

From Data to Decisions: Using Biometrics to Elevate Clinical Care

16th - 17th January 2026, Hong Kong

COURSE INFORMATION

Join Kim Barthel, OTR and Dr. Stephen Chan for this two-day in-person course offering participants with an in-depth introduction to the use of biometric data to enhance therapeutic insight and improve clinical outcomes. As technology becomes more integrated into healthcare, understanding and interpreting biometric signals (such as heart rate variability, electrodermal activity, respiration, and sleep patterns) is an emerging competency for trauma-sensitive, evidence-based care.

Participants will explore the science behind autonomic regulation, arousal, sensory processing, and interoception through the lens of biometric data. Emphasis will be placed on real-world application using consumer-grade wearables and digital platforms, ethical considerations, client-centered interpretation, and trauma-sensitive pacing. This course blends physiology, relational neuroscience, and practical clinical decision-making to support deeper understanding and more attuned care. Special attention will be given to the treatment of individuals with neurodiversity, including those with autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), fetal alcohol spectrum disorder (FASD), and sensory processing differences.

Participants will be able to:

1. Define and interpret key biometric signals including HRV, EDA, respiration, skin temperature, sleep metrics, and movement.
2. Describe the relationship between biometric data and autonomic states, sensory regulation, and interoceptive awareness.
3. Assess client readiness for engagement or deeper therapeutic work using biometric indicators of arousal and regulation.
4. Apply biometric feedback in support of pacing, co-regulation, body awareness, and client empowerment.
5. Integrate biometric patterns into documentation, clinical reasoning, and interdisciplinary collaboration.
6. Identify ethical considerations and limitations in the use of wearable and biometric technology in therapy.

INSTRUCTOR



Ms. Kim Barthel (BMR, OTR)

Kim is a world-renowned speaker, teacher, occupational therapist, and author. Kim actively studies and teaches the areas of complex behaviour, neurobiology, sensory-processing, movement, trauma-sensitive practice, attachment theory and mental health.

As a clinician with 41+ 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 and ignites every group of participants she is with.



Dr. Stephen Tsz Man Chan (OTD, MSc, BSc (Hons) in OT, HKROT)

Stephen is an occupational therapist based in Hong Kong and the founder of CREST Child Rehabilitation and Education Service Team. In addition to his clinical work, Stephen teaches professional training courses on various topics such as Ayres Sensory Integration, Beckman Oral Motor Assessment and Intervention, and Irlen® Syndrome. These courses equip professionals with essential skills to support children's development effectively.

Stephen is also the co-founder of Possible Technology and SEN Technology, companies that develop innovative tools utilizing eye trackers and tablet apps to enrich assessment and training in therapy. Embracing technology in clinical practice, he developed the AMUSE™ Approach to utilize Electrodermal Activities as physiological measures in clinical and school settings to enhance our understanding of arousal and emotional changes in clients.

AGENDA (Tentative)

Day 1: Foundations of Biometric Awareness in Clinical Care		Day 2: Applied Integration for Diverse Clinical Contexts	
9:15 – 9:30	Registration	9:15 – 9:30	Registration
9:30 – 10:45	Why Biometrics Matter in Therapy	9:30 – 11:00	Sleep, Recovery, and System Integration
10:45 – 11:00	Break	11:00 – 11:15	Break
11:00 – 12:30	Heart Rate Variability (HRV) and Autonomic Regulation	11:15 – 12:30	Interoception and Embodied Awareness
12:30 – 14:00	Lunch	12:30 – 14:00	Lunch
14:00 – 15:15	Electrodermal Activity (EDA) and Emotional Arousal	14:00 – 15:15	Readiness for Engagement and Change
15:15 – 15:30	Break	15:15 – 15:30	Break
15:30 – 17:00	Sensory Processing and Overload	15:30 – 17:00	Closing Integration: From Data to Clinical Decisions
17:00 – 17:30	Questions	17:00 – 17:30	Questions

LANGUAGE

English

DATE & TIME

16th – 17th January 2026 (Fri & Sat), 09:30 – 17:30

Lunch will not be provided.

VENUE

Christian Family Service Centre (CFSC), 3 Tsui Ping Road, Kwun Tong, Kowloon, 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.

E- CERTIFICATION

Attendance E-Certificate will be e-mailed to participants who have attended **80% or above** of the total hours within **2 weeks** after the course completion.

ACCREDITATION

Occupational Therapists Board (OT) CPD Points:	<i>Pending</i>
Hong Kong Physiotherapy Association (PT) CPD Points:	<i>Pending</i>
Hong Kong Institute of Speech Therapists (HKIST) CPD Points:	<i>Pending</i>

COURSE FEE, REGISTRATION & PAYMENT

	Single Person	Group of 3 or more	REGISTRATION & PAYMENT
Super Early-bird Registration (On or before 22nd September, 2025)	HK\$ 4,300 or US\$ 620	HK\$ 3,800 / person or US\$ 550 / person	 https://cresthk.typeform.com/ubecc
Early-bird Registration (On or before 22nd October, 2025)	HK\$ 4,800 or US\$ 690	HK\$ 4,300 / person or US\$ 620 / person	
Standard Registration (Ends on 22nd December, 2025)	HK\$ 5,300 or US\$ 760	HK\$ 4,800 / person or US\$ 690 / person	

****Please note that registration for this course operates on a first-come, first-served basis. Seats are limited, so we encourage you to register early to secure your seat. Once all seats are filled, registration will be closed.**

For Local

Applications:

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

Bank / FPS Code: HSBC / 8919052

Bank Account Name: TSRCL T/A CCR&EST

*Please put “UBECC” 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 Cheque:**

Payable to “**CREST Child Rehabilitation and Education Service Team**”

*Please put “UBECC” and **PARTICIPANT’S FULL NAME** at the back of the cheque and send to the address below:

“To: CREST Child Rehabilitation and Education Service Team

Room 706, Peninsula Tower, No. 538 Castle Peak Road, Lai Chi Kok, Kowloon, Hong Kong (SAR)”

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

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

Bank Account Name: TSRCL T/A CCR&EST

*Please put “UBECC” and **PARTICIPANT’S FULL NAME** on the bank advice slip and email together with registration form to info@crest.hk.

For International

Applications:

- **By Telegraphic Transfer (TT):**

* Please see the “Telegraphic Transfer (TT) Instructions for CREST” for details, and upload the TT bank advice slip together with the online registration form.

- **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:

30th Oct, 2025 for Super Early-bird & Early-bird Registration;

29th Dec, 2025 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 refund can be arranged if payment is by telegraphic transfer or credit card;
- II. No transfer of the fee to other courses or another person upon confirmation of enrollment;
- III. HK\$600 administrative fee will be required if written request for cancellation is received on or before **22nd December, 2025**.

- (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

Crest's Info.: Website - www.crest.hk/ubecc

Instagram - crest.hongkong

Facebook - crest.hk

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

Instagram - kimbarthel.ca

LinkedIn - Kim Barthel

Facebook - Kim Barthel

YouTube - Kim Barthel

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