



Stress: Understanding its Impact, Symptoms & Recovery

Bridging Developmental Practice, Neurobiology and Cutting Edge
Technology to Promote Emotional Well Being and Progress for Children
and Young Adults with Developmental Challenges

October 30, 2016

JOHN JAY COLLEGE

524 West 59th Street
New York, NY 10019

GUEST SPEAKERS

Rosalind W. Picard, ScD
Theresa Hamlin, EdD

PROFECTUM FACULTY

Serena Wieder, PhD
Ricki Robinson, MD, MPH
Tal Baz, MS, OTR/L
Gilbert Foley, EdD
Sima Gerber, PhD, CCC-SLP
Connie Lillas, PhD, MFT, RN
Monica G. Osgood
Ruby Salazar, LCSW, BCD
Traci D. Swink, MD

Profectum Foundation 6th Annual NY Conference



Profectum Foundation 6th Annual Conference

OCTOBER 30, 2016 • JOHN JAY COLLEGE • NEW YORK, NY

Stress: Understanding its Impact, Symptoms & Recovery

Bridging Developmental Practice, Neurobiology and Cutting Edge Technology to Promote Emotional Well Being and Progress for Children and Young Adults with Developmental Challenges

Everyone knows stress. It is part of life, part of development, and for many families and children with special needs and ASD, stress is inevitable and often persistent.

Learning difficulties, anxiety, medical conditions, chronic pain, communication and functional difficulties cause emotional and behavioral challenges. Stress affects the brain and interferes with development. This conference will focus on the body-mind connection and how rapid state changes turn into stress responses. Promoting and restoring physiological calm and attention for relating and learning is essential and is the foundation for all facets of development. We will introduce the new technology to detect stress and show how the DIR Model supports and restores physiological and emotional regulation to allow development to progress.



We invite you to join us **October 30, 2016 in New York, for Profectum Foundation's 6th Annual Conference.** Keynote presentations by leading scientists, clinicians, and educators feature state-of-the-art research and treatment models to advance progress for individuals diagnosed on the Autism Spectrum, Sensory Processing Disorders, Anxiety, Challenging Behaviors, Attention Deficit/Hyperactivity, Mood Disorders, and other neurological differences that can impact social, academic, or vocational function at any age. **You are sure to come away with new practical tools, insights, and inspiration!**

The Faculty and Directors of Profectum Foundation

WHY ATTEND THIS GROUND BREAKING CONFERENCE?

Continuing Education: Approved - AOTA, NY State Education Department's State Board for Social Work

- ✓ Recognize stress, its sources and triggers, and strategies to restore calmness and support regulation.
- ✓ Recognize the relationship between physiological arousal levels and emotional regulation across diagnoses.
- ✓ Explain how therapists, teachers and parents can use DIR relationship based principles and interventions to mitigate stress and support developmental progress.
- ✓ Describe how sense technology can aid parents and professionals in understanding children's stress responses.

**YOU WON'T WANT TO MISS THIS AMAZING LEARNING OPPORTUNITY FOR PROFESSIONALS,
PARENTS AND INDIVIDUALS LIVING WITH ASD, SPD, AND RELATED SPECIAL NEEDS!**

Who should attend?

We welcome parents and professionals including: Physicians | Clinical Psychologists | Social Workers | Marriage and Family Therapists | Occupational and Physical Therapists | Speech-language Pathologists | Developmental Optometrists | School Psychologists | Inclusion Specialists | Educators | Special Educators | Para-professionals | Early Interventionists | Music Therapists | Behavioral Specialists ... and more!

Whether you are the parent of or a professional working with children, adolescents and young adults with an ASD, Sensory Processing Disorder or other special needs, **THIS CONFERENCE IS FOR YOU!**

Featured Conference Themes

- ◆ The Important Role of the DIR Model in Prevention, Recovery and Resilience Illustrated Through Case Studies
- ◆ Ways Stress Affects the Brain and Body of Children Who Have Autism
- ◆ Emotional and Relational Pathways to Mitigate Stress
- ◆ Innovative Approaches to Emotional Regulation: Using Sense Technology to Improve Quality of Life
- ◆ Healing the Body to Calm the Mind: The Impact of Medical Issues on Emotional Well-Being and Developmental Progress
- ◆ Common Sense Approaches and Strategies for Regulating a Child's Environment, Routines, Nutrition and Activities to Reduce Problem Behaviors and Increase Learning and Functioning



Teaching Methods

Courses consist of didactic lectures and case studies with video examples. The lectures will provide research and theory foundations to the topic content. The case studies with video examples will provide real life practical clinical application learning opportunities.

