



## NDTA Seminars

Thank you, in advance, for considering hosting NDTA Continuing Education in your facility. We know that the daily interaction with your clients and families creates an on-going need for education and we are here to help!

The NDTA is currently updating our educational opportunities for 2012. As you will see in the attached materials, we offer a multitude of NDTA Seminar options for your facility. Bring NDT education to your staff – with the assistance of our NDTA certified instructors – over a period of 2, 3 or even 5 days. We offer opportunities for you to host these courses for your faculty alone or to open the opportunity to other therapists in your community. Consider the feed-back and networking opportunities available at such an event!

Are there therapists in your facility who are already NDT Certified? All of these NDTA sponsored seminars are eligible for NDT Re-Certification Continuing Education Units. See the enclosed brochure for additional information on NDT Certification or visit our website, [www.ndta.org](http://www.ndta.org) for complete information.

I have enclosed information that I hope will answer some basic 'how-to-host-a-seminar' questions, including a sampling of course titles that are currently available. If your facility has desire of a course that is not listed, let us know and we will be happy to create a session tailored just for you! If you are considering hosting a course of any kind, please contact the NDTA National Office and we will be happy to assist you with those opportunities.

Here are just a few comments therapist's have made about NDTA Seminars held over the past years:

- *I have been out practicing with pediatricians for many years and courses like this still teach me so much. We should never stop learning or lose the desire to grow as professionals.*
- *This course in gait was very useful/techniques were expanded from another NDT intro course and the facilitation techniques will be/are beneficial. This course increased my motivation to vary my treatment strategies/techniques.*
- *One thing this course did was to change the mindset of therapists. We tend to focus on getting PT's functional in their homes and stop there. We tend to limit our PT's. Therapists need to go the extra mile — this was the exact attitude of the instructor and the course itself.*
- *well done! Thanks so much! We attended this conference as a team, OT, PT, SLP. Marcia's presentation manner and info was very appropriate.*

We look forward to working closely with you to arrange *your* course, and make it a successful and memorable event for your entire facility!

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# NTA Seminar Hosting

## HOSTING IS EASY!

If you have ever hosted a NDTA seminar before, you know why we say this is easy! In a "open" seminar the NDTA National Office will manage registrations, obtain CEU's for the attendees, and provide the instructor including their honorariums and expenses. A "self contained" seminar is also available if your facility would prefer to have a course to train only your staff . Contact the NDTA National office to learn how to host Adult or Pediatric based seminars in intro, intermediate or Advanced levels of curriculum. Hosting *IS* easy!

## WHAT ARE THE BASIC STEPS TO GETTING STARTED?

1. Contact the National Office by telephone or email to discuss your vision for this course and ask questions. We can supply you with a 2 page template contract for review. Space is critical - a good rule of thumb is to visualize 30 attendees comfortably doing lab work in the same space.
2. Based on your needs, the National Office will direct the appropriate instructors to contact you to discuss the curriculum and scheduling options.
3. Once dates, title and the instructor have been chosen, the National office will contract with the instructor and facility.
4. That's it! We'll review all of the post-contract steps and responsibilities so there are NO surprises later on.

Who does what??	NTA	Facility
Arrange CEU's	Yes	No
Market the Course	Yes	Yes
Provide Certificates	Yes	No
Provide "On-Site Coordinator"	No	Yes
Arrange Refreshment Breaks	No	Yes
Manage Registrations	Yes	No

For a complete list of NDTA and Facility responsibilities, please contact us!

### What our attendees are saying

- *I have been using NDT principles for many years. This course again opened my eyes to more options & ideas. Very good instructor!!*
- *This is the first NDTA course I have taken and I cannot wait until I get to take another course to continue learning*
- *One of the best courses, great accessibility of instructors and help to practice activities*
- *I enjoyed the course; a motivator for my ultimate goal of NDT Certified*
- *I was excited about the course and after attending, I can't wait to try some new things to help my patients*
- *This was a very nice size class that made it feel easier to ask questions and pair up to work on techniques.*
- *The instructor did an excellent job addressing components for all therapy disciplines (PT, OT, ST)*
- *This was one of the best continuing education courses I have taken!*
- *I really appreciated the information about normal movement, treatment demos by the instructor, labs and videos.*
- *The instructors were very knowledgeable. They were able to find a balance between presenting pertinent research to clarify ideas and applying to clinical handling.*

## OK ... SO HOW MUCH DOES THIS COST?

There is **no** charge or fee to the facility from the NDTA or instructor for an "open" seminar. A number of complementary seats will be given to the host site in relation to the number of registered/paid attendees. There is no obligation until the contract is signed.

