:00 a.m. - 4:00 p.m.	
Session 3.4	January 25, 2019	1:00 p.m. - 5:00 p.m.	Kinetic Connections (Northbrook, IL)
	January 26, 2019	9:00 a.m. - 4:00 p.m.	

COURSE INSTRUCTORS



Becki Logan

Becki is a Certified Child Life Specialist, Licensed Massage Therapist, and Constraint Induced Movement Therapist with a diverse

background of working with children and providing therapeutic services.



Cara Lindell

Cara is the founder of the Kinetic Bridging® technique and CEO/ Founder of Fully Fit Lifestyles, Inc. and Kinetic Connections. She has a diverse

background and years of experience with the many intricacies of injuries, sensory system interdependencies, and the ways that pain likes to mess with us.



Erika Blake

Erika is a pediatric Occupational Therapist and has spent the last 16 years in private practice and has also worked in many settings including

treatment facilities for at-risk children and school-based practice.



Joanna Quargnali-Linsley

Joanna has a Bachelor of Arts in music with years of experience in post-secondary education including music, marketing, and

business. She is also a Certified Ayurvedic Health Counselor and a Yin Yoga teacher in addition to her Bridging Specialist certification.



Leslie Teng

Leslie is a pediatric Physical Therapist with 15 years of pediatric experience in a variety of settings including in-patient, rehab, out-patient, school, and Early Intervention.



Lynne Golden

Lynne is a pediatric Occupational Therapist with 25 years of pediatric experience in a variety of settings. As an in-patient therapist, she worked

on the NICU, PICU, burn unit, and general pediatric units of Riley Children's Hospital.

SCHEDULE: (10 hours—4 lecture, 6 hands-on demonstration and case studies)

TIME	CONTENT	SUMMARY
DAY ONE		
1:00 p.m.	Welcome and Overview	Logistics, introductions, and learning goals.
1:30 p.m.	Discussion of Experiences	Sharing and discussion of prior Bridging use.
2:00 p.m.	Basic Concepts	Presentation of science and early developmental considerations for the session topic.
3:00 p.m.	Assessment	Assessment observation, practice, experience, and discussion.
3:30 p.m.	Bridging Application	Apply Bridging to restore base function. Observe, experience, and discuss.
4:00 p.m.	Integrating Skills	Discussion and practice to facilitate transfer of skills to work place setting.
4:30 p.m.	Review and Quiz	Examples of strategies for session topic.
5:00 p.m.	Adjourn	
DAY TWO		
9:00 a.m.	Overview and Discussion	Learning goals for the day, questions, and discussion from previous day.
9:30 a.m.	Basic Concepts	Sharing and discussion of prior Bridging use.
10:00 a.m.	Detailed Assessment and Bridging Application	Demonstration and practice.
11:00 a.m.	Disruptions to Foundational Movements	Discuss common ways relationships are disrupted by injury or illness.
Noon	Break	Lunch (on own).
1:00 p.m.	Developmental Implications	More detailed discussion of session concepts including relationship to pre-natal and early child development.
1:30 p.m.	Detailed Assessment and Bridging Application	Practice Bridging technique application to support and restore developmental aspects of foundational movements.
2:30 p.m.	Case Study	Case study video and discussion.
3:30 p.m.	Review and Quiz	Summary of concepts, workplace integration, and quiz.
4:00 p.m.	Adjourn	Evaluations and certificates of attendance.

CONTINUING EDUCATION CREDITS

Kinetic Connections is an approved IDFPR CE Sponsor (224.000166-OT and 216.000297-PT). This course is approved for 10 contact hours. This course is not intended for the use by participants outside the scope of their license or regulation.

COURSE FEES

\$325 with Continuing Education credit

REGISTRATION

Call 847.390.8348, email clientcoordinator@kinetickconnections.com, or at MindBodyOnline.com. Payments accepted: Business or Personal Check or Credit Cards (Visa, MasterCard).

CANCELLATION, MAKE-UP, AND REFUND POLICIES

If a session is cancelled by Kinetic Connections, it will be re-scheduled or registration fees refunded. Any refunds will be processed within 2-4 weeks. If a student is not able to attend a specific session, they have the option of making up the session on a future date. Any make-up sessions must be completed within 12 months of the original scheduled date. Any make-up sessions must have prior approval of the instructor to ensure class space is available.

Participants may withdraw from the course with the following refund policy:

- More than two weeks prior to the start of the course: Full refund minus a \$25 processing fee.
- Less than two weeks prior to the start of the course: 50% refund minus a \$25 processing fee.
- Application of course fees to a future date. This must be scheduled within a year of the original course.

Cancellation, withdrawal, or make-up notification must be provided by phone or in writing via email. An email acknowledgement will be sent to confirm.

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www.KineticConnections.com

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