

# CONFERENCE SCHEDULE

2010 WYOTA CONFERENCE

## FRIDAY, SEPTEMBER 10<sup>TH</sup>

7:30-8:00 AM REGISTRATION  
8:00-12:00 AM CLASS PRESENTATIONS  
12:00-1:00 LUNCH ON YOUR OWN  
1:00-5:00 PM CLASS PRESENTATIONS  
7:00-9:00 PM SOCIAL RECEPTION-  
INCLUDING A NATIVE  
AMERICAN BLESSING

## SATURDAY, SEPTEMBER 11<sup>TH</sup>

8:00-12:00 AM CLASS PRESENTATIONS  
12:00-1:00 WTOTA BUSINESS MEETING  
AND LUNCHEON  
1:00-5:00 PM CLASS PRESENTATIONS

*VENDORS & EXHIBITORS WILL BE AVAILABLE  
THROUGHOUT THE CONFERENCE*

CERTIFICATES OF ATTENDANCE WILL BE  
DISTRIBUTED AT THE CONCLUSION OF EACH  
CLASS PRESENTATION.  
PARTICIPANTS WILL BE AWARDED THE  
FOLLOWING CONTINUING EDUCATION HOURS  
FOR ATTENDANCE:

ADULT COURSE	16 HRS.
PEDIATRIC COURSE	16 HRS.

# REGISTRATION FORM

Please indicate your choices & include the  
appropriate monetary amount for each.

**Pre-registration is encouraged!** On site registration will  
have an additional \$25.00 fee. You may not receive conference  
materials if you register on site.

OT/OTA MEMBERS \$250.00  
 NON-MEMBERS \$300.00  
  
 STUDENT MEMBERS \$75.00  
 NON-MEMBERS \$100.00

\_\_\_\_\_ INTEGRATING MYOFASCIAL RELEASE  
OCCUPATIONAL THERAPY PRACTICE  
(included in registration fee; please wear lab  
clothes (i.e. swim suit, shorts/halter top) & bring  
sweats for lecture times, a blanket or yoga mat)  
Please check your area of practice:

Orthopedic Rehab  Neuro Rehab  Peds.  
 Hand Therapy  Mental Health  Geriatrics  
 Other \_\_\_\_\_

\_\_\_\_\_ MYOFASCIAL STRETCHING: A  
GUIDE TO SELF TREATMENT & 4-INCH  
INFLATED BALL- \$34.99 EA.  
(required for course)

\_\_\_\_\_ SCOOOL MOVES  
(included in registration fee)

\_\_\_\_\_ WYOTA LUNCHEON BUFFET- \$13.00  
(you must sign-up in advance)

\_\_\_\_\_ WYOTA MEMBERSHIP  
(please include WyOTA registration form)

OT/OTA MEMBER \$35.00  
 STUDENT MEMBER \$15.00

\$\_\_\_\_\_ TOTAL ENCLOSED

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
(FOR REGISTRATION CONFIRMATION)

PAYMENT:  CHECK  PURCHASE ORDER  
 VISA  MASTERCARD  DISCOVER

CREDIT CARD #: \_\_\_\_\_  
EXPIRATION DATE: \_\_\_\_\_ CPT#: \_\_\_\_\_  
SIGNATURE: \_\_\_\_\_

# 2010 WYOTA CONFERENCE



WORKING TO STRENGTHEN THE PROFESSION

**DATE:** SEPTEMBER 10<sup>TH</sup> & 11<sup>TH</sup>, 2010

**VENUE:** THE INN AT LANDER-BEST WESTERN  
260 GRAND VIEW DRIVE  
LANDER, WYOMING 82520  
307-332-2847  
1-866-452-6337

PLEASE RESERVE YOUR ROOM BY AUGUST 27<sup>TH</sup>,  
2010. REFER TO THE  
WYOTA ANNUAL CONFERENCE  
TO RECEIVE THE BLOCK ROOM RATE.  
RATES ARE \$94.95 PER NIGHT FOR A SINGLE OR  
\$104.95 FOR A DOUBLE ROOM. STATE EMPLOYEES  
PLEASE INQUIRE ABOUT DISCOUNTED RATE &  
PRESENT STATE ID AT CHECK-IN.

SEND REGISTRATION TO:  
WYOTA CONFERENCE COMMITTEE  
C/O TIFFANY BADER  
1017 RILL COURT  
RIVERTON, WY 82501  
(307) 463-2309  
Tiffers26@bresnan.net

# S'COOL MOVES

DEBRA EM WILSON, MA

**S'COOL MOVES:** S'COOL MOVES IS A FAMILY-OWNED COMPANY LOCATED IN SHASTA, CA. THE EMPLOYEES ARE EDUCATORS WHOSE GOALS ARE TO PROVIDE EXCELLENT PRODUCTS & TRAINING TO HELP CREATE SENSORY SUPPORTIVE ENVIRONMENTS FOR ALL CHILDREN.