The expenses that the facility will likely incur are:

- Postage and printing of the course brochure (template provided by NDTA). This brochure would go to your current mailing list .
- Refreshments for attendees during morning and afternoon breaks. *Lunch will be on their own.*



## NDTA Seminars

## Introductory Courses

The following courses are but a **sampling** of what the NDTA can offer your facility in the way of two, three and five day seminars. These courses are taught by a certified staff of NDTA instructors, and are granted credits via the NDTA through AOTA and ASHA (whenever applicable) as well as the state PT association. The single instructor course can hold a maximum of 30 attendees, the Dual instructor course hold a maximum of 45 attendees.

**\*\*\*ALL NDTA sponsored courses can be used towards NDT RE-Certification\*\*\***

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### **Managing Adults with Hemiplegia - An NDT/Bobath Perspective**

This course is designed to give participants current information about NDT and how to apply it in clinical practice. Practical, hands-on training is the emphasis of this course; therefore, lab practice and problem-solving sessions will be emphasized in the learning process. Actual patient evaluation and treatment demonstration will be included to show the NDT/Bobath approach in action. This information is essential to all therapy disciplines and practice settings involved in Neuro- rehabilitation.

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### **Treatment of Children with Neuromotor Disorders - An NDT/Bobath Perspective**

This 3-day course is designed for therapists treating children with known or suspected disorders or delays in neuromotor development. This course will focus on assessment, functional goal setting, treatment planning, and implementation utilizing a Neuro-Developmental Treatment perspective. The course includes lecture, treatment demonstration, video analysis, discussion, and labs.

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### **Moving Into NDT/Bobath for Pediatric SLP's -An Introduction to Neuro-Developmental Treatment**

This introductory NDT course has been specifically developed for Speech/Language Pathologists with a goal of facilitating a greater comfort level with components of movement, handling, postural stability/balance and alignment as they impact upon our treatment of children with neuromotor based oral motor, speech and feeding limitations. Topics of assessment, task analysis, treatment planning and treatment strategy will be included within this course. Demonstration and practical labs will allow participants the opportunity to explore movement, handling and concepts presented within this course, with discussion and problem solving to follow.

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*Remember this listing this is only a sample of what is possible!*  
Contact the NDTA National Office to learn more about hosting and to connect with an instructor.  
Neuro-Developmental Treatment Association  
Phone: 800-869-9295 / Fax: 949-376-3456 / [info@ndta.org](mailto:info@ndta.org) / [www.ndta.org](http://www.ndta.org)

## NDTA Seminars

## Intermediate Level Courses

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### **Applying Theoretical Concepts to Produce Functional Outcomes in Children**

This 3-day course will combine lecture, laboratory, video presentations and live demonstrations with children. The current theoretical framework of Neuro-Developmental Treatment will be presented emphasizing critical sequences of motor development, the acquisition of motor control and the facilitation of permanent learning. Content will focus on observational skills for assessment, setting priorities for intervention and the principles of intervention including facilitation, use of environment and use of self.

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### **An NDT Approach to Treatment of the Baby**

This three-day workshop is designed for physical, occupational, and speech therapists working with infants from birth- three years of age who have known or suspected neuromotor disorders such as Cerebral Palsy. At the completion of this workshop participants will be able to:

- Identify significant aspects of typical/atypical motor control development in the first year.
- Identify and incorporate sensory issues in treatment strategies.
- Discuss the multiple dynamic system interactions in typical/atypical motor control
- Utilize this information in assessing infants with neuromotor involvement.
- Incorporate the treatment strategies practiced in labs with your patients and dolls.

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### **Creative Routes to Outcomes While Working with Adults**

This course is a continuation in NDT/Bobath training. One of the current assumptions of the Neuro-Developmental Approach is "Movement is organized around behavioral goals."\* The focus of this course is how to get client-identified goals as the outcome of a course of therapy. The clinician must be prepared to analyze/understand the demands of the task, accurately identify the client's impairments, and develop strategies for treatment that directly address those impairments which limit the clients ability to perform the chosen task. \*from Neuro-Developmental Treatment Approach: Theoretical Foundations and Principles of Practice, J. Howle, 2002.

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### **Problem Solving for Function - An NDT/Bobath Pediatric Handling Intensive Course**

This course will focus on assessment and treatment demonstrations, with participant lab work relevant to the demos. It is a clinical handling course to analyze necessary intervention for improving functional abilities in the 0-21 population. A variety of ages and disabilities will be covered. There will be some lecture and opportunities for discussion. Participants are invited to bring short [5 min] videos of clients for treatment discussion.

