

REGISTRATION

\$435 fee. Group rate (3 or more) must be mailed/faxed together \$410. Deadline for registration is 3 weeks prior to course. Registration accepted after deadline on a space available basis. Cancellation accepted up to 2 weeks before the course, minus an administration fee of \$75. **NO REFUNDS WITHIN 2 WEEKS OF COURSE.**

Please make check payable and return to:

Education Resources, Inc.

266 Main St., Suite 12 • Medfield, MA 02052
(508) 359-6533 or 800-487-6530 (outside MA)
FAX (508) 359-2959 • www.educationresourcesinc.com

Limited enrollment

Play with Your Food/Roberts

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE (H) _____ PHONE (W) _____

CELL _____

Needed in the event of an emergency scheduling change

EMAIL _____

Please clearly print your email address for course confirmation

EMPLOYER _____

DISCIPLINE _____ SPECIALTY _____

HOW DID YOU HEAR OF THIS COURSE? _____

ERI Rewards. I am registering for my 4th course since January 2009 and applying \$100 credit to the tuition.

Please indicate course location attending:

March/IL **May/NH** **Sept/NJ** **Nov/VA**

Education Resources, Inc. reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand

Cardholder's name & billing address with zip code if different from above.

Amount to be Charged _____

Signature _____

I hereby authorize you to charge my: VISA MC DISCOVER

Exp. Date _____ CVV2 code _____
(last 3 digits on back of card)

CREDITS

This course meets the criteria for 13 contact hours (1.3 CEUs). Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy. Application has been made to the IL EI Training Program, the MD and NJ Boards of Physical Therapy Examiners. The DC, DE, PA and VA Boards of Physical Therapy accept other Board's approvals. This workshop meets accepted standards for continuing competence activities in MA and NH. Approved for 13 CEUs for dietitians.

Approved Provider by the NY State Board of Physical Therapy for 15.6 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13 contact hours Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

NBCOT professional development provider-13 PDUs.



This course is offered for up to 1.3 ASHA CEUs (Intermediate level, Professional area).

FACULTY

Susan L. Roberts, MDiv, OTR/L, author, educator, and occupational therapy clinician uses a body, mind, spirit approach developed over four decades of practice. Susan studied occupational therapy at Boston University, theology at Harvard, nutrition at the Institute of Integrative Nutrition, and Five Element Theory of Traditional Chinese Medicine at the Tao of Healing Center in NYC. She worked in psychiatric hospitals, physical rehabilitation centers, skilled nursing facilities, schools, and home care. Her pediatric clinic, Changes Occupational Therapy, in AZ uses play as the focus for healing. Susan taught occupational therapy theory and practice at Eastern Kentucky University and New York Institute of Technology. She authored *Biomechanics: Problem Solving for Occupational Therapy*; *Kinesiology: Movement in the Context of Activity*; *My Kid Eats Everything: A Journey from Picky to Adventurous Eating*; and *The Food Explorers Passport*. She recently published *Sustainable Health: Simple Habits to Transform Your Life*. Financial: Susan Roberts receives an honorarium from ERI, PESI and Cross County Education. She receives royalties from Elsevier Publishing and CreateSpace. Non-Financial: She has no non-relevant financial relationships to disclose.

Play with Your Food: An Integrative Approach to the Most Difficult Feeding Challenges



Susan Roberts
MDiv, OTR/L

March 15-16, 2019 - Naperville/Aurora, IL
May 31-June 1, 2019 - Salem, NH
September 13-14, 2019 - New Brunswick, NJ
November 8-9, 2019 - Roanoke, VA

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COURSE DESCRIPTION

In this dynamic and interactive course participants use a variety of tools to navigate the complex issues that prevent a child from engaging in that most basic of self-regulating survival skills, eating. Rather than focus on deficits, the course presents a paradigm shift that links neuroscience, positive psychology, and body's innate ability to heal itself through play, eating, sleeping, learning, and social bonding. Nutrition has an enormous impact on performance across all areas of a child's function, and the course will explore how food affects both physical and emotional development.

Participants will leave with a comprehensive therapy tool box including:

- A Healing Compass to navigate through medical, sensory, and emotional issues affecting mealtimes.
- Observations of play and mealtimes that guide effective treatment approaches based on a child's developmental readiness.
- Food journals that focus on evidence-based nutrition and a child's sensory preferences to map out a route for expanding food choices.
- Structuring supportive family interventions to reduce mealtime stress and anxiety.
- Functional mealtime performance objectives that align with Common Core Standards.

