



WHO SHOULD ATTEND

- Educators
- Parents
- Occupational Therapists
- Physical Therapists
- Developmental Therapists
- Psych/LCSW
- 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.

When we don't work quite right, the conventional practice is to look at the squeaky wheel. (If the hip hurts, check the hip. If behavior is off, address behavior.) Sometimes this works, and sometimes it doesn't, especially related to early development.

What if, instead, we look at how the human machine develops and works? The beauty of taking a machine-based approach is that underneath all the human complexity, we truly are a simple machine! Understanding the way the human machine works leads to a systematic process for determining what is not working well and how to support it. Hint: It's often not the squeaky wheel.

In this course, we take you back to basics to review the science fundamentals of how the human 'machine' develops, functions and uses movement to regulate itself. Through the healthy development and maintenance of movement and posture, the machine supports breathing, regulation, early development, and pain-free efficient functioning. By improving the foundation of the body's machine, many seemingly unrelated aspects quickly improve especially related to development, pain, and overall regulation.

LEARNING OBJECTIVES

- Learn the basic science principles defining regulation (pressure, temperature, and volume) and how these support early development, posture and movement.
- Define key transitions of regulation related to birth, locomotion, and vertical posture, and why they relate to gaps in development, postural/movement disorders, and pain.
- Learn three simple movements essential to supporting the basics of regulation and understand how gaps in these movements may be impacting your clients' posture, regulation and functioning.
- Learn how to support the foundational movements that are essential to regulation by optimizing your clients' positioning and environment.

COURSE DATE	TIME	LOCATION
April 13, 2018	12 noon - 2 p.m.	Kinetic Konnections (Northbrook, IL)
August 17, 2018	12 p.m. - 2 p.m.	Kinetic Konnections (Northbrook, IL)
September 7, 2018	1 p.m. - 3 p.m.	Kinetic Konnections (Northbrook, IL)

COURSE INSTRUCTORS



Leslie Teng
(PT, MPT, Bridging Specialist)

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. She earned her Bachelor of Science in Biology at Tufts University and her Masters of Physical Therapy from Northwestern University's Feinberg School of Medicine. Leslie became a Kinetic Bridging® Specialist in 2011 and also has certifications in Kinesiotaping, Integrated Listening Systems, Interactive Metronome, and is a member of the General Movement Trust.



Lynne Golden
(MS, OTR/L, Bridging Specialist)

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 in Indianapolis. Lynne has also worked extensively with out-patients in a variety of settings. She earned her Bachelor of Arts in Psychology at the University of Michigan and her Master of Science in Occupational Therapy at the University of Indianapolis. Lynne became a Kinetic Bridging® Specialist in 2016 and is also certified in Interactive Metronome.

SCHEDULE: (2 Hours)

TIME	CONTENT	SUMMARY
12:00 p.m.	Welcome, Intro, and Overview	Discussion of how finding the 'why' behind your client's challenge will lead you to better outcomes. The fundamental relationship between movement and regulation in the body begins to explain challenges in early development, posture, function and pain.
12:20 p.m.	Basic Science Foundation of Regulation	Review of basic physics concepts of regulation (pressure, temperature, volume).
1:00 p.m.	Transition of Regulation at Birth and with Gravity	Concepts of regulation and how they transition at birth and support the brain. Adaptations and challenges to regulation with gravity, movement and size changes especially in the first year. Common ways regulation can be compromised are also discussed.
1:30 p.m.	Case Study Review/ Environmental Considerations and Applications	Case study to look at how prenatal history, birth and life events impact regulation and movement and using this information to help you begin to identify which foundational movements may be impacted in your clients. Learn how environmental considerations such as positioning, clothing, equipment (such as car seats and exercise equipment) can help support or inhibit foundational movements and regulation and how to help your clients and their families use this information to support them in reaching their goals.
2:00 p.m.	Adjourn	Evaluations and certificates of attendance.

CONTINUING EDUCATION CREDITS

Kinetic Connections is an approved IDFP CE Sponsor (224.000166-OT and 216.000297-PT). This course is approved for 2 contact hours.

The Illinois Early Intervention Training Program has approved this event for 2 hours of EI credential credit. See the online listing for breakdown by area.

This course is not intended for the use by participants outside the scope of their license or regulation.

COURSE FEES

\$50 with Continuing Education credit.
Bring a friend and save \$10. Use the code 'friend' when registering via the website.

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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