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## NDTA Seminars

## Upper Extremity Specific Courses

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### **Out of 'arms Way - Reactivation of the Upper Extremity in Adults After CVA**

All you need to know in order to change a flaccid upper extremity into an arm that is useful to the patient, actively supporting to help with functional balance during every day activities. Prevent (or treat) secondary impairments of shoulder and wrist pain, distal swelling, subluxation, hypertonicity - plus, strategies for moving out of weight bearing for the higher level patient.

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### **Beyond Weight Bearing: Developing Hand Function in Children and Adolescents**

This 3-day intermediate level course will combine lecture, lab, video presentation and hands-on demonstrations with children. Content will focus on the characteristics of development of upper extremity use, foundations of function (posture, musculoskeletal sensations, cognition and desire), and the use of the arms and hands in transitions, contact, grasp and manipulation.

## Gait Specific Courses

### **Gait Facilitation for Adults with Hemiplegia - An Intermediate NDT/Bobath Course**

This is an intermediate gait course focusing on the evaluation and treatment of a variety of gait disturbances commonly seen in patients with hemiplegia. The course will include lecture, lab sessions and patient demonstration by the instructor. Participants will also have the opportunity to problem- solve observed gait deviations and develop treatment strategies.

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### **Functional Activities in Standing and Gait -An NDT Perspective for Adults with Hemiplegia**

This introductory course is designed for therapists interested in learning additional treatment strategies to achieve better functional outcomes for their patients in standing and gait. Activities are introduced that allow an individual to access a variety of environments to accomplish goal specific tasks, such as pivoting, stepping back, stepping to the side and stooping. A problem solving strategy is emphasized throughout the process beginning with the initial functional evaluation; identification of multiple system impairments; establishment of functional goals and the development of treatment strategies to achieve the patient's goals. The treatment strategies are designed to promote both functional outcomes and Neurologic recovery post-stroke. The course consists of lecture presentations; interactive problem solving laboratory sessions; demonstrations and practice sessions of treatment skills used to enhance functional abilities; videotape presentations and a patient treatment demonstration by the instructor.

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### **Movement Analysis for Children or Adults: An NDTA Perspective**

The ability to perform a well considered movement analysis helps provide a clear template for effective intervention planning and implementation. NDT philosophy values the analysis and treatment of movement impairment within the context of function for optimal carry-over. Lecture and lab formats will include components of movement, small group problem solving, analysis of movement for functional tasks, and handling strategies for treatment.

## NDTA Seminars

## Custom Sessions by Instructor

### **NDTA Seminar: Managing the Upper Quadrant and Odds and Ends of Handling in Transitions**

**Instructor: Cathy Hazzard, B.Sc, PT, MBA, C/NDT**

This 2-day workshop will have 2 focuses:

#### **Managing the UE Quadrant:**

After reviewing the anatomy and efficient alignment of the upper quadrant, we will explore a framework for facilitating recovery in the UE working through closed chain → modified chain → and beginning to open the chain. We will spend time both discussing and brainstorming intervention strategies in the framework as well as practicing handling within these strategies in labs.

#### **Odds and Ends of Handling in Transitions:**

We'll review the normal movement components of basic transitions including lying ↔ sitting, wheelchair ↔ bed, and sit ↔ stand for the lower and mid level patients and then spend lab time practicing options for handling patients in these transitions. We'll also have a 'smorgasbord' lab on getting very low patients from sit ↔ stand with more than 1 person assisting.

### **NDTA Seminar: From Assessment to Interventions - Logically. A Problem Solving Session for Therapists**

**Instructor: Cathy Hazzard, B.Sc, PT, MBA, C/NDT**

Workshop Description and Objectives:

This 2-day session will help the clinician make decisions for assessing and treating in function using a 'Top-Down Approach'. Using the ICF Enablement model as the framework, we'll work in small and large groups throughout the course. We'll focus our discussions around patient scenarios from video clips, pictures and descriptive scenarios.

By the end of the course, the clinician will be able to identify specific impairments of the neuromotor, musculoskeletal, and sensory/perceptual systems. From these impairments, he/she will be able to come up with multiple ideas for addressing these impairments on low to high level patients and make logical choices for progressions. We will also have a discussion about how to use this framework and terminology for documentation, including goal writing.

