

# The Northwestern Illinois Association Presents



## SELF-REGULATION FROM THE INSIDE OUT: AN EMBODIED PERSPECTIVE ON SENSORY PROCESSING AND INTEROCEPTIVE AWARENESS TO FACILITATE AROUSAL REGULATION

Presented by:

**Sheila Frick, OTR & Tracy Bjorling, M.S. OTR/L**

Join Vital Links presenters with assistance from NIA moderators as they introduce you to the neurobiological underpinnings for arousal regulation from an embodied sensory motor perspective in this one-day, interactive, multi-site (in-person and in-person with livestream) course.

**\$250**

General Admission

6.5 CEU'S

#### Course Topics:

- Relationship between key sensory systems and their impact on arousal and self-regulation
- Client assessment and Functional goals in connection to arousal regulation interventions.
- Treatment strategies aimed at facilitating respiratory patterns that support arousal regulation
- Sensorimotor treatment activities with Therapy Duo Balls
- Sound-based strategies for supporting shifting and maintaining an optimal state of arousal for various daily routines, as well as recover from mismatched states of hyper- or hypo-arousal.

**Friday October 29, 2021 | 2 In-person Locations Available**

Batavia Fine Arts Centre Batavia, IL (in person with Vital Links Presenters-limited capacity)

Dekalb County Farm Bureau Sycamore, IL (NIA moderators, Presenters via livestream)



**Sign up at [Eventbrite.com](https://www.eventbrite.com)**

**For more information, please email inquiries to [pd@thenia.org](mailto:pd@thenia.org)**