THE COMPANY GREW OUT OF DEBRA EM WILSON'S VISION TO PROVIDE FOUNDATION SKILLS FOR STUDENTS WHOSE FAMILIES DID NOT HAVE THE FINANCIAL CAPABILITY TO PAY FOR PRIVATE THERAPY CLINICS, BEHAVIORAL OPTOMETRY SESSIONS, OR EXPENSIVE LEARNING INTERVENTION PROGRAMS. S'COOL MOVES ACTIVITIES BRIDGE OCCUPATIONAL THERAPY PRACTICES WITH CLASSROOM, CLINIC, AND HOME. S'COOL MOVES ACTIVITIES IMPROVE UNDERLYING CAUSES FOR MOST BEHAVIOR, FOCUS, AND ACADEMIC STRUGGLES. THEY STRENGTHEN KEY LEARNING SYSTEMS ESSENTIAL FOR CLASSROOM SUCCESS AND FLOW SEAMLESSLY INTO THE SCHOOL DAY. BY ADDING S'COOL MOVES TO WHAT YOU ALREADY USE IN YOUR DAILY ROUTINES, CHILDREN CAN LEARN TO MONITOR THEIR OWN BEHAVIOR. RATHER THAN **TELLING** CHILDREN TO FOCUS, TEACH THEM **HOW** TO FOCUS.

**INSTRUCTOR:** DEBRA PROVIDES INSPIRATIONAL TRAINING MELDING THE BEST OF RESEARCH & TECHNIQUES FROM A VARIETY OF FIELDS INCLUDING OCCUPATIONAL THERAPY, BEHAVIORAL OPTOMETRY, MIND-BODY SCIENCE AND BRAIN RESEARCH. AS A TEACHER & SITE LITERACY COACH FOR EIGHTEEN YEARS, SHE SUCCESSFULLY IMPLEMENTED S'COOL MOVES TO IMPROVE CLASSROOM MANAGEMENT, BEHAVIOR ISSUES, AND STUDENT ACHIEVEMENT. MS. WILSON IS THE AUTHOR OF FOUR BOOKS & MANY PROFESSIONAL ARTICLES. DEBRA HOLDS A MASTERS DEGREE IN EDUCATION WITH A CLINICAL READING OPTION. HER TEACHING CREDENTIALS INCLUDE BIOLOGY, PHYSICAL EDUCATION, MULTIPLE SUBJECTS, ENGLISH LEARNER, AND READING & LANGUAGE ARTS SPECIALISTS. SHE IS CURRENTLY PURSUING HER PHD IN HEALTH SCIENCE FOCUSING ON SENSORY-BASED TEACHING METHODOLOGY.

## BRIEF COURSE OUTLINES

### S'COOL MOVES FOCUS/MINUTE MOVES WORKSHOP

- MORNING MOVES, FOCUSING ROUTINE, AND CALMING ROUTINE REVIEW
- THEORY AND RESEARCH
- THE INTEGRATED MOTOR ACTIVITIES SCREENING AND ACADEMIC IMPLICATIONS
- MARGOT HEINIGER WHITE'S LEARNING PYRAMID
- ENERGY EXPENDITURE MODEL AND BEHAVIORS
- LEARNING PYRAMID OBSERVATION CHECKLISTS
- BRAIN PROCESSING AND IMPLICATIONS FOR ACADEMICS
- ENERGY EXPENDITURE MODEL
- CREATING A STUDENT-LED CLASSROOM
- INTEGRATING MINUTE MOVES INTO THE DAILY ROUTINE
- MINUTE MOVES FOR FOCUS
- MINUTE MOVES RECESS REFOCUSING ROUTINE
- MINUTE MOVES FOR CALMING
- MINUTE MOVES FOR FINE MOTOR
- MINUTE MOVES FOR WRITING POSTURE
- AUDITORY SYSTEM QUADRANT
- HEARING AND BRAIN WIRING
- MINUTE MOVES FOR AUDITORY SEQUENCING

### MYOFASCIAL RELEASE (MFR)

INTRODUCTION TO THE FACIAL SYSTEM (USING POWER POINT PRESENTATION)

- A. FUNCTIONS
- B. COMPONENTS
- C. ASSESSMENT OF RESTRICTIONS
- D. INDICATIONS & CONTRAINDICATIONS

MYOFASCIAL RELEASE TECHNIQUES (WITH LAB PRACTICE TIME)

- E. TRANSVERSE PLANE HOLD
- F. CROSSED HANDS RELEASE
- G. COMPRESSION/TRACTION WITH MYOFASCIAL PRINCIPLES

MYOFASCIAL STRETCHING (USING POWER POINT PRESENTATION AND LAB)

