

Donna Legge-Nevelt

is proud to present

Autism and Sensory Processing: Concepts, Evidence and BEST Strategies

By Moira Peña, BScOT, MOT Reg. (Ont.)

This two-day interactive *in-person workshop* explores sensory processing, sensory assessments, sensory-based interventions and strengths-based coaching approaches that you can utilize with children and youth with neurodevelopmental disorders who experience sensory processing challenges* (including, but not limited to, autism spectrum disorder, intellectual disability, anxiety and attention deficit/hyperactivity disorder) to support engagement in daily activities. The first day of the workshop will highlight the different sensory systems, relevant sensory processing and integration models and assessments, an update on autism spectrum disorder (ASD) as well as BEST (Body, Emotional, Sensory & Thinking) evidence-based interventions. The second day will focus on BEST evidence-based interventions to improve function and participation for children and youth with sensory processing differences in the following areas: Feeding (picky eating), play and school (with a focus on self-regulation). Small group activities, case studies, practice opportunities, ongoing reflection and discussion will be utilized.

**Please note that the presenter's clinical experience is primarily with autism spectrum disorder and that the case studies/videos used will focus on autism spectrum disorder. The sensory systems, sensory processing assessments and interventions, as well as the solution-focused coaching approaches can be applied to all children and youth who present with sensory processing challenges.*

Target audience

This 2 day workshop is open to Occupational therapists, Occupational Therapist Assistants (OTAs), Board Certified Behavioural Therapists (BCBAs) and other Behaviouralists, Physiotherapists, Speech and Language Pathologists, School Psychologists as well as other Allied Health Professionals, teachers and other educational support staff, who wish to further their skills and clinical reasoning in providing sensory-based interventions for children and youth with neurodevelopmental disorders who experience sensory processing challenges.

Presenter

Moira Peña, BScOT, MOT Reg. (Ont.) is an occupational therapist working at Holland Bloorview Kids Rehabilitation Hospital in Toronto who has dedicated her career to supporting children and youth on the autism spectrum and others who experience sensory processing differences. She is an Expert Hub Team member of the ECHO Ontario Autism Program which aims to further develop pediatricians, school psychologists' and teachers' skills to screen, diagnose and best support children and youth on the autism spectrum in Ontario. She has presented nationally and internationally to parents, teachers, pediatricians, occupational therapists and other allied health care professionals. She is a published researcher and the creator and host of Holland Bloorview's Autism Summit. Moira is also a Lecturer (Status Appointment) in the Department of Occupational Science & Occupational Therapy at the University of Toronto.

Learning objectives

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

1. Explain sensory processing and the eight sensory systems.
2. Describe new ways of interpreting autism as well as latest relevant research findings
3. Distinguish whether the source of challenging behaviours is anxiety, sensory processing differences or behaviour-based.
4. Gain an awareness of recommended sensory processing assessments
5. Select and implement specific evidence-based intervention strategies for the following areas of development: feeding (picky eating), play and school (with a focus on self-regulation).



Details and Registration Information:

Date/ Time: Friday, April 1 & Saturday April 2, 2022; 8:30-4:30

Location: Guelph, ON.

Registration: Early Bird Registration: \$445 until December 17, 2021
Registration Deadline: \$495 until January 28, 2022

(includes all course materials, lunch and snacks provided)

- **Please note that proof of 2 doses of Covid 19 vaccine is a requirement for attendance. Safety measures and protocols are in place.**

To register please contact: Donna Legge-Nevett (519) 820-4113 or donna@kidscanshine.com

Receipt and Certificate of Attendance will be provided to all attendees