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Relationship Matters™

CREST Child Rehabilitation & Education Service Team

Regulation Matters: Polyvagal Theory, Interoception & Emotional Integration

HONG KONG

22ND – 24TH JANUARY 2024 (MON - WED)



INSTRUCTOR

Kim Barthel (BMR, OTR)

Kim is a world-renowned speaker, teacher, occupational therapist, and author.

Kim actively studies and teaches the areas of complex behavior, neurobiology, sensory-processing, movement, trauma-sensitive practice, attachment theory and mental health.

As a clinician with 39+ years experience in different contexts and cultures, Kim is an Advanced Neuro-Developmental Treatment Instructor as well as a Sensory Integration Instructor. She's contributed to several textbooks on pediatric OT, NDT and Trauma, and is honoured to be a mentor to many dedicated professionals from a range of interconnected disciplines.

With her extensive technical skills and expertise, Kim is a natural at inspiring and connecting diverse audience members. Her unique blend of skills in utilizing storytelling, humility, science, and her own passion for learning effectively holds the attention of every group of participants she is with.

COURSE INFORMATION

Regulation has become a powerful buzzword guiding behavioural goals and interventions established by clinicians and educators across the world. But what does “regulation” truly mean? This in-person three-day workshop weaves together concepts from Polyvagal Theory, interoceptive processing and emotional integration. Combining theory with practical video demos, labs and problem-solving conversations will support the carry-over from theory into day-to-day application of strategies towards well-being and function. This workshop is relevant to all professionals supporting human beings (especially individuals living with neurodiversity and trauma) who are keen to understand their own regulation and co-regulation literally from the inside-out.

Participants will be able to:

- ✓ The learner will be able to describe the *neurobiology of regulation* and the importance of a *continuum of regulation* within functional context.
- ✓ The learner will be able to *define Polyvagal Theory* within therapeutic (OT, PT, SLP, SW and Counselling) and educational settings.
- ✓ The learner will *observe Polyvagal-informed interventions* within a treatment demonstration.
- ✓ The learner will *experience Polyvagal-informed interventions* within practicum lab experiences.
- ✓ The learner will be able to *define the concept of interoception* and its foundation rooted in neurobiology.
- ✓ The learner will be able to *recount the typical development of interoception* and how this applies to therapeutic intervention.
- ✓ The learner will be able to *describe the integration of interoception* with language and the perception of feelings.
- ✓ The learner will begin to be able to *appreciate the integration of polyvagal-informed and interoceptive processing* within their current practices and contexts.

AGENDA (Tentative)

	Day One	Day Two	Day Three
9:30 – 10:45	Current theory and neurobiology of regulation	Neurobiology of Interoception	Group lab integrating language, sensation, interoception and self-regulation
10:45 – 11:00	Break	Break	Break
11:00 – 12:30	Polyvagal Theory and its application across disciplines and settings Introduction to the Safe and Sound Protocol	Attachment, interoception and co-regulation in therapy lecture and demonstration	Polyvagal theory in the clinic, classroom, and home
12:30 – 13:30	Lunch	Lunch	Lunch
13:30 – 14:45	Clinician self-regulation lecture and practicum	The connection between language, sensation, interoception and self-regulation	Treatment practicum in groups
14:45 – 15:00	Break	Break	Break
15:00 – 16:00	Clinical Demonstration video and audience demonstration	Treatment demonstration with participant	Interoception, Mental Health and Neuro-diversity affirming practice lecture and lab
16:00 – 17:00	Polyvagal lab practicum with participants	Interoception treatment lecture and practicum (sensory, attachment and cognitive strategies)	Group practicum in treatment planning based upon case-problem solving
17:00 – 17:30	Wrap-up and questions	Discussion and wrap-up	Discussion and wrap-up

LANGUAGE

English

DATE & TIME

22nd – 24th January 2024 (Mon - Wed), 0930 – 1730

VENUE

Christian Family Service Centre (CFSC), 3 Tsui Ping Road, Kwun Tong, Hong Kong

TARGET PARTICIPANTS

Occupational Therapists, Psychologists, Teachers, Counsellors, Speech Therapists, Physical Therapists, Early-Childhood Educators, Social Workers, Group Home Workers, Parents, Caregivers and any interested individuals are welcome.

CERTIFICATION

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

ACCREDITATION

Occupational Therapists Board (OT) CPD Points: *Pending*


Physiotherapists Board (PT) CPD Points: *Pending*

Hong Kong Institute of Speech Therapists (HKIST) CPD Points: **10**

Hong Kong Institute of Clinical Psychologists (HKICP) CPD Points: *Pending*

DEP The Hong Kong Psychological Society (HKPS) CE Points: *Pending*

COURSE FEE, REGISTRATION & PAYMENT

	Single Person	Group of 3 or more	REGISTRATION & PAYMENT
Super Early bird Registration (On or Before 11th Sept, 2023)	HK\$4,400 or US\$630	HK\$4,000 / person or US\$570 / person	cresthk.typeform.com/rmsebr
Early bird Registration (On or Before 6th Nov, 2023)	HK\$5,200 or US\$740	HK\$4,800 / person or US\$685 / person	cresthk.typeform.com/rmebr
Standard Registration (On or Before 11th Dec, 2023)	HK\$5,600 or US\$800	HK\$5,200 / person or US\$740 / person	cresthk.typeform.com/rmstr
Extended Registration (End on 10th Jan, 2024)	HK\$5,600 or US\$800	NA	 cresthk.typeform.com/rmext

Extended registration's payment is limited to the following methods:

For Local

Applications:

- **By FPS / Online Bank Transfer:**

Bank / FPS Code: HSBC / 8919052

Bank Account Name: TSRCL T/A CCR&EST

*Please put "Regulation Matters" and **PARTICIPANT'S FULL NAME** as reference and attach the screenshot of successful transaction together with your application form (**the screenshot must include the transaction date, amount and reference**).

- **By Automatic Teller Machine (ATM):**

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

Bank Account Name: TSRCL T/A CCR&EST

*Please put "Regulation Matters" and **PARTICIPANT'S FULL NAME** on the **bank advice slip** and email together with registration form to info@crest.hk.

For International

Applications:

- **By Credit Card (in USD)**

TERMS & CONDITIONS

(i) Notification:

Notification will be sent individually through email after the application and payment are received **within 10 working days**.

(ii) Confirmation:

The confirmation will be sent individually through email by:

22nd Sept, 2023 for Super Early-bird Registration;

13th Nov, 2023 for Early-bird Registration;

18th Dec, 2023 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 for:
 - a. re-issuing receipt, or
 - b. certified true copy of receipt.

(iv) Withdrawal Policy:

- I. No transfer of the fee to other courses or another person upon confirmation of enrollment;
- II. HK\$500 administrative fee will be required if written request for cancellation is received on or before **11th Dec, 2023**.

(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/RegulationMatters

Kim's Info.: Website - www.kimbarthel.ca

Instagram - [@kimbarthel.ca](https://www.instagram.com/kimbarthel.ca)

LinkedIn - Kim Barthel

Facebook - Kim Barthel

YouTube - Kim Barthel

Enquiry: Please feel free to contact Miss K at (852) 3628 3353 or info@crest.hk.