


[Yoga for the Special Child CE on Trauma, Sensory Processing, and Working with Limited Language](#)

**COURSE INFORMATION FOR OCCUPATIONAL THERAPISTS**

 <p>American Occupational Therapy Association <b>Approved Provider</b></p>	<p>Yoga for the Special Child, LLC is an AOTA Approved Provider of professional development. Course approval ID# 2605. This Distance Learning-Interactive Course is offered at 1.8 CEUs, Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.</p>
<p><b>Type of Activity:</b> Distance Learning-Interactive <b>Instructional methods:</b> Lecture, demonstration, practice, supervised hands-on activities <b>Full Price:</b> \$470.00</p>	<p><b>Schedule: Live Streaming Online</b> 08:00-11:00 EDT 13:00-16:00 EDT Contact hours: 18 Total program hours: 18</p>
<p><b>Content Level:</b> Intermediate <b>Program Categories:</b> Occupational Therapy Service Delivery: Intervention-occupations and activities, preparatory methods and tasks Foundational Knowledge: Human Body, Development and Behavior-neurosciences, human development</p>	<p><b>Audience:</b> Occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, developmental therapists, speech therapists, nurses, health care practitioners, yoga therapists, yoga instructors, special education teachers.</p>
<p><b>Course Description:</b> Cheryl Albright, OTR/L, teaches this new Continuing Education program developed in collaboration with Sonia Sumar and Renata Sumar Gaertner to discuss the research behind Yoga for the Special Child- The Sonia Sumar Method. The course explains how the method is integrated in the medical model, case studies and research in trauma, sensory processing, and limited verbal language. A complete yoga practice is included in two of the days, and each day ends with a deep relaxation or meditation so the learners can better absorb the newly learned skills and knowledge.</p> <p style="text-align: center;"><b>Agenda</b></p> <p><b>Day 1: 08:00-11:00</b> 08:00 Introduction. 08:30 The neuro anatomy and physiology of vagus nerve overstimulation, how relief is provided by yoga practice, safety issues, contraindications. 09:30 The soft neurological signs, how relief is provided by yoga practice, safety issues, contraindications. 10:30 Group discussion: designing the best yoga routine for each case, questions and answers. 11:00 am End of morning session.</p> <p><b>Day 1: 13:00-16:00</b> 13:00 Questions/answers. 13:30 The use of eye exercises to improve eye lubrication, maintain eye mobility, and improve focus and concentration. 14:00 The use of breathing exercises to reduce stress and improve circulation, digestion and sleep.</p>	

14:30 The use of deep relaxation in the vagus nerve overstimulation, chronic flight/fight/freeze management and stress reduction. How to teach simple and practical deep relaxation practices.

15:00 Adverse Childhood Experiences and childhood trauma education.

15:30 Case study regarding childhood trauma/developmental delay.

16:00 End of day.

**Day 2: 08:00-11:00**

08:00 Hatha yoga class, Hatha yoga class, call and response, eye exercises (netra vyayamam), breathing exercises (pranayama), meditation.

09:30 Breakfast/ question and answer from previous day.

10:30 Individuals with limited language education.

11:00 End of morning session.

**Day 2: 13:00-16:00**

13:00 Case studies with limited language.

14:00 Designing the right hatha yoga class for each case study, group discussion, questions and answers.

15:30 Deep relaxation.

16:00 End of day.

**Day 3: 08:00-11:00**

08:00 Hatha yoga class, Hatha yoga class, call and response, eye exercises (netra vyayamam), breathing exercises (pranayama), meditation.

09:30 Breakfast, questions and answers.

10:00 The use of postures (asana) and monitoring of stress response.

10:30 The use of meditation in stress reduction. How to teach simple and practical meditation practices.

11:00 End of morning session.

**Day 3: 13:00-16:00**

13:00 Sensory processing disorder education.

14:00 Case study sensory processing.

14:30 Designing the right hatha yoga class for each case study, questions and answers.

15:00 Putting all the components together.

15:30 Adapting to technology and doing classes online.

15:45 Group discussion, questions and answers.

16:00 Closing/End of program.

**Learning Outcomes:**

By the end of the course, participants will be able to:

-Identify the appropriate techniques for use as outlined by the Sonia Sumar Method when working with students with sensory processing concerns, limited language, and trauma.

-Demonstrate proficiency in the techniques they have been taught via supervised group work with case studies.

-Discuss the recorded and case example class demonstrations given by the course instructor and participants supervised/guided by the instructor, using the Sonia Sumar Method while working with a student with sensory processing, limited verbal language, and trauma.

-Demonstrate that they are proficient in the preparatory techniques that are associated with the domains of OT that include aspects of Motor Skills, Specific Mental Functions, and Occupational Performance skills through demonstration and discussion in class.

**Assessment Criteria and Methods:**

Participants will demonstrate that they are proficient in the intermediate techniques that are associated with the domains of OT that include aspects of Motor Skills, Specific Mental Functions, and Occupational Performance skills. This will be assessed through pass/fail designation given to participants in the discussion and individual program design which follows each demonstration with case examples guided by the instructor.

**Policies:**

**Provider cancellation:** All payments made are non-refundable, unless the program is canceled by Yoga for the Special Child®, LLC, in which case you will receive a full refund. However, Yoga for the Special Child®, LLC, shall not be responsible for refunding airline tickets or hotels under any circumstances.

**Participant cancellation:** If participant cancels 10 or more days before the program start date by notifying YSC, the sum of \$80 shall be deducted by YSC as an expense of administration. Any balance paid in excess of \$80 shall be held for registrant without interest and may be applied by registrant to another program within one year of cancellation. If not applied within one year, all monies paid shall be forfeited. If registrant cancels less than 10 days before the program start date, the sum of \$300 shall be deducted by YSC as an expense of administration. Any balance paid in excess of \$300 shall be held by YSC without interest and may be applied by registrant to another program within one year of cancellation. If not applied within one year, all monies paid shall be forfeited. Barring a medical emergency, no refund will be issued to participants after the Program begins.

**Special needs requests:** If you have special needs or have questions about the activities included in this hands-on course, please contact us as soon as possible at Yoga for the Special Child, LLC, e-mail [info@specialyoga.com](mailto:info@specialyoga.com). We will make every effort to accommodate your needs in a safe manner. Yoga for the Special Child conducts its programs, services, and activities consistent with applicable federal, state, and local laws, regulations and orders and in conformance with the procedures and limitations as set forth by Federal Laws governing Equal Opportunity, Equal Access and Affirmative Action policy.

**Locations, dates and contact info:** <https://www.specialyoga.com>