COURSE OBJECTIVES

1. Identify how stress affects food acceptance, digestion, absorption of nutrients, auto-immune conditions and common inflammatory syndromes associated with poor nutrition and picky eating.
2. Describe common misconceptions about nutrition that can exacerbate mealtime stress and lead to feeding disorders.
3. Summarize a child-centered approach that improves nutrition and reduces stress at mealtimes.
4. Demonstrate two observational assessments for play and mealtimes and discuss their interrelationships and correlation with emotional development.
5. Illustrate how to use a Healing Compass to integrate sensory processing, self-regulation, and learning during mealtimes, daily activities, and play.

COURSE REQUIREMENTS

This course will focus on application. Bring any information, such as diet and food choices for a challenging client, so that you can apply this information during the seminar. Participants should bring videos of clients during mealtime sessions (Parental consent required). Please bring colored marker, pencils or crayons.

SCHEDULE DAY ONE

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-10:00 An Integrative Approach to Nutrition
- Science
Quantum physics, epigenetics, laws of small numbers
 - Theory
Self-regulation and polyvagal theory
Sensory processing and sensory integration
Role of stress and inflammation in chronic disease
 - Beyond Food
Nourishing body, mind, and spirit
- 10:00-11:30 • Using the Healing Compass
Physiology, senses, emotions, and occupations
- 11:30-12:30 Lunch (On Your Own)
- 12:30-2:00 An Integrative Approach to Digestion
- Hunger and satiety
 - Basic physiology of the GI system
 - Emotions, neurotransmitters and hormones affecting digestion
 - Co-regulation of feeding, eating, and play
- 2:00-3:30 Determining Developmental Readiness
- Using the Rainbow Kids Play Scale
 - Using the Rainbow Kids Mealtime Observation
 - Connecting emotional development and mealtime behaviors
 - Greenspan, Maslow, and the power of play in neuroplasticity
- 3:30-5:00 What Do They Eat?
- Analyzing nutrition based on data collection
 - Debunking nutritional myths with nutritional research
 - Analyzing sensory aspects of food for clues to behavior

SUGGESTED AUDIENCE

This course is designed for OTs, PTs and Assistants, SLPs, Registered Dietitians, and Special Educators. Eating affects the entire lifespan and problems occur at all ages. Most commonly we see food refusals and other maladaptive eating behaviors in autism spectrum disorders, however disordered eating and food refusals occur frequently in ADHD, developmental delays, and even with typically developing children.

Please contact us with any special needs requests: 508-359-6533 or info@educationresourcesinc.com

SCHEDULE DAY TWO

- 8:00-8:30 Continental Breakfast
- 8:30-9:00 Case Studies
- 9:00-10:00 Commonsense Approach to Food Allergies and Sensitivities
- Common inflammatory foods
 - Chronic health conditions related to inflammation
 - Is it physiology or psychology?
 - Overcoming sugar addiction
- 10:00-10:30 Mealtime experiential learning
- 10:30-11:30 Creating Child and Family-Centered Solutions
- Adult expectations and responsibilities
 - Child's participation and interest
- 11:30-12:30 Lunch (On Your Own)
- 12:30-1:30 Food chaining roadmaps
- Staying in a child's sensory comfort zone
 - Increasing variety
 - Keeping the focus on exploration
- 1:30-2:30 Meal planning - supporting parents
- Cooking and mealtime chores with kids
 - Resources for help
- 2:30-3:30 Treatment sessions - making food exploration fun
- Working with development and sensory processing
 - Playing with food
 - Writing mealtime performance objectives for school-based practice
- 3:30-4:00 Case Studies

Two fifteen minute breaks will be scheduled each day

LOCATION & ACCOMMODATIONS

Please visit our website for a listing of suggested hotels

March 15-16, 2019 - Illinois
BDI Playhouse Children's Therapy
Naperville, IL

May 31-June 1, 2019 - New Hampshire
Easter Seals NH
Salem, NH

September 13-14, 2019 - New Jersey
Children's Specialized Hospital
New Brunswick, NJ

November 8-9, 2019 - Virginia
Rehabilitation Center of Carilion Roanoke
Memorial Hospital
Roanoke, VA

