



Regulating the Body with Sensory Based Interventions



Using movement & sensory based interventions to change behaviors is waaaaay more fun and successful than punishment, consequences, and rewards! We'll explore how emotion and behavior dysregulation can be related to a 'shaky foundation' in your child or teen's brain and how these interventions can only help.

Monday, November 15, 2021

In Part I, together we reviewed:

- ✓ Understand how toxic stress and relational trauma impact the brain's foundation and how movement, rhythm, and sensory based interventions (along with relationship) can repair.
- ✓ Learn a system to help your child or teen learn to monitor (notice) & modify (change) their state of regulation (with your support FIRST - regulation **always** starts with coregulation).

Wednesday, December 15, 2021

In Part II, we'll bring it to life!

- ✓ This session will include video examples of movement, rhythm, and sensory play so you can better understand how to use movement, rhythm, & sensory interventions both in the moment of dysregulation as well the importance of implementing opportunities for movement, rhythm, and sensory play throughout your child and teen's day.

*Attend one!
Or attend both!*

About the Presenter



Robyn Gobbel, LMSW-Clinical, loves coffee, P!NK, and everything about the brain. Robyn loves cultivating deep, resonant connections with anyone who is up for it, and is especially fond of all the grown-ups in the world who love and care for kids impacted by trauma-helpers, healers, educators, and parents. Her favorite thing ever (besides glittery coffee mugs) is teaching anyone who will listen to harness the power of neuroscience so they can cultivate deep, resonant connections. You can get your hands on all sorts of free resources at www.RobynGobbel.com, including her podcast, "Parenting after Trauma with Robyn Gobbel."

Location	Time & Date	Zoom Link
Virtual Training via Zoom	Wednesday, December 15, 2021 10:00am-1:00pm	Zoom link will be sent to registered participants
REGISTRATION:	https://us06web.zoom.us/webinar/register/WN_UjRdt7qoTsWkxyQARFUzmA or 1-800-764-8367	

Questions?

Contact ORPARC at orparc@nwresource.org or 800-764-8367



Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Please request credits when registering.
Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster) and assisted guardianship families, and DHS/SNAC adoption professionals, and other participants as space allows and welcomes attendees of all ethnicities, genders and sexual orientations. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.