Certificate of Attendance

A Certificate of Attendance will be issued to all participants at the completion of the conference. The certificate will cover the number of hours for the day's attendance. Participants are required to attend the entire program and complete an evaluation. Please visit the Continuing Education page on the Conference Website for more details such as presenter disclosures, board specific requirements, etc.

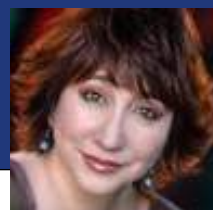
Conference Program

with Distinguished Guest Speakers and Profectum Faculty

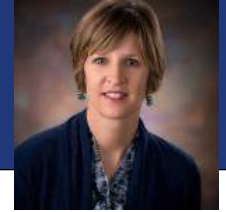
Serena Wieder



Connie Lillas



Traci Swink



8:30 – 9:00 am

Welcome

Serena Wieder, PhD

9:00 – 9:45 am

The Stress Factor: Why and How it Impacts All of Us

Connie Lillas, PhD, MFT, RN

The National Institutes of Health and Mental health are no longer funding research based solely on DSM Criteria. Why? Diagnoses are not as effective in treating and supporting individuals as are underlying factors that cut across all diagnoses. One critical underlying factor is physiological activity, defined as one's stress and stress recovery capacities. In this presentation, Dr. Lillas will explain the importance of understanding the difference between adaptive and toxic stress patterns on the developing brain. She will describe the long-term implications of toxic stress patterns across the lifecycle with compelling narratives and video clips. In doing so, Dr. Lillas will demonstrate the critical importance of the first social emotional milestone: Regulation and Attention, and how we can integrate a neuro-relational understanding of the milestones into any developmental treatment approach.

As a result of this presentation, participants will be able to:

- * List three physiological stress responses that occur across the lifecycle.
- * Identify four toxic stress patterns that occur at any age.
- * Recognize the importance of the first social-emotional milestone.

9:45 - 10:30 am

Working from the Inside Out- Integrating Medical and Developmental Intervention to Support Health, Well-Being and Developmental Progress in Children with ASD and Related Disorders

Traci Swink, MD

This case study of a young child on the autism spectrum will illustrate the impact of recurrent illness, pain and discomfort on his developmental trajectory. Children with underlying neurobiological challenges like ASD perceive and respond to bodily sensations differently. Poorly localized and/or misinterpreted bodily sensations or increased responses to pain or discomfort, frequently lead to “challenging behaviors” such as aggression, self-absorption, and/or feeding and sleep disturbances. Rather than being recognized as stress responses, these behaviors are often dismissed as a symptom(s) of “autism” or other developmental differences. Building an integrated team of medical, developmental, behavioral and mental health specialists who can assess and treat all aspects of a child's health is essential to improve a child and family's well-being and optimize developmental progress.

As a result of this presentation, participants will be able to:

- * Discuss the impact of illness, pain and discomfort on the development of children with ASD and related disorders.
- * Describe how pain and discomfort can present as “challenging behaviors” in children with underlying neurobiological challenges.
- * Recognize the role of an integrated team of health and developmental specialists in promoting developmental progress.

10:30 - 11:00 am

Break

Conference Program

Ricki Robinson



Sima Gerber



Monica Osgood



Ruby Salazar



11:00 am - 12:30 pm

When Stress is Inevitable, What Can Parents, Teachers and Therapists Do to Reduce the Child's and Adults' Stress to Moderate the Challenges that Can impede Progress?

Moderator: Serena Wieder, PhD

Profectum Faculty Panel: Sima Gerber, PhD, CCC-SLP; Monica G. Osgood; Ruby Salazar, LCSW, BCD with Tal Baz, MS, OTR/L; Connie Lillas, PhD, MFT, RN; Traci Swink, MD

Guest Panel: Anie Knipping

Every intervention approach strives for progress but signs of stress are not uncommon and observable in everyone on this journey; the child, the family, the teachers and therapists. Given what we know about the impact of stress on the child's learning and the family's well being, this interdisciplinary panel will discuss how developmental approaches, and DIR Model specifically, embrace principles of intervention which reduce the child's experience of stressful situations and yet, keep alive the developmental 'tension' that promotes growth and leads to progress. Similarly, 'the ways of being' with parents and professionals which acknowledge the inevitable stresses they experience will be explored and specific strategies will be suggested to address the adults' stress. On this interdisciplinary panel each member will focus on specific issues they observe and the principles and practices that can moderate the emotional and behavioral challenges that impede progress.

