

Faculty

Anne Buckley-Reen, OTR/L, RYT has been a practicing pediatric therapist for 30+ years and a pioneer in the use of yoga as a therapeutic modality for the past 16 years. Her work with yoga has been researched, published and cited in numerous journal articles and is the foundation for a researched preparatory program widely used in NYC schools- special needs classrooms. Anne brings a wealth of treatment options to pediatric therapy through yoga and continues to expand her knowledge and sharing through her dynamic yoga trainings.

Location - Growing Healthy Children Therapy Services, Inc. in Rescue, CA. A state-of-the-art therapy center in Northern California (near Sacramento).

Cancellation Policy: Learners may cancel up to 14 days before the start of the course. If you wish to cancel, please provide us with a written request via email or a letter mailed to Coast Allied Health, PO Box, 4037, San Luis Obispo, CA, 93403. Cancellations will be refunded minus a processing fee of \$75. Please contact us for more information.

*Coast Allied Health Consulting and Education reserves the right to cancel a course at any time. We are not responsible for any expenses incurred by the learner except for course tuition reimbursement. Once a course is in progress, no refunds will be issued, we apologize for any inconvenience.

Course Date & Location

November 6-7, 2016
Rescue, CA (near Sacramento)

Registration Information

Early Registration Fee - \$375, Full Registration Fee - \$435 after October 1, 2016

Please visit www.coastalliedhealth.com or call (805) 996-0899 to register.

Course Credits

Each participant will receive a certificate of completion for 12 contact hours / 1.2 AOTA CEUs.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Participant Requirements

Please wear comfortable clothing, suitable for movement. A yoga mat and light blanket is required for all attendees. For additional comfort, participants may want to bring a pillow for sitting on the floor.

Yoga Therapy for the Child with Developmental Challenges

presented by
Anne Buckley-Reen
OTR/L, RYT



November 6-7, 2016
Rescue, CA



sponsored by:

**Coast Allied Health Consulting
& Education, Inc.**
www.coastalliedhealth.com
(805) 996-0899

Course Description

This DYNAMIC workshop shares clinically tested individual yoga therapy protocols as well as the therapeutic use of specific yoga modalities and modifications for children of all ages. This program highlights the use of YOGA therapy for INDIVIDUAL treatment sessions and strategies for even your most challenging clients. Through experiential labs, participants will focus on the physical, regulatory, physiological, sensory-motor and emotional benefits of specific therapeutic yoga postures, breath-work and relaxation techniques. Breath and sound and relaxation exercises to enhance regulation, endurance and organization will be highlighted. Clinical care analysis will demonstrate the therapeutic benefits of each sequence with children challenged by: self-regulatory issues, Autism, Anxiety-OCD, ADD, Learning Disabilities, Sensory Motor Immaturity– Motor Planning/Executive Functioning Issues, Cerebral Palsy, Degenerative NeuroMuscular Conditions.

Course Objectives

1. Become familiar with specific yoga breathing and postures techniques to address self regulation, anxiety, central attention, sensory –motor registration, endurance, motor skills organization and executive function.
2. Create a therapeutic environment that will calm even the most anxious child.
3. Experience a series of clinically tested 5 part yoga sequences with individualized modifications for specific challenges and a wide range of therapeutic benefits.
4. Learn to reduce stress and enhance integration with progressive relaxation techniques for students with ASD, ADD and LD (hands on and off).

*Please visit www.coastalliedhealth.com for a complete list of course objectives.

Schedule Day One

8:00-8:30	Registration/Continental Breakfast
8:30-10:00	Morning Yoga Practice (lab) Reflections
10:00– 10:15	Yoga Program Overview and Goals: Setting up the Environment Starting Points
10:15-10:30	Break
10:30-11:30	Yoga Breath Work 5 Basic Yoga Breathing Exercises for Specific Goals Postures, Supports and Positioning Common Breathing Styles and Inter- ventions Entrainment and Sound to Support Breath Rhythm Breath for Regulation, Endurance, Organization, Alertness, Energy and Calming
11:30-12:00	Yoga Eye Exercises: Ocular Motor Strategies to Promote Visual Atten- tion, Ocular Motor Control and Visual Vestibular Organization Levels 1-4
12:00-1:00	Lunch (on your own)
1:00-3:45	Continuation from Morning Schedule
3:45-4:00	Wrap up, Q & A

Recommended reading - *Yoga for the Special Child* by Sonia Sumar.

*Two 15 minute breaks will be scheduled each day.

Schedule Day Two

8:00-8:30	Continental Breakfast
Case Studies/Lab (All Labs Include Practice and Sequence Analysis)	
8:30-9:30	The Child with Self Regulatory Challenges: A Developmentally Graded Sequence, Postures to Calm and Organ- ize, Shifting Negative Emotional States with Breath, Addressing Biochemistry of Reactive Behaviors with Yoga
9:30-10:30	The Disorganized Learning Disabled Child: Hypotonia, Incoordination and Moderate Learning Disabilities, Parent/ Teacher Feedback
10:30-10:45	Break
10:45-12:00	The Child with a Progressive Neuro- muscular Disorder: Lab and Parent Interview, Impact on Immune Function, Emotional Resilience, Motor Control, Parent and Child Interview
12:00-1:00	Lunch
1:00-2:00	The Child with Anxiety and OCD: Adapting the Child's State, Movement and Being Stuck in 'no', Parent and Child Feedback
2:00-3:00	The Child with Limited Mobility- Restorative Yoga: Pre Yoga Position- ing, Use of Props for Increasing ROM and Alignment, Teen Interview
3:00-3:45	Adapting a Floor Practice to a Chair (Lab): Learning a Chair Sequence for Body and Brain Connection
3:45-4:00	Wrap Up, Q & A, Resources

*Two 15 minute breaks will be scheduled each day.