

Donna Legge-Nevett

is proud to present

Towards a Comprehensive Understanding of Sensory Processing, Self-Regulation & BEST® Strategies

Presented Live in Person by Moira Peña, BScOT, MOT, OT Reg. (Ont.)

2 Day In-Person Workshop

8:30 a.m. to 4:30p.m. (Eastern)

Course Description:

This two-day interactive workshop will equip service providers with practical Sensory-Based Interventions (SBIs) that can be added to their 'toolbox' of effective mental health interventions when working and supporting children and youth. The effective implementation of SBIs is important as they have been shown to be helpful in de-escalating challenging behaviours while emphasizing a holistic and person-centred approach (Barbic et al., 2019).

The first day of the workshop will discuss our current understanding of self-regulation including latest research findings and how neurobiological correlates of stress affect our behaviours. New perspectives in interpreting the root cause of behaviours and the reasons why health care service providers need to adopt trauma informed, strengths-based and neurodiversity-affirming practices will also be explored. Recommended screenings, assessments and outcome measures, with a focus on embedding solution-focused communication principles, will be identified.

The second day of the workshop will highlight the presenter's BEST (Body, Emotional, Sensory and Thinking) evidence-based strategies framework. The framework will be explored in detail and you will have the opportunity to consider how to develop an intervention or support plan to help your clients in self-regulating as well as engaging and participating in daily routines within the practice context that you work in.

The BEST® Strategies Framework will be explored in depth through a combination of teaching, video presentations, demonstrations, ongoing interactions with workshop participants and relevant case studies.

Please note that the presenter's clinical experience is primarily with autistic children, youth and adults and that the case studies/videos used will focus on autism. The content of this workshop however can be applied to all clients who present with sensory processing and self regulation challenges.

Target Audience:

Occupational therapists, occupational therapist assistants, speech-language pathologists, psychologists, social workers, teachers, school support staff & other professionals who work with neurodivergent children, youth and adults who present with sensory processing differences* (including, but not limited to autism spectrum disorder, intellectual disability, attention deficit/hyperactivity disorder as well as anxiety and other mental health conditions).

Moira Peña, BScOT, MOT, OT Reg. (Ont.) is an experienced occupational therapist and a certified Solution-Focused Healthcare Facilitator & Coach (C-SFHCF). She is passionate about equipping health care providers with neurodiversity-affirming, strengths-based and research-informed practice knowledge that best support autistic people and their families.

Moira is the owner of Moira Peña Sensory Workshops and also works at Holland Bloorview Kids Rehabilitation Hospital in Toronto. She is an Expert Hub Team member of the [ECHO Ontario Autism Program](#) which aims to further develop pediatricians', clinical psychologists' & other health care professionals' skills to diagnose (if applicable) and address the needs of children and youth on the autism spectrum in Ontario.

Moira is also a published author and researcher in [The Journal of Autism and Developmental Disorders](#), and the proud creator and host of [Holland Bloorview's Autism Summit](#).

About the Presenter:

Moira Peña, BScOT, MOT, OT Reg. (Ont.) is an experienced occupational therapist and a certified Solution-Focused Healthcare Facilitator & Coach (C-SFHCF). She is passionate about equipping health care providers with neurodiversity-affirming, strengths-based and research-informed practice knowledge that best support autistic people and their families.

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Learning Objectives

By the end of this workshop, you will be able to:

1. Improve your understanding about the relationship between sensory processing and self regulation.
2. Gain an understanding of how adopting a sensory approach supports the delivery of trauma-informed care in any setting you work in.
3. Update your knowledge around the latest relevant research findings on self-regulation
4. Explain sensory processing, the eight sensory systems and their effects on physical and mental health.
5. Distinguish whether the source of interfering or challenging behaviours is based on sensory, behavior, anxiety and or other co-occurring conditions.
6. Understand how to identify antecedents or triggers to potential challenging or interfering behaviours and what to do in the moment to prevent further escalation.
7. Select from recommended sensory processing assessments and outcome measures with a focus on adopting core concepts of solution-focused communication.
8. Understand how sensory preferences can be leveraged to support self-regulation and participation in daily routines.
9. Select from and implement the presenter's BEST* (Body, Emotional, Sensory and Thinking) Strategies Framework to support self-regulation as well as engagement and participation in daily routines.

Details and Registration Information:

Date/ Time: May 3 & 4, 2024; 8:30 am – 4:30 pm

Location: Lakeside Church Conference Centre, Guelph, ON.

Registration: Early Bird Rate: \$525 by November 3, 2023
Regular Rate: \$575

(includes all course materials, lunch and snacks)

To register please contact:

Donna Legge-Neve (519) 820-4113 or donna@kidscanshine.com

Receipt and Certificate of Attendance will be provided to all attendees