



# Harnessing the Power of the Vagus Nerve: A Therapeutic Approach



## PRESENTER

**Ricki Dembitzer, MS OTR/L**



## WHEN

**Thursday, March 11, 2021**

9:30 AM — 12:00 PM EST

## TARGET AUDIENCE

OTs, OTAs, PTs, PTAs, SLPs, educators, special educators, social workers, psychologists, BCBA's



## FEES

**\$69**

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## WHERE

**Live Web Conference**

comfort of your home/school/office

## INSTRUCTION

**METHODS:** Lecture, slides, case examples, video

**LEVEL:** Beginner- Intermediate



## ACCREDITATION

### 2.5 Contact Hours

0.25 AOTA CEU, 2.5 NBCOT PDUs, 3.0 PT CEU, 2.5 CTLE credit hours, 2.5 CEU for SLP in NY, 2.5 CEU for NY social workers

### Certificates will be awarded

*Credits listed are offered by Theramoves for full webinar attendance.*

*Learning outcomes will be completed on the computer via an online survey. A score of 70% or more is required to receive the certificate of completion.*

## COURSE DESCRIPTION

This course will provide an overview of the autonomic nervous system and its two branches the sympathetic and parasympathetic nervous systems and their corresponding roles. The Vagus nerve and its role in regulating our nervous systems will be discussed. The polyvagal theory will be described as well as the therapeutic interventions that help improve vagal tone. Additionally, other treatment ideas to help improve self-regulation using the power of the Vagus nerve will be emphasized. Several primitive reflexes related to the Vagus response will also be discussed. The course is geared towards therapists working with children, teens and adults looking for another way to improve their client's reactions to stress as well as the underlying nervous system reactions involved. It is geared towards the neurotypical client as well as those with any history of trauma or underlying condition or diagnosis.

## LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Define the two branches of the autonomic nervous system and list at least 2 of their roles
2. Identify 3 functions of the Vagus nerve and how it affects us
3. Name 3 states of the Autonomic nervous system according to the polyvagal theory
4. Name two ways to measure Vagal tone
5. List 2 reflexes related to the Vagus nerve and its ANS affect.
6. List at least 5 ways to self-regulate using the Vagus nerve techniques taught

## AGENDA

- 9:30-10:00 The Autonomic Nervous system overview and stress response
- 10:00-10:45 The polyvagal theory and the Vagus nerve
- 10:45-11:15 Primitive reflexes related to the Vagus nerve
- 11:15-12:00 Treatment ideas and self-regulation techniques using the Vagus nerve

## PRESENTER BIO'S

Ricki Dembitzer has been an Occupational Therapist for over 20 years specializing in pediatrics. She graduated with a Bachelors of Science degree in psychology from Wayne State University in Michigan and received an additional Bachelor's of Science degree in Health Sciences as well as a Master's degree in Occupational Therapy from Touro College in New York City. Ricki owns a private practice in Wesley Hills New York, IncredAbilities Therapy LLC, and has a team of experienced Occupational therapists as well as physical therapy, speech therapy and psychology. She is well known for her fresh approach, ability to get to the root of the problem and her belief in treating the whole person to achieve success. Ricki specializes in neurodevelopmental treatment, sensory integration, reflex integration, visual and oculomotor dysfunction, as well as fine motor/graphomotor delays and praxis and motor skill development. She regularly gives workshops to schools and parents as well as to professionals. Ricki can be found on the web at [www.incredabilitiesny.com](http://www.incredabilitiesny.com)

**DISCLOSURES:** Financial: Ricki Dembitzer will receive a speaker's honorarium from TheraMoves Services for the presentation. She has no non-financial relationships to disclose.

**REFUNDS & CANCELLATIONS:** A full refund less \$15 dollars administrative fee per course will be given for cancellations received up to 3 days prior to the course. After that no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances.

Please contact Theramoves with any special needs request 2 weeks prior to the course.



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--TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (3 contact hours)

-- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490

-- Approved for 2.5 contact hours by NYSED's State Board for speech-language pathologists