



Sensory Tools presents

The Traffic Jam In My Brain

ONLINE

A Sensory Processing Approach to challenges associated with **Autism, ADHD, Learning** and **Behavioural Differences**

Presented by International Speaker and Songwriter

Genevieve Jereb, O.T.

Learn how to apply practical and powerful tools that help support children to **"learn and thrive from the inside out."** This leading-edge online seminar is equivalent to **SEVEN contact hours** of instruction – at your own pace, you will experience Gen Jereb's acclaimed teaching style, and her spirited, engaging presentation.

Dynamic, Practical Tools for

- Regulation • Respiration • Rhythm
- Relationship • Play and Movement



Watch and learn from

March 1st

to

May 15th 2020

What They're Saying About The Traffic Jam In My Brain

- "Where do I start? This was excellent. I loved the parts about entrainment, the neurochemical basis behind emotion, relationships, respiration and learning, as well as the reasons why proprioceptive input works wonders for these kids." (Occupational Therapist and Executive/Clinical Director of a therapeutic organization)
- "How dynamic & engaging Gen is as a speaker. I liked that you could go back to a previous section if you needed a refresher too." (Occupational Therapist)
- "Thank you for your dedication to these special children; for your diligence; for sharing your experiences, knowledge, music, and self with us in such an entertaining but understandable manner. It reinforces my method and what comes naturally for me with use of rhymes and rhythms and music to instruct." (COTA from Wisconsin USA)



- "...very good at captivating attention. She had excellent ideas and shared them in an interesting way. I found her very easy to listen to." (O.T. from Illinois USA)
- "You're so great! You have so much knowledge and were super awesome at getting it across to us! I was able to pay attention the whole time... that is a feat for me!! Great course – really happy that I took it!" (O.T.)
- "Thank goodness there are such devoted, caring and motivated people like you out there, making the world such a brighter place for our children." (Professional & Parent)
- "What my OT has been saying and doing all makes sense now. I get it!!! (Parent)

The Traffic Jam In My Brain **ONLINE**

Module One (67 minutes)

- What is a sensory integration?
- What is a sensory modulation?
- What is sensory discrimination?
- Understanding a developmental approach versus a product oriented approach

Module Two (43 minutes)

- Defining sensory profiles that may present in the nervous system
- Defining a typical nervous system
- Understanding sensory defensiveness e.g. Does my child have overactive protective responses to everyday sensations and events?
- Understanding a state of sensory overload e.g. Does my child seem to 'disconnect,' shut down, withdraw or 'space out' in environments or interactions when overwhelmed?
- Defining a state of low arousal – Does my child have difficulty alerting or attending to tasks throughout a typical day?
- Understanding the sensory seeker or narrow band child – Does my child seem to crave intensity, movement and input to stay connected and attentive throughout a regular day?

Module Three (37 minutes)

- What can I do if my child has difficulties with:
Regulation? / Attention? / Learning?
Connection and engagement with others?
Alerting?
Self calming or self soothing?
- When do I refer to Occupational Therapy?
- What is Self Regulation?
- What is a Sensory Diet?
- How do I choose and set up planned sensory inputs and events that will support my child's nervous system for optimal success in his/her day to day life?

Module Four (27 minutes)

- What are the major structures of the brain that impact Arousal? / Regulation? / Attention? / Focus?
- The power of 'proprioceptive input'
- Understanding the impact of heavy work to the muscles and joints
- Understanding how and when to use deep pressure to the muscles and joints
- Understanding key components of proprioceptive input i.e. alignment, uneven surfaces, inclines, using the body as a container, active versus passive

Module Five – Respiration (61 minutes)

- Understanding how efficient respiration patterns impact Attention / Learning / Behavior
- Overall organization of the nervous system
- Simple ways to assess if my child is not breathing efficiently
- Defining and understanding the key components that support the breath in playful ways
- Understanding posture, positioning and core strengthening in facilitating efficient respiration patterns
- Extending the exhale to deepen the inhale
- Using the voice
- Using respiration toys
- Using music
- Hand placement to facilitate maximum and efficient breathing patterns
- Wrestling and rough n' tumble play
- Other playful strategies to enhance efficient respiration patterns in the dysregulated child

Module Six – Rhythm and Entrainment (71 minutes)

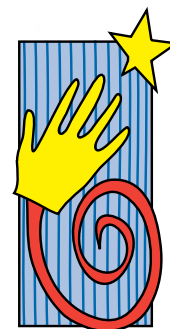
- Poor regulation of the nervous system is a state of poor rhythmicity
- Getting kids in sync using stronger external rhythms to support regulation, attention, sleep, feeding, behavior, passive and active learning and memory through:
 - Therapeutic use of self
 - Voice
 - Drumming
 - Playground equipment
 - Vibration
 - Using rhythms on the body
 - Musical selections

Module Seven – Relationship, Engagement and Learning (61 minutes)

- How can my child have meaningful relationships with peers?
- How to support my child in living a purpose-filled life?
- Using a developmental 'process' oriented approach to learning
- Following the child's lead
- Avoiding power struggles
- Enhancing the child's abilities to build on his/her ideas
- Providing choices that are acceptable
- Validating emotions
- Supporting successful transitions
- Supporting safety, exploration, risk taking and competency

Module Eight – Summary (10 minutes)

- Review of Learning Concepts
- Videos and testimonials
- Question and answer exercises



How It Works:

Sign up for this online seminar at TheTrafficJamInMyBrain.com. Right away, you'll get advance access to the course handout, and an opportunity to preview the first 10 minutes. On launch day, log in to your course dashboard, and start viewing the video presentation. We'll keep track of your progress along the way; you can stop any time and come back to where you left off.

After you complete viewing Module One, Module Two will be made available, and so on until you complete the course. At each step, you'll have an opportunity to review products specially selected by Gen that will be useful to deepen your understanding of the material, and apply these principles to your situation.

The course is only available for ten weeks; you must finish by May 15th NO EXTENSIONS. When you have completed all the modules, download your personalized certificate of completion referencing seven contact hours.

Register today at

TheTrafficJamInMyBrain.com - ^{US}\$189

For Australian customers the cost is AU\$279 including GST.

Register online at **SensoryTools.com.au**

For group bookings or payment by invoice contact the Australian office.

Questions? Contact us!

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