As a result of this presentation, participants will be able to:

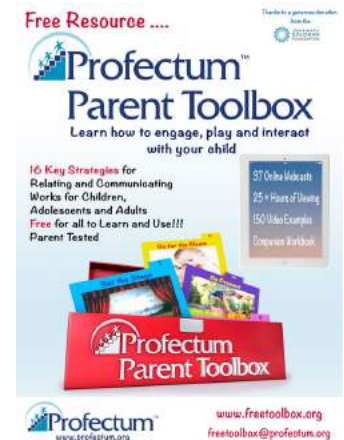
- * Identify how typical clinical and educational interventions may inadvertently lead to stressful learning situations for children.
- * Discuss the principles of intervention that are designed to lessen stress and provide maximum availability for learning for children with developmental challenges.
- * Identify how parents and professionals experience the stress of parenting, nurturing, and teaching a child with developmental challenges.
- * Identify strategies that can be used to help adults deal with the inevitable anxieties and concerns that become part of our interactions with children with developmental challenges.

12:30 - 1:00 pm

The Profectum Parent Toolbox - "The Launch"

Cuong Do, Ricki Robinson, MD, MPH and Monica G. Osgood

Join us as we introduce this groundbreaking new "How To" Webcast series for parents and professionals. Discover how the Profectum Parent Toolbox presents and demonstrates the 16 key strategies that help parents engage, play and interact with their child!



1:00 - 2:00 pm

Lunch On Your Own

Conference Program

Rosalind Picard



Tal Baz



2:00 - 3:00 pm

“Keep Calm and Carry On”: Using Sense Technology as a Bridge Between Mind and Body

Rosalind W. Picard, ScD

A physiological state of calm attention is the foundation to all growth and development. Rapid state changes into stress responses, underlie many conditions across diagnostic categories. Our keynote speaker, Dr. Rosalind Picard, founder of the Affective Computing Research Group at the MIT Media Lab, will present her groundbreaking research with sense technology devices that are changing lives. This technology alerts caregivers to rapid changes in the child’s physiology. The device can assist in detecting some kinds of seizures and can alert parents to changes that indicate activating stress responses. This can be a critical tool for parents and professionals supporting emotional regulation of individuals across diagnoses. This is in keeping with the recent shift by the National Institute of Health towards a more sophisticated view of the mind-body connection, looking at common denominators that apply to all “diagnoses”.

As a result of this presentation, participants will be able to:

- * Describe how sense technology can aid parents and professionals in understanding children’s stress responses
- * Discover how sense technology can support the early detection of seizure activity
- * Recognize the relationship between physiological arousal levels and emotional regulation across diagnoses

3:00 - 3:45 pm

Conceptualizing Stress as a Core Concept in Development, Situating it as a Main Feature of the Individual Profile, and Exploring Relational Pathways for Mitigating it

Tal Baz, MS, OTR/L

This presentation will aim to describe the interconnections between Stress and Regulation, examine the phenomena of stress as a central tenet of the individual profile of children with Autism, and explore the pathways we can utilize in treatment to mitigate stress, improve regulation, and foster development. In particular we will examine the efficacy of relational, affective, and sensory strategies through the use of sense data technology developed by Dr. Rosalind Picard, in conjunction with video material and clinical reflections.

As a result of this presentation, participants will be able to:

- * Recognize stress as a core developmental concept.
- * Explain ways to incorporate stress responses into the analysis of the Individual Profile.
- * List ways to address stress in their home or practice.

3:45 - 4:00 pm

Break

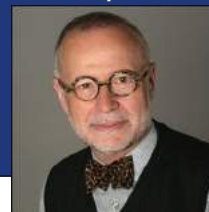
Join Us!

Conference Program

Theresa Hamlin



Gil Foley



4:00 – 5:00 pm

Autism and the Stress Effect

Theresa Hamlin, EdD

Children with autism often experience very high stress levels in learning and social environments, which can exacerbate problem behaviors and damage their physical and emotional health. Stressed brains can't learn. The good news is that there are things that you can do to reduce the burden of stress and increase functioning for children with autism. In this talk, Dr. Hamlin will explore the research on stress, and discuss the problems that can arise out of chronic stress that affect health and behavior in children with autism. She will present a common sense approach with strategies for regulating a child's environment, interactions, and experiences as a way to reduce problem behaviors and increase functioning.

