

2225 – Cognitive Delays

Intermediate / Pool Workshop

Sanibel, FL / Friday, June 26, 2020 – 8:30-11:45 am – 3.0 credit hours

(Classroom: 8:30-10:00 am / Pool: 10:15-11:45 am)

Faculty: Julia Meno, CTRS, CMT, ATRIC / donna Mooneyham, MAEd, CTRS/LRT

COURSE DESCRIPTION: This course will identify barriers to participation as related to individuals with cognitive delays that impact communication and understanding. In order to provide a safe environment and utilize the water to bring about a positive benefit, instructors and therapists can improve the environment with communication supports and sensory based cuing techniques. You will be introduced to communication supports, rhythmic timing, and activity positioning for optimum processing and inclusion.

COURSE OBJECTIVES:

- 1) Identify communication barriers that affect participation.
- 2) Demonstrate understanding of communication supports through simple programmatic changes.
- 3) Demonstrate the correct application of tactile and auditory cues to facilitate comprehension and body awareness.
- 4) Introduction to aquatic modalities to address associated emotional needs.

FACULTY: Julia Meno, CTRS, CMT, ATRIC, is the founder/owner of Therapeutic Aquatics, Inc. and provides individual Myofascial Aquatic Body Work, AquaStretch™ and adaptive aquatic classes. She is the author and publisher of *The Bad Ragaz Ring Method Visual Instructional Manual and Video*; and co-producer of the *PNF in The Pool* and *Myofascial Aquatic Body Work* DVDs. She received the 2014 Aquatic Therapy Professional Award and the 2002 ATRI Tsunami Spirit Award.

FACULTY: Donna Mooneyham, MAEd, CTRS/LRT, serves a variety of individuals in aquatic therapy for rehabilitation and independent living. She has worked as a licensed recreational therapist, educator and trainer for 30 years. She is involved with Wounded Warriors as an aquatic therapy trainer and service provider, as well as coaching Special Olympics. She was selected as a World Games Coach for Special Olympics and traveled to Greece in 2001 to coach swimming.