



Brain Gym and Other Sensory Motor Strategies **on a Shoestring Budget (Internet)**

HANDS-ON LEARNING YOU CAN USE IMMEDIATELY

Participants will experience normal and abnormal challenges that can emerge in children from birth through school-aged children and into adulthood. This includes learning how to apply Brain Gym techniques, Irlen Pre-Screening for visual perceptual problems, and other sensory motor strategies in therapy practices, educational environments, and homes. Use a variety of creative and interactive strategies and activities for maximizing learning, daily functioning, and health and wellness.

INSTRUCTOR:

Shoshana Shamberg, MS in Special Education, OTR/L

President of AOTSS and LifeSkills Therapy Centers, Baltimore, MD

Brain Gym Consultant/Occupational Therapist/Special Educator/Irlen Diagnostician

See website for upcoming dates/locations of this 2-day seminar
www.aotss.com

Seminar hosting or sponsorship available at your location

CEUs for OT, PT, SLP, and Audiology



AOTA APPROVED PROVIDER #5019
NBCOT PREFERRED PROVIDER REGISTRY MEMBER

SEMINAR DESCRIPTION

Sensory Motor Exercises and Kinesthetic Activities provide interactive learning experiences to assist in carry over of educational goals across the educational program and in daily functioning. Information learned in this course is appropriate for populations of all ages, with or without disabilities, in classroom settings for educators, home settings for parents, therapy settings for therapists, as well as in health and wellness programs. Adaptations for those with special needs will be demonstrated. Activities and strategies may also be adapted and used for geriatric populations. Brain Gym activities, Irlen Pre-screening techniques using color overlays/filters/activities, and other easy to implement activities will be demonstrated. Brain Gym is a practical, dynamic, personal development program which can benefit people of all ages. Easy to use with individuals and groups, Brain Gym's twenty-six exercises and postures create a readiness of mind and body by stimulating basic neurological senses (vision, hearing, touch, balance, and proprioception) and activating neurological pathways throughout the brain. The resulting whole brain integration awakens natural abilities and allows performance to become effortless. Learning blocks resulting from slowed or inhibited development can be released, leading to enhanced sensory and perceptual functioning. Participants routinely experience improvement in concentration, organization, communication, movement, fine motor, and near focus skills.

LEARNING OBJECTIVES

By the end of this seminar, each participant will be able to

- Provide an experiential opportunity for clients and professionals to use sensory motor exercises to enhance health and wellness for themselves, including stress management, memory enhancement, and unblocking areas of the mind and body that may impact quality of life and learning.
- Understand the importance of the integration of sensory processing and cognitive functioning in maximizing learning in children and adults.
- Discuss and apply Brain Gym theories related to multi-sensory learning to develop a dynamic relationship between cognitive functioning and motor development and the impact of poorly integrated reflexes on learning and human development.
- Discuss the integration of multiple intelligences and integrated lesson planning to address various learning styles into therapeutic and educational programming.
- Explore low cost interventions to enhance learning, including Irlen Scotopic Sensitivity Syndrome Screening and Diagnostic Services, Vision Training, and Ball-A-Vis-X.

INSTRUCTOR

Shoshana Shamberg, MS, OTR/L, has over 30 years of experience as an educator, therapist, and professional trainer. She has presented over 150 international continuing education training seminars on a variety of topics related to independent living services for people with disabilities and aging adults. She has degrees in both occupational therapy and special education with a specialization in assistive technology and environmental modifications. She specializes in educational programming for students with severe disabilities and people of all ages with learning differences and challenges. She is a Certified Brain Gym Consultant and Certified Irlen Scotopic Sensitivity Syndrome Screener/ Diagnostician. Her company, The Irlen Visual Learning Center of Maryland, is the only provider of Irlen diagnostic services in Maryland.