### **Functional Neurological Rehabilitation of the Low Level Acute CVA/TBI Patient**

**Instructor: Wulf Thoma, PT, C/NDT**

This 2 day course focuses on the treatment off the low level acute care patient after stroke or traumatic brain injury. Upon completion you will be able to:

- Understand the principals of functional neurological rehabilitation, the importance of restoration of alignment and the mechanism of motor recovery and learning after cortical lesion
- Guide even a patient with severe impairments through functional activities
- Handle your patient in a safe and therapeutic way during bed mobility, transfers, sit to stand and in standing.
- Prevent the development of secondary impairments
- Use the techniques presented on any of your neurologically impaired patients

Evaluation skills will be taught throughout the course. Emphasis is placed on manual handling techniques and on the creation of functional tasks to support motor recovery and carry-over.



## NDTA Seminars

## Custom Sessions by Instructor

### **THE NICU AND BEYOND—NEURO-DEVELOPMENTAL TREATMENT OF THE PREMATURE INFANT**

***Instructor: Karen Goldberg, MS, PT, PCS, C/NDT***

This 2-day course is designed for PT's and OT's who are treating babies born prematurely. The first day will focus on the NICU environment, common medical conditions and the premie, early brain development, therapeutic interventions in the NICU, and morbidity associated with the prematurity. Included will be strategies to accommodate for specific medical needs.

The second day will focus on the treatment of the ex-premie in the home environment. The TIMP and analysis of generalized movements (Precht system) will be presented. Symptoms of atypical development and the role of development of early vision will be included. Examples of case studies and outcomes will be presented. A comparison of the development of infants born full and preterm will be provided.

An interactive lab will be included.

### **USING THE BALL FOR THERAPEUTIC INTERVENTION FOR CHILDREN WITH MOVEMENT DISORDERS**

***Instructor: Barbara Hodge, PT, C/NDT***

This 2-day intensive lab course will focus on learning to use the ball as an effective therapy tool when working on impairments, to promote increased functional abilities and participation for school or home. The needs of students with mild-severe disabilities will be addressed. Many ball techniques will be demonstrated and practiced. The NDT Model of Enablement will be utilized to structure assessment and develop effective treatment plans. This course will require active participation in labs, as a therapist and as a "client." Please be aware of your own physical limitations.

**This course will utilize lecture/lab/problem solving and treatment videos.**

#### **Objectives**

- The participant will identify critical impairments to function
- Understand the principles of treatment on Moveable Surfaces.
- Develop hands on skills with many ball techniques.
- Select techniques appropriate to increasing abilities and participation in school or home.

**Audience: OT/PT/ST, OTA/PTA/STA, working with children and young adults with neurological movement disorders.**

### **WHAT'S NEW IN NDT/ YOU TOOK YOUR COURSE WHEN?**

***Instructor: Barbara Hodge, PT, C/NDT***

A 2-day course just for people who have already taken the "NDT/Bobath Certificate course for the Management and Treatment of Children with Cerebral Palsy and other Neuromotor Disorders" and would like to practice their skills with other qualified therapists.

**An update on topics such as:** NDT Enablement Model, Classification of CP, Our Movement System vs. Our Postural System Use. Plus labs, problem solving and treatment demonstrations

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## NTA Seminars

## Custom Sessions by Instructor

***Instructor: Jane Styer-Acevedo, PT, C/NDT***

### **HELPING CHILDREN FUNCTION IN THE CLASSROOM**

This two day course is designed for the classroom faculty that teach and work with the children on a daily basis. Through lecture, lab, demonstration, observation of a treatment session, and a lab session with a child chosen from the classroom; the attendees will learn how positioning and movement impact the functioning of the child in their environment. Emphasis is placed on facilitating the child to achieve their highest level of function while participating in the daily routine of the classroom. This class is very practical in nature.

### **INTRODUCTION TO NEURO-DEVELOPMENTAL TREATMENT**

This two day course is designed for the therapist who treats pediatric clients (birth to 21 years) with neurological deficits. It is highly recommended for physical, occupational, and speech therapists and assistants and has a major focus on movement experiences in lab. It includes the most current philosophy and principles of the Neuro-Developmental Treatment approach, overviews of typical and atypical development, assessing a child according to the Neuro-Developmental Treatment enablement model, writing functional outcomes, and planning and sequencing treatment strategies. Included are treatment videos and a demonstration.

