

2208 – Sensory Processing

Intermediate / Pool Only

Sanibel, FL / Thursday, June 25, 2020 – 4:30-5:30 pm – 1.0 credit hour

(Pool: 4:30-5:30 pm)

Faculty: Meredith Morig, MOTR/L, ATRIC

COURSE DESCRIPTION:

The water provides 30 times more proprioceptive input than land, along with an even pressure to the entire body. Conditions of the pool's environment including constant temperature, buoyancy, viscosity and resistance of the water providing relatively constant somatosensory input significantly increase sensory integration and processing. These qualities can help a child with sensory processing deficits to modulate sensory input increasing participation and attention to activity improving the likelihood of carryover into land therapy and daily living skills.

Many skills relating to sensory integration can be addressed in the water. The sequence and routine of a therapy session will be discussed in order to address skills from gross motor to fine motor and proximal to distal. Attendees will learn how to use resistance and movement in the water to calm and organize then sensory system and ultimately improve body awareness. With improved body awareness, the child will be able to participate in exercises and activities improving strength and overall coordination. Attendees will then learn skills and activity ideas to carry over land goals into the water, while the child is most organized, to address more complicated skills including visual motor, visual perception, bilateral skills, crossing midline, auditory processing, breath support, oral motor skills and other functional skills.

COURSE OBJECTIVES:

- 1) Actively participate in and assist in designing pool activities and determine how to sequence the activities to optimize sensory input.
- 2) Demonstrate how to organize a child's sensory system using resistance from water to increase body awareness and prepare them for remainder of the session.
- 3) Participate in strengthening and coordination activities to improve body awareness and motor planning.
- 4) Create a collection of sensory activities in the water to address cognitive and functional skills.
- 5) Collaborate on how to modify and grade activities for various ages, diagnoses and abilities.

FACULTY: Meredith Morig, MOTR/L, ATRIC, is a Pediatric Occupational Therapist specializing in combining sensory integration techniques with aquatic therapy in order to enhance a child's functional abilities. She has many years of experience working in a specialized sensory integration clinic, providing therapy to children of all ages and diagnoses. She has combined her love for the water with her expertise in sensory integration to provide a more effective therapy modality to enhance a child's functional abilities. Using her knowledge about sensory integration, along with what she has learned from becoming a certified aquatic therapy instructor, she has developed a successful aquatic program, which has benefitted many children. She also enjoys sharing her knowledge with aspiring students and the community in order to help as many children as possible.