



CREST Child Rehabilitation & Education Service Team

# Psycho-Sensory Intervention

Informed and Integrated Mental Health Support Strategies for the treatment of Trauma, Anxiety and Mental Health Issue

Hong Kong

29<sup>th</sup> – 31<sup>st</sup> July 2019 (Mon-Wed)

## INSTRUCTOR



Kimberly Barthel (BMR, OTR)

Kim is a world-renowned occupational therapist and teacher, actively supporting multi-disciplinary function and healing in many cultures. As a pioneer in reinforcing the importance of relationship in therapy, she is known for blending cutting-edge developments in neuroscience with the art of compassionate inquiry. With 30+ years experience as an Occupational Therapist, Kim's specialties include Complex Behaviour, Sensory Processing, Attachment, Autism, Trauma-Informed Practice, and Mental Health. Kim's mission is to support the conscious evolution of the human spirit.

## COURSE

This three-day workshop will provide an integrated theoretical connection about the neurological interplay between attachment, developmental trauma and sensory processing issues.

Participants will develop an understanding of the use of relational attunement as a regulatory influence that supports and stabilizes the arousal and sensory processing systems. This workshop will uniquely blend the integration of psychotherapeutic skills with sensory processing intervention. Therapists, teachers, and parents will learn how to put these two distinct therapeutic approaches together as a mechanism for the development of self-regulation and mental health function.

A combination of theory and practical trauma interventions will emphasize compassionate dialoguing skills, sensory strategies, postural control and movement techniques together with attachment theory and psychotherapeutic process work.

Learning will be facilitated through lecture, story-telling, group problem-solving from case examples, role plays and active reflection.

Participants will be able to:

- ✓ *Explain how attachment strategies are functionally adaptive in relation to developmental trauma*
- ✓ *Describe the connection between trauma, arousal and sensory processing challenges*
- ✓ *Discuss how the use of relational attunement skills and therapeutic use of self can stabilize arousal and support sensory processing issues*
- ✓ *Develop a repertoire of sensory processing strategies for the treatment of trauma*
- ✓ *Understand how trauma impacts postural control*
- ✓ *Learn to provide treatment intervention to the postural and movement system to affect change in the emotional responses to trauma (treating trauma through the body)*
- ✓ *Begin to integrate psychotherapeutic process within a sensory motor context*

## AGENDA (Tentative)

	Day One:	Day Two	Day Three
9:30 – 11:15	Attachment strategies as functional adaptation to danger	The interconnection between trauma, arousal and sensory processing	Treating trauma through movement and posture
11:30 – 12:30	Further Analysis of attachment strategies of adaptation to danger	Sensory processing as treatment of trauma	
1:30 – 2:30	The art of regulation through relationship: lecture and video	Sensory processing as the treatment of trauma	Psychotherapy Process in the Sensory Environment
2:45 – 4:30		How is trauma exhibited in the postural system	

**LANGUAGE**

English

**DATE, TIME**

29<sup>th</sup> – 31<sup>st</sup> July, 2019 (Mon - Wed) / 0930 – 1730

**VENUE**

To be confirmed

**TARGET PARTICIPANTS**

Clinical Psychologists, Educational Psychologists, Occupational Therapists, Physical Therapists, Speech-Language Pathologists, Social Workers, Medical Professionals, Educators and Parents

**CERTIFICATION**

Attendance Certificate will be presented to participants who have attended **80%** or above of the total hours of the course.

**ACCREDITATION**

CPD for OT : Pending

**COURSE FEE**

	Single Person	<b>GROUP OF 3 PERSONS</b>
<b>Early Bird Registration</b> (On or Before <b>30<sup>th</sup> Apr, 2019</b> )	HK\$6,200	HK\$17,700 HK\$5,900 / Person
<b>Standard registration</b> (End on 21 <sup>st</sup> June, 2019)	HK\$6,700	HK\$18,600 HK\$6,200 / Person

**REGISTRATION & PAYMENT**

Local Applications:

1. *By cheque*

Payable to “CREST Child Rehabilitation and Education Service Team”

\* Please send with registration form to:

“To: CREST Child Rehabilitation and Education Service Team  
Room 706, Peninsula Tower, No. 538 Castle Peak Road,  
Lai Chi Kok, Kowloon, Hong Kong (SAR)”

2. *By Automatic Teller Machine (ATM) / Bank-in*

Bank / Account No.: HSBC / 634-388821-838

Bank Account Name: TSRL T/A CCR&EST

\* Please write down **YOUR FULL NAME** and **COURSE NAME on the bank advice slip** and email with registration form to [info@crest.hk](mailto:info@crest.hk).