### **NEURO-DEVELOPMENTAL TREATMENT APPROACH FOR INFANTS AND TODDLERS**

This two-day course is designed for physical, occupational, speech therapists, and assistants treating pediatric clients (birth to 3 years) who demonstrate neurological deficits or suspected deficits. Typical and atypical development will be reviewed as they relate to one another and how the infant/toddler develops functional movement behaviors. Current philosophy and principles of the Neuro-Developmental Treatment approach will be presented as it relates to treatment of the infant and toddler. Observation of infant movement will reinforce typical development. Movement labs will be used to facilitate one another through movement transitions and to learn handling techniques on an infant-sized doll. Observation of an assessment and treatment session will show treatment and handling techniques on a client.

### **TREATING CHILDREN WITH HYPERTONIA**

***Instructor: Marcia Stamer, PT, C/NDT***

Course Description: This course is designed for therapists who treat children with hypertonic cerebral palsy and related neuromuscular disorders. The course emphasizes treatment intervention, so the participant must be familiar with the impairments and postural problems of children with cerebral palsy (an Intro to NDT is recommended prior to this course). The focus of this course is practice of treatment techniques that lengthen muscle, increase postural stability, and strengthen concentric and eccentric movement control. The instructor will treat children in demonstration, using some of the techniques taught in lab in a planned sequence toward a functional goal.

- This course requires the participant to actively work with adult lab partners to practice treatment techniques. Each participant **MUST** bring a Raggedy- Ann type doll with hip, knee, shoulder, and elbow "joints" and a trunk that allows movement. Each participant must also bring a ball (size will be specified in confirmation letter).
- Each participant **MUST** wear T-shirts, leotards, or other sport- type clothing that allows a lab partner to view the trunk and limbs as well as allowing the participant maximal movement.



## NDTA Seminars

## Custom Sessions by Instructor

### **PEDIATRIC NDT, IMPROVING FUNCTION FOR CHILDREN WITH NEUROMOTOR DISABILITIES**

**Instructor: Barbara H Hodge, PT, C/NDT**

Helping children and young adults to improve their functional skills involves first understanding and addressing the underlying impairments to that function. In this course you will learn to utilize the NDT Model of Enablement [based on WHO] to evaluate performance, prioritize goals and develop effective treatment plans. This course will utilize lecture /lab/and treatment demonstrations. Be prepared to move and be moved by other participants.

Upon completion the participant will:

- Understand the Principles of NDT
- Identify critical impairments to function to develop effective treatment intervention
- Set and prioritize age/ environment appropriate intervention goals
- Identify successful strategies for collaboration with care givers and school aides
- Learn and demonstrate different treatment techniques to address impairments

***A 2-day course with an optional 3rd day to look specifically at the different types of cp and differentiate the treatment goals.***

### **RIB CAGE: FOCUS ON THE RIB CAGE FOR IMPROVEMENT IN RESPIRATION, PHONATION, POSTURAL CONTROL, AND MOVEMENT (LEVEL I)**

**Instructor: Rona Alexander, PhD, CCC-SLP, C/NDT Speech-Language Pathologist**

This 3-day workshop will focus on the rib cage and its related structures as they impact on the coordination of respiratory function with general movement, phonation, and oral motor activities in infants and children with a primary diagnosis of cerebral palsy. Anatomical and kinesiological characteristics of the respiratory mechanism will be reviewed. Significant components of early typical respiratory and phonatory development will be explored especially in regard to their relationship to early general movement development. The respiratory coordination development and functioning of children with cerebral palsy will be examined and implications for intervention programming will be discussed. Treatment strategies with emphasis on handling to improve rib cage and respiratory musculature activity will be discussed and demonstrated extensively through group lab sessions and patient demonstrations.

#### **Learning Outcomes**

At the completion of this course, participants will be able to:

- Identify significant anatomical and kinesiological characteristics of the respiratory mechanism.
- Identify significant aspects of typical, early respiratory-phonatory development and their relationship to early general movement development.
- Identify significant aspects of respiratory coordination development and function in children with cerebral palsy.
- Formulate treatment goals and strategies for the coordination of respiratory function with general movement, phonation, and oral motor activities in infants and children with cerebral palsy.

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## NDTA Seminars Interest Form

**Interested in learning more about NDTA Seminars?**

**Would you like us to contact you?**

Please fill out the following information and we will get in touch with you!

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred method of Contact:            Email            Phone

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*What type of course are you considering?*

Pediatric Based

Adult Based

A combination of both

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*Please check the box if you:*

Would like to have an instructor contact you directly first.

Would like an electronic version of the NDTA seminar packet sent to the following email address:

\_\_\_\_\_

Can suggest another potential host facility.

Facility name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Best way to contact: \_\_\_\_\_

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*Did you have a specific question for us?*

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