Ms. Shamberg teaches the only Internet-based training program on accessibility consulting and home modifications for healthcare and design/build professionals. This mentoring and training program has an international participation. She has authored numerous articles and textbook chapters on a wide variety of topics including sensory motor learning and accessibility consultation. She is currently the AOTA representative to the American National Standards Institute's Accessible Design Standards Building Code Committee (ICC/ANSI A117.1), the Maryland representative to the AOTA IDEA Partnership Advisory Committee, a guest instructor in Towson University's Department of Occupational Therapy, and board member and legislative committee co-chairperson for the Maryland Occupational Therapy Association.

SCHEDULE:

You may begin any 1st or 15th of any month for your initial 60 days and work at your own pace. Lesson assignment for CE will be emailed to you upon your start date. You may extend your participation for \$100 for 12 additional months and additional FREE CE hours or purchase of additional CE hours for \$35 per hour if paid prior to your 60 Day expiration date. Resources packages are mailed upon receipt of your payment. You may choose from a variety of topics and the type of learning you wish to do. Option #1 focuses on practical, hands-on projects with treatment planning and manipulatives and Option #2 focuses on reading and research. Topics include: Brain Gym, Irlen Method, Vision Training, Reading and Math Skills, Kinesthetic Handwriting, Pre-vocational skills, lesson/treatment planning, sensory motor activities, assistive technology, functional skills, accessibility of the environment and legislative compliance, ergonomics, self regulation, integrative approaches to stress management, feeding, dressing, community living skills, money management, classroom management, computer access and skills, keyboarding, etc.

CONTINUING EDUCATION (CE)

This internet seminar is approved by Maryland State Boards: OT for 15 CE hours (1.5 CEUs); and may be approved individually by various PT and SLP/Audiology Boards. Check what you need for documentation of your participation. *Note: CE hours vary depending on the schedule. 2 Day seminars are approved for an additional 14 CE hours.*

AOTSS is an "AOTA Approved Provider of Continuing Education" (#5019), which is automatically accepted by more than 24 state licensing boards. AOTSS is also a member of the "NBCOT Preferred Provider Registry for Continuing Education." The number of approved hours may vary for PT, SLP/Audiology, and states not participating in the AOTA Approved Provider Program. AOTSS suggests checking specific qualifications with your state licensing board.

SEMINAR FEE AND MATERIALS

\$595.00 for up to 15 CEUs during the initial 60 days plus 2 Extensive Seminar Manuals, resource materials, and extensive materials packing including low tech assistive technology. The manuals and resource packages

cost \$200 if sold separately. A COMBO package is available which includes the Internet and any 2Day AOTSS (additional 13 hours of CE) sponsored seminar anywhere in the USA and any date of your choice. The cost for this is \$795.00 (regular price for both options is \$945.00.

The following items are needed to complete the initial assignment and are not included in the resource package.

- Colored markers (blue, green, red, and black)
- Glue stick (prefer glue in lipstick-style dispenser)
- Large sturdy shoebox (adult size) or poster board for collage
- Pictures or 3–4 magazines with pictures that are meaningful to you (e.g., goals, desires, hobbies, beauty, family, talents, etc.) to cut up for a personal collage
- Optional – 2 racquetballs (different colors if possible)
- Optional – 2 beanbags, approx. 4" x 4" (different colors if possible)

GROUP DISCOUNTS

3 or more individuals registering at the same time for the same seminar = \$25 discount/person.

Share one resource package and receive manuals for each participant = \$50 discount/person.

Special discounts for groups of 6 or more (send e-mail requesting details to info@aotss.com).

REFUND AND CANCELLATION POLICY

There are no refunds on internet/COMBO trainings once the payment has been received. For 2Day seminars a \$50 processing fee is deducted from the 2 Day fees only if notification is received in writing by AOTSS at least three weeks prior to the seminar that will not be attended. Cancellations less than 3 weeks prior to the seminar date are non-refundable; however, with written notification to AOTSS at info@aotss.com by Day 2 of your seminar, the seminar cost can be applied toward another AOTSS-sponsored seminar with a \$50 re-registration fee. AOTSS reserves the right to cancel any seminar with due cause such as not meeting minimum registration numbers, illness of the instructor, or inclement weather conditions which prevent the instructor from reaching the seminar site. A full refund will be provided for such cancellations made by AOTSS. AOTSS is not responsible for weather and transportation difficulties or non-refundable travel costs. All seminar fees are non-refundable with the exception of the situations noted above. Any issues regarding this policy must be submitted in writing directly to AOTSS at info@aotss.com.

