FACILITATION TECHNIQUES
BASED ON NDT PRINCIPLES

WITH LOIS BLY, MA, PT, NDT COORDINATOR INSTRUCTOR

FRIDAY SEPTEMBER 23 – SATURDAY SEPTEMBER 24, 2011

Therapy West Inc./pLAy Studio
6315 Arizona Place, Suite A
Los Angeles, CA 90045
Contact: (310) 337-7115, EXT. 159 or cskura@sbcglobal.net

Course Description
In this two day course (15 contact hours), NDT FACILITATION TECHNIQUES will be reviewed and practiced. During each session, participants will learn facilitation techniques appropriate to use with children and adolescents with cerebral palsy. Participants will practice each technique on various classmates and will have techniques practiced on them. This is primarily a LAB COURSE with minimal lecture.

Facilitation techniques will include those used for transitional movements, trunk, upper extremity, and lower extremity mobility and control. There will be a treatment demonstration with children on Friday and Saturday afternoon to demonstrate the actual application of the techniques.

Program Objectives
UPON COMPLETION OF THE COURSE, PARTICIPANTS WILL DEMONSTRATE PROFICIENCY IN:

- Facilitation of transitional movements from prone to standing.
- Facilitation techniques to increase trunk mobility and control.
- Facilitation techniques to increase upper extremity mobility and control.
- Facilitation techniques to increase lower extremity mobility and control.
- Recognition of compensations and deviations from normal movements.

Participant Requirements
This intermediate-level course is open to physical therapists, occupational therapists, and assistants. Because this is a lab class, participants must wear non-restrictive clothing that you can move in. Suggested clothing includes shorts, leotards or bathing suit. Each participant must bring TWO pieces of equipment for lab use: an adult sized therapy ball AND an adult-sized adjustable bench or bolster. Required: Lois Bly’s Facilitation Techniques Based on NDT Principles (can be purchased from www.proed.inc). Please order materials well in advance of the course.

This class is limited in the total number of participants, and expected to fill quickly, so register early! Group discount available.
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About the Instructor
Lois Bly, PT, MA, C/NDT, is an NDTA Coordinator Instructor and clinician who has offered seminars, workshops and NDT certificate courses throughout the United States, Canada, Australia, Brazil, Argentina, Peru, Chile, South Africa, Hong Kong, Scotland and Ireland. Ms. Bly was certified in Neuro-Developmental Treatment by the Bobaths in London, and received her NDT Instructors Certification from Mary Quinton and Dr. Elsbeth Koeng of Switzerland. She received her Masters Degree in Motor Learning at Teachers College, Columbia University. She is the author of the monograph, Components of Normal Movement During the First Year of Life and Abnormal Motor Development, and the books Motor Skills Acquisition in the First Year and Baby Treatment Based on NDT Principles and co-author with Allison Whiteside of the book Facilitation Techniques Based on NDT Principles. She also published the Motor Skills Checklist based on the book Motor Skills Acquisition in the First Year. Her most recent publication, 2011, is a monograph, Components of Typical and Atypical Motor Development.

Schedule

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<tr>
<th>DAY 1</th>
<th>DAY 2</th>
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<tr>
<td>7:30 - 8:00</td>
<td>7:45 - 8:00</td>
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<tr>
<td>Light Breakfast</td>
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<tr>
<td>8:00 - 8:15</td>
<td>8:00 - 9:30</td>
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<tr>
<td>Introduction to Facilitation</td>
<td>Facilitation of Shoulder</td>
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<td>8:15 - 9:30</td>
<td>9:30 - 9:45</td>
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<tr>
<td>The Importance of Weight Shifts in Facilitation</td>
<td>Facilitation of Girdle Mobility and Control and Facilitation of Upper Extremity Use</td>
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<td>9:30 - 9:45</td>
<td>9:45 - 12:00</td>
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<tr>
<td>Break</td>
<td>Facilitation of Pelvic Girdle Mobility and Control</td>
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<tr>
<td>9:45 - 12:00</td>
<td>12:00 - 1:00</td>
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<tr>
<td>Lunch (on your own)</td>
<td>Lunch (on your own)</td>
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<tr>
<td>12:00 - 1:00</td>
<td>1:00 - 2:30</td>
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<tr>
<td>Facilitation of Pelvic Girdle Mobility and Control - Rotation</td>
<td>Treatment Demonstration</td>
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<td>1:00 - 2:30</td>
<td>2:30 - 3:15</td>
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<td>Videotape of child for demo: Discussion, System Impairments, Treatment Goals</td>
<td>Videotape of child for demo: Discussion, System Impairments, Treatment Goals</td>
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<td>2:30 - 3:15</td>
<td>3:15 - 3:30</td>
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<td>Break</td>
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<td>3:15 - 3:30</td>
<td>3:30 - 4:30</td>
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<tr>
<td>Treatment Demonstration</td>
<td>Treatment Demonstration</td>
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<td>3:30 - 4:30</td>
<td>4:30 - 5:00</td>
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<tr>
<td>Discussion</td>
<td>Discussion</td>
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Cancellation Policy

There will be a $50 processing fee for cancellation by a participant more than 14 days prior to the course. No refunds will be given for cancellations within 14 days of the course; however, registrations may be applied towards a future seminar with a $50 processing fee. In the event of course cancellation by Therapy West, Inc., a full refund will be provided.
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Therapy West, Inc, Los Angeles, CA
SEPTEMBER 23-24, 2011

☐ $425 Standard registration rate.

☐ $361.25 Group registration rate. (This 15% discount is provided for three or more individuals registering simultaneously.)

Name:  ______________________________________________________

Address: ______________________________________________________

____________________________________________________

Home or Cell Phone:  
(_______) ___________ - ______________  _________________

Business Phone:  
(_______) ___________ - ______________  _________________

Email Address:  ________________________________________  
(REQUIRED)

Profession- please circle: PT / OT / PTA / COTA / OTA / SLP

Credit Card Number: (VISA / MC / DISC)

____________________________________________________________

Security Code:_______ Expiration Date:(____/____)

Name as it appears on the card: _________________________________

Credit Card Billing Address:

____________________________________________________________________
____________________________________________________________________

Signature: ____________________________________________

FAX completed registration form to (310) 216-6153, Attn: Christy Skura

Email confirmation will be sent upon receipt. Additional information, such as suggestions for hotel accommodations available upon request. Please DO NOT make travel or hotel accommodations until you have received confirmation of your registration. Thank you.