4:45 – 5:00 pm

Panel Discussion

Gil Foley, EdD

As a result of this presentation, participants will be able to:

- * Identify at least three ways stress affects the brain and body of children who have autism.
- * Identify at least four strategies to reduce stress and improve learning and functioning for children with autism.
- * Describe the role of new technologies in understanding emotional regulation in children with autism.

5:00 – 5:15 pm

Closing Remarks

Serena Wieder, PhD

Continuing Education

[[LINK TO PRESENTER DISCLOSURES](#)] [[LINK TO PRESENTER BIOS](#)]

Speech-Language Pathologists

Profectum Foundation is in the process of applying to become a Continuing Education provider for ASHA. Unfortunately, our application will not be processed in time for this year's New York Conference. Therefore we will not be able to offer ASHA continuing education credits for this event. ASHA CCC-SLP holders can use the Conference hours toward their ASHA required Certification Maintenance Hours. No additional CE Fee required.



The assignment of AOTA CEUs does not imply endorsement of specific course content, procedures or clinical procedures by AOTA.

Occupational Therapists/Certified Occupational Therapy Assistants

This conference is offered for up to .55 CEUs / 5.5 Contact Hours (Intermediate Level) The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. See Course Requirements below.

New York Licensed Master Social Workers & Licensed Clinical Social Workers

Profectum Foundation is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0413. This Conference is approved for 5.75 contact hours. Registrants must attend the entire Conference to receive credit, no partial credit can be issued.

Course Completion Requirements: Participants are required to attend the entire program. Learners need to sign in and out at the Conference and submit a evaluation form at the end of the day. Please visit the CE registration desk for details. **Please visit the [Continuing Education Page](#) on the Conference Website for detailed information on board specific requirements for obtaining credits at this Conference.**

[Continuing Education Complaint Resolution Policy](#)—For questions or concerns please contact admin@profectum.org

BEST VALUE!

REGISTRATION

Early Bird Rate: thru August 15th

	Early Bird Rate 6/1/16 to 8/15/16	Regular Rate 8/16/16 to 10/28/16	Late Registration 10/29/16 to 10/30/16
Registration Fee	\$205	\$245	\$275
CE Fees	\$30	\$30	\$30

Discounts

Do you qualify for a 15% discount?

Groups of 5+: For group registrations at least 5 registrants must register at the same time.

Student w/ Current Id: You will need to provide a copy of your current student ID

Parent of a Child with Special Needs or Individual with Special Needs

Profectum Academy Member

Parent Scholarships: Limited # of scholarships are available, visit the [registration page](#) on the conference website for more info

If you meet the discount criteria above, please contact emily.mohr@profectum.org for information and instructions on how to register with a discount code.

Discounts do not apply to CE fees.

Accommodations for Persons with Disabilities & Special Needs Request

If you require ADA accommodations or have a special needs request, please email emily.mohr@profectum.org at least 1-week prior to the conference date so that arrangements can be made.

Profectum Foundation reserves the right to make changes to the program and/or schedule at any time.



A "Certificate of Attendance" will be issued to all participants at the end of their attendance.

The certificate will cover the number of hours for conference days in attendance. Participants are required to attend the entire program and complete an evaluation.

Registration and Cancellation

Registrations and payments must be received no later than **Friday, October 28, 2016**. Confirmations and receipts are furnished by email. Any registration received after **Friday, October 28, 2016** will be considered, providing space is available, as a "late registration".

We DO NOT invoice for our events. All attendees or groups must have a paid registration prior to the event.

Written cancellation or change notifications must be received no later than **Friday, October 21, 2016** by email to emily.mohr@profectum.org. **A cancellation/ change processing fee of \$25 will be charged.** After **Friday, October 21, 2016**, no refunds or credit for future events will be given. Substitute attendees are welcome but we must be notified with their name and contact information. Please understand that if you do not attend you are still liable for full payment.

In the unlikely event that this program is cancelled, you will be notified immediately via email and a credit will be issued toward a re-scheduled conference, or the entire submitted registration fee will be refunded without further liability on the part of the organizer.



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