ACCOMODATIONS FOR PERSONS WITH DISABILITIES

Accessibility needs and other accommodation requests such as a sign language interpreter and large print or Braille material must be made in writing to AOTSS at info@aotss.com at least 30 days prior to the seminar date.

LODGING AND DIRECTIONS

Information on area lodging and seminar directions will be e-mailed or faxed upon registration for a 2 Day seminar.

SITE HOSTING OR SEMINAR SPONSORSHIP

Host this seminar at your location and receive free registrations, national advertising, free recognition on AOTSS' website, promotional materials, and/or \$\$\$. See "Site Host Agreement" information at www.aotss.com. Sponsor this seminar at your location and earn income and receive national advertising, free recognition on AOTSS' website, and promotional materials. See "Seminar Sponsor Agreement" information at www.aotss.com. Speakers are also available for specialized or customized trainings and organizational conferences based on your training time frame and content needs.

AOTSS SEMINARS

See our website at www.aotss.com for details and locations/dates.

- 2-Day Accessibility Consultation, Home Modifications, and Assistive Technology for Home, School, Work, and Play (13 CE hours)
- Internet/Home Study Personal Mentoring: Accessibility Consultation, Home Modifications, and Assistive Technology for Home, School, Work, and Play (11–15 CE hours plus unlimited CE hour options)
- 2-Day Brain Gym and Other Sensory Motor Strategies on a Shoestring Budget (14 CE hours)
- 3-Day Brain Gym 101 Certification Training (24 CE hours)
- 2-Day In-Synch: Brain Gym and the Senses (pre-requisite: Brain Gym 101)
- 2-Day Sensory Motor Activities on a Shoestring Budget for Learning, Function, and Play (13–14 CE hours)
- 1-Day Brain Health for Seniors and Health and Wellness Professionals (7 CE hours)

- 1-Day or 2-Day Irlen Scotopic Sensitivity Syndrome and Color Overlays/Filters for Reading, Writing, and Stress-Related Problems in Academic, Work, and Home Environments/ Irlen PASS and Screener's Trainings
- 1-Day or 2-Day Kinesthetic Learning and Activities for Written Communication
- 2-Day Integrated Lesson Planning and Pre-Vocational Skills for Students with Special Needs

AOTSS can design a customized training for your organization. You can choose the content and time frame from one hour to three days. E-mail or call AOTSS for details.

REGISTRATION FORM

BRAIN GYM AND OTHER SENSORY MOTOR STRATEGIES ON A SHOESTRING BUDGET – Internet/COMBO 2-DAY SEMINAR

NAME: _____

PROFESSION: _____ HOW DID YOU HEAR ABOUT US? _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

FAX: _____ E-MAIL: _____

Choose Seminar Location:

Date: _____ Location: _____

SEMINAR:

\$_____ Internet (includes extensive manual and resources package valued at \$200)
(\$595 for early registration if paid more than 30 days prior to 2Day seminar date / \$645.00 otherwise)

\$_____ Deduct \$25 per person for Group Discount (3 or more individuals registering at same time) or \$50 per person for Groups sharing the same resource package
Names of all group members must be documented below on each form if registering separately:

\$_____ Total Cost

Prices subject to change. Please check website for current pricing.

Checks or Money Orders accepted by mail.
PayPal accepted via the www.aotss.com website
See IrlenVLCMD.com for more information on Irlen Method

Send this form and payment to:
Abilities OT Services and Seminars, Inc.
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