- H. DIRECT PRESSURE
- I. ACTIVE ELONGATION STRETCHES

CLOSING COMMENTS AND QUESTIONS

## INTEGRATING MYOFASCIAL RELEASE INTO OCCUPATIONAL THERAPY PRACTICE

BRENDA PARDY, OTR

**MYOFASCIAL RELEASE (MFR):** THE BODY'S FASCIAL SYSTEM IS ONE CONTINUOUS WEB OF CONNECTIVE TISSUE FROM HEAD TO TOE. IT PROVIDES SUPPORT & FLEXIBILITY TO ALL STRUCTURES. INJURY, ILLNESS, TRAUMA AND POOR POSTURE CAN CAUSE THE FASCIAL FIBERS TO TIGHTEN, SHORTEN, THICKEN & ADHERE. THIS CREATES A BARRIER AND PUTS ABNORMAL PRESSURE ON NERVES, MUSCLES, BLOOD VESSELS, BONES, ORGANS & THE BRAIN, RESULTING IN INEFFICIENT FUNCTIONING. MFR, AS DEVELOPED & TAUGHT BY JOHN BARNES PT, IS A GENTLE HANDS-ON APPROACH USED TO FREE UP FASCIAL RESTRICTIONS. THE THERAPIST APPLIES SUSTAINED PRESSURE INTO THE RESTRICTION IN A VARIETY OF WAYS, ALLOWING PERMANENT ELONGATION OF THE TISSUE. THIS RESULTS IN DECREASED PAIN ENHANCED DAILY FUNCTIONAL ABILITIES, REFINED ATHLETIC PERFORMANCE, INCREASED EASE OF MOVEMENT & IMPROVED STRUCTURAL BALANCE AND INTEGRITY.

**INSTRUCTOR:** A 1975 GRADUATE OF OHIO STATE UNIVERSITY, BRENDA PARDY BRINGS A WIDE VARIETY OF SKILLS & EXPERIENCE TO TREATMENT & TEACHING SITUATIONS. SINCE TAKING HER FIRST COURSES IN JOHN BARNES' METHOD OF MFR, SHE HAS CHANGED THE FOCUS OF HER TREATMENT PLANS TO INCLUDE THESE TECHNIQUES ALONG WITH MORE TRADITIONAL OT APPROACHES. SHE HAS FOUND THAT THE ADDITION OF THIS INNOVATIVE WHOLE-BODY PROCESS HAS INCREASED THE RATE OF IMPROVEMENT & THE LONGEVITY OF THE RESULTS FOR HER PATIENTS. TOGETHER WITH JILL STEDRONSKY, MS OTR, SHE AUTHORED A BOOK FOR THERAPISTS & PATIENTS TITLED **MYOFASCIAL STRETCHING: A GUIDE TO SELF TREATMENT**. BRENDA'S REPERTOIRE OF AUGMENTATIVE TREATMENT APPROACHES ALSO INCLUDES CRANIOSACRAL THERAPY & HIGH TOUCH JIN SHIN. AS THE DIRECTOR OF THE PHYSICAL & OCCUPATIONAL THERAPY DEPARTMENTS AT BOTH GREENWOOD THERAPY INSTITUTE & PEDIATRIC THERAPY INSTITUTE, SHE SUPERVISES & MENTORS A STAFF OF 5 THERAPISTS IN TRADITIONAL & ALTERNATIVE APPROACHES.

**WYOMING OCCUPATIONAL THERAPY ASSOCIATION  
MEMBERSHIP APPLICATION**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
EMPLOYER: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_  
PHONE CONTACT: \_\_\_\_\_

**Educational Level**

\_\_\_\_\_ Associate \_\_\_\_\_ Bachelor \_\_\_\_\_ Master \_\_\_\_\_ Doctorate

**Practice Specialty**

\_\_\_\_\_ Mental Health \_\_\_\_\_ Productive Aging  
\_\_\_\_\_ Children and Youth \_\_\_\_\_ Work and Industry  
\_\_\_\_\_ Rehabilitation, Disability and Participation

**Professional Level Fees** \_\_\_\_\_ Student \$15.00 \_\_\_\_\_ OTA \$35.00  
\_\_\_\_\_ OT \$35.00 \_\_\_\_\_ Non-OT \$35.00

**AOTA Membership Number** \_\_\_\_\_

I would like to become a mentor for a fellow WyOTA member. \_\_\_\_\_

I would be willing to serve as an officer of WyOTA. \_\_\_\_\_

I would be willing to serve on a committee. \_\_\_\_\_

I would like assistance from WyOTA in the following area: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Conference suggestions \_\_\_\_\_

- I am willing to have my e-mail address released to those advertising educational events
- I am willing to have my e-mail address released to those advertising job listings

**Make checks payable to WyOTA**

Return completed form and payment to:

**Heather Lyman, Secretary/Treasurer of WyOTA**

**3017 White Mountain Blvd**

**Rock Springs, WY 82901**

**307-389-8511**

**lymanh@sweetwatercdcwy.org**