Overseas Applications: 1. *By Telegraphic Transfer (TT)*

\* Please see the attached “Telegraphic Transfer (TT) Instructions for CREST” for details, and **email the TT bank advice slip** with registration form to [info@crest.hk](mailto:info@crest.hk).

## TERMS & CONDITIONS

### (i) Notification:

Notification will be sent individually through email once your application and payment are received.

### (ii) Confirmation:

The confirmation will be sent individually through email by **7<sup>th</sup> May, 2019** for Early-bird Registration and 7<sup>th</sup> June, 2019 for Standard Registration.

### (iii) Receipt:

- I. Official receipt will be distributed on the first day of the course;
- II. HK\$500 administrative fee will be required if:
  - a. re-issuing receipt with returning of original receipt, or
  - b. certified true copy of receipt is required.

### (iv) Withdrawal Policy:

- I. No transfer of the fee to other courses or another person upon the enrollment is confirmed;
- II. HK\$500 administrative fee will be required if written request for cancellation is received on or before 7<sup>th</sup> May, 2019.

(v) CREST Child Rehabilitation and Education Service Team reserves the right on final decision on enrollment, changing time, venue and contents and cancellation of the course due to unforeseeable circumstances.

## REMARKS

Website: [www.crest.hk/Psychosensory/](http://www.crest.hk/Psychosensory/)

Kim's Info.: Website - [www.kimbarthel.ca](http://www.kimbarthel.ca)

Twitter - [kimbarthelOTR](https://twitter.com/kimbarthelOTR)

Facebook - under 'Kimberly Barthel'

Apps: For filling up the form with your mobile through "Adobe Fill & Sign"



Enquiry: Please feel free to contact Ms. Raymie Leung or Mr. Stephen Chan at (852) 3628 3443 or [info@crest.hk](mailto:info@crest.hk).

## REGISTRATION FORM

**Personal Particulars** (Please fill-in all the information below in BLOCK letters and put a “✓” in appropriate box(es))

Title:  Dr.  Mr.  Ms.

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

Preferred name appeared on official receipt: Same as Above / \_\_\_\_\_

Preferred name appeared on certification: Same as Above / \_\_\_\_\_

Workplace: \_\_\_\_\_ Occupation: \_\_\_\_\_

Country: \_\_\_\_\_ Phone No.: \_\_\_\_\_

E-mail\*: \_\_\_\_\_

*\*Please state clearly for receiving notification and confirmation.*

### Registration Fee

	Single Person	<b>GROUP OF 3 PERSONS</b> <i>*Please state the other 2 Participants' FULL Names (each participant need to submit their OWN registration form):</i>
		1. _____ 2. _____
<b>Early Bird Registration</b> (On or Before 30th Apr, 2019)	<input type="checkbox"/> HK\$6,200	<input type="checkbox"/> HK\$17,700 (HK\$5,900 / Person)
<b>Standard registration</b> (End on 21 <sup>st</sup> June, 2019)	<input type="checkbox"/> HK\$6,700	<input type="checkbox"/> HK\$18,600 (HK\$6,200 / Person)

Cash (Date: \_\_\_\_\_)

ATM (Date: \_\_\_\_\_ Ref. No.: \_\_\_\_\_)

Cheque (No.: \_\_\_\_\_ Bank: \_\_\_\_\_)

Telegraphic Transfer (Date: \_\_\_\_\_ Bank: \_\_\_\_\_)

### Terms and Conditions

In no event shall **CREST Child Rehabilitation and Education Service Team** and its employees be liable to the participants for any injuries, costs, losses, damage, liabilities or expenses arising directly or indirectly from the course(s).

I hereby confirm that I have read, understood and agreed with all terms and conditions stated for this course.

I want / do not want (please delete as appropriate) to receive updates from CREST in the future.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Staff Use Only

Remarks:

Receipt No.: