

***The Sensory Connection Program Conference:
All on Board: Using Sensory Approaches for Emotional Regulation and
Crisis Intervention***



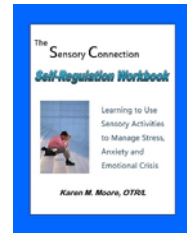
**Best Western Executive Court Inn and Conference Center
Manchester NH
Friday September 16th - Saturday September 17th 2011**



Course Description

This course is designed for occupational therapists and multidisciplinary professional staff supporting the use of sensory approaches to treatment. When all disciplines including therapists, nurses, psychologists, psychiatrists, social workers, teachers and administration work together, sensory approaches have the best chance of being successful.

The focus of the conference will be on the use of sensory strategies for comfort, function, self-regulation and crisis intervention. It will include information on the development of sensory rooms and sensory sensitive environments. Participants will learn how *The Sensory Connection Self-Regulation Workbook* can be used for individual treatment and to develop a Self-Regulation Group. The conference will include a CD of worksheets from the workbook and participants will be given exclusive permission to copy these worksheets for use in their own facilities.



A hands-on and activity based approach will be used to explore the use of sensory related strategies for many treatment settings and age ranges including mental health settings, substance abuse programs, adolescent units, school settings, geriatric facilities, and outpatient treatment programs. Practical ideas using sensory strategies will be presented for self-awareness, self-regulation, skill building, restraint and seclusion reduction and trauma informed care. Participants will learn to recognize their own sensory preferences and styles and learn to appreciate the sensory needs and responses of their clients. The latest research will be presented on topics including sensory modalities, trauma interventions, geriatric fall prevention, concerns of the veteran population, and evidenced based mental health practice.

Training CD of Key PowerPoint Slides will be available for a nominal fee upon special request.

Occupational therapists attending the conference can make arrangements to obtain a CD of key slides from the SCP Conference to use for trainings and in-services in their own facilities or programs. Educating all staff is very crucial for implementation of sensory approaches.

[Click here](#) for the Request Form for the Training CD. Payment can be made by check or Paypal.

Objectives

Participants will be able to:

1. Understand the calming, alerting and grounding characteristics of different types of sensory stimulation and how each of the senses, including the powerful internal senses, can be used for self-awareness, self-control and a higher level of function.
2. Identify sensory preferences and styles and understand how they impact emotions, relationships and work performance and contribute to comfort in the environment.
3. Describe how sensory issues relate to symptoms of PTSD, dissociation, flashbacks, suicidality, substance use, cognitive problems, hyperactivity, and behavioral problems.

4. Understand how sensory approaches are used to decrease the need for restraint and seclusion and contribute to Trauma Informed Care.
5. Describe ways to use activities from the Sensory Connection Self-Regulation Workbook for individual and group treatment and for the development of personal crisis intervention plans.
6. Identify ways sensory rooms and sensory sensitive environments can be used to support self-regulation

Schedule Day One

8:30 - 9:00	Registration/Continental Breakfast
9:00 - 10:15	Self-Regulation and the Sensory Connection Program
10:15- 10:30	Break
10:30 - 11:30	The Senses and Abdominal Breathing
11:30 - 12:00	Application Lab: Exploring Sensory Activities - Identifying Preferences
12:00 - 1:00	Lunch on your own
1:00 - 2:00	Using Worksheets for Stress Management, Identifying Aversive Stimuli and Grounding
2:00 - 2:30	Sensory Activities, Kits, Carts, Baskets and Individual Treatment
2:30 - 3:30	Application Lab: Developing Sensory Kits
3:30 - 3:45	Break
3:45 - 4:10	Developing a Self-Regulation Group
4:10 - 5:00	Application Lab - Group Planning and Wrap-up

Schedule Day Two

8:30 - 9:00	Continental Breakfast
9:00-10:00	Stress and Trauma - the Sensory Connection and supporting research
10:00 - 10:30	Crisis Intervention Plans
10:30-10:45	Break
10:45 - 11:30	Environment - Sensory Sensitive Environments, Sensory Rooms and Spaces
11:30 - 12:00	Application Lab: Brainstorming ideas for Sensory Room development and effective use.
12:00- 1:00	Lunch on your own
1:00 - 3:00	Demonstration and Application Lab: Exploring the possibilities of sensory related treatment including the Sense-Ability Group, ROM Dance, Infinity Walking, and use of music and videos like Calmer by Nature.
3:00 - 3:15	Break
3:15 - 4:00	Safety, Cognitive and Diagnostic Concerns
4:00-4:30	Application Lab: Integrating Sensory Approaches and Goal Setting
4:30 - 5:00	Wrap-up and Q and A.

Registration

Registration fee of \$410 includes all course materials including *The Sensory Connection Self-Regulation Workbook* and a CD of the workbook activities, crisis intervention tools and handouts with exclusive right to make copies for individual and group treatment. The conference will include a light breakfast as well beverages and snacks during the breaks. Lunch will be on your own.

Due to the “hands-on” nature of this conference the number of spaces will be limited. Registrations will be accepted and confirmed by e-mail (before checks are deposited) in the order that they are received with full payment. [Click here](#) for online registration by Paypal. [Click here](#) to pay by check and to register by mail. The Deadline for registration is September 12th. Cancellations received at least fourteen days before the conference are refundable, less a \$50 administrative charge. Substitutions may be made any time.

For further information please contact Karen by e-mail at karenmoore@sensoryconnectionprogram.com or by calling (603) 236-2100.

Credits: 13.5 PDUs

Upon Completion of the two days of the conference, participants will be provided a certificate for 13.5 hours of Professional Development Units towards re-certification for NBCOT or verification of attendance for other professionals.

Program Presenter: Karen Moore, OTR/L

Karen Moore is an occupational therapist working in mental health; she has developed a specialty in sensory approaches to treatment. Her career long commitment to the study and use of sensory modalities for treatment in psychiatric care culminated in the writing of her book *The Sensory Connection Program: Activities for Mental Health Treatment* (2005). She developed a sensory-based treatment group which is a popular group for patients with cognitive and language difficulties which continues to run daily at UMASS. She led a clinical research project on the efficacy of using the Wilbarger Protocol with patients with psychiatric diagnoses along with sensory defensiveness, PTSD, and self-injurious behaviors (Moore & Henry, 2002). Karen has presented on sensory approaches to treatment throughout the country to VA Hospitals, units for acute and long-term care, adolescent programs, behavioral units, community programs, college programs, nursing homes, and numerous occupational therapy conferences including MAOT, NHOTA, and OTAC. Trainings focus on self-regulation, the development and use of sensory rooms, sensory groups and the sensory connection to Crisis Intervention and Restraint and Seclusion Reduction. Her most recent publication is the *Sensory Connection Self-Regulation Workbook: Learning to Use Sensory Activities to Manage Stress, Anxiety, and Emotional Crisis* (2008).



Location

Best Western Plus Executive Court Inn and Conference Center <http://www.executivecourttinn.com>
13500 South Willow Street
Manchester, New Hampshire 03103

The Conference Center is conveniently located near the Manchester Airport. A free shuttle is available from the airport to the hotel. Parking is free. It is a direct ride up I-93 from the Boston area to Manchester and takes approximately 1 hour and 15 minutes. Shuttle services from Logan to the Manchester Airport are available.

Directions

Traveling on Interstate 93 north or south, take Exit 5. The Best Western Executive Court Inn & Conference Center is 3 miles north on Route 28.

Traveling on Interstate 293 take Exit 1. The Best Western Executive Court Inn & Conference Center is 2½ miles south on South Willow Street.

From airport: Exit terminal to Perimeter Road and turn right. Follow to end. Then take a sharp right onto Route 28 south (South Willow Street). The Best Western Executive Court Inn & Conference Center is 1 mile on the left.

Overnight Accommodations

Conference participants receive a discounted rate of \$99/night at the Best Western Executive Court Inn
Phone: 877-627-2525

Lunch

Lunch is not included in the Conference fee.

A list of local restaurants will be provided. Lunch arrangements can be made at the Yard Seafood and Steak House located on the Conference Center property.