

Sensory Systems Clinic Newsletter

Providing Therapy for Children Since 1982

April 2005

Individual and Summer Therapy Program

Bicycle Riding

It's that time of year to drag out the two wheeler and learn to ride a bike. The Bicycle Clinic is an individualized riding program for children that are ready to ride a bike but just cannot seem to learn. It can take as little as three sessions to learn to ride! Call the office for details. You'll need items like helmets, knee and elbow pads. We don't want any little riders getting scrapes...



Summer Therapy

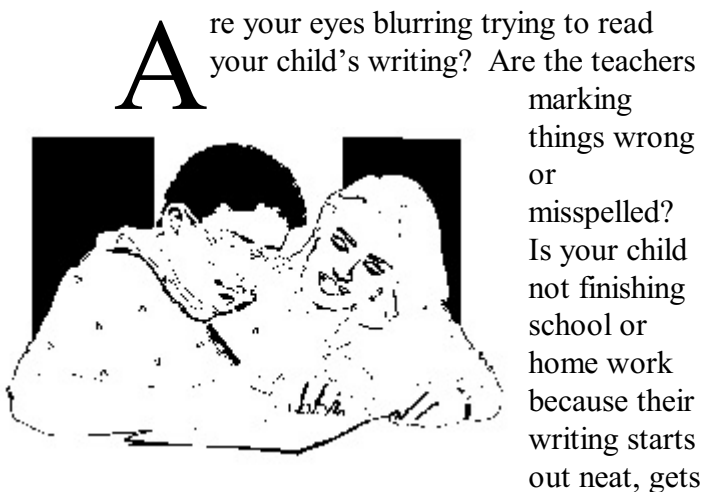
Don't wait for an evaluation! Bring in your school occupational therapy goals and evaluation and we can start summer therapy, immediately. We write observations and goals after the first or second visit! Efficiency is our middle name.

Sensory Systems Clinic, P.C.
30801 Jefferson
St. Clair Shores, MI 48082
586-293-7553
www.sensorysystemsclinic.com

Socialization and Sensory Integration

Did you know that Sensory Systems Clinic has 2 large rooms designed for socialization activities? When children are in individual therapy we try to match them with peers. They still get their individual therapy with socialization. Progress is sometimes better than when the child is treated in isolation. The children are encouraged to adapt for their peers and play interactive games. The therapists work hard at making this happen. Like most friendships in children, these relationships will change in a natural, unforced manner throughout the child's course of therapy. Children may start out as a good match, but may progress beyond a friend and need a more challenging activity. Some children may improve in self esteem from helping a young child, while some young children model an older one, depending on their needs. In this natural setting, a child may need a break from the hustle and bustle of the large therapy rooms, but not to worry, we have 5 individual therapy rooms as well. Socialization groups are not as necessary when we get natural matching in the clinic environment. Ask your child's therapist if there would be a better time for your child to come into therapy if you want more peer play. Some children do better, especially at first, in a quieter treatment slot.

Fine Motor and Handwriting Without Tears



Are your eyes blurring trying to read your child's writing? Are the teachers marking things wrong or misspelled? Is your child not finishing school or home work because their writing starts out neat, gets

sloppy and then they just plain wear out? You may need Handwriting Without Tears! We also provide an extensive fine motor program and cursive writing called Loops and Other Groups. Call or ask for a brochure with more information.

Around the Clinic

Congratulations to Kellie! After 8 years we are sorry to say good-bye, but so happy that she is having a second child. She is planning to be back in the fall as a substitute occupational therapist. Erin is taking Kellie's place. She has been with the clinic since 2003 and has accepted a permanent position. Our new evening and Saturday receptionist is Kari, replacing Fran who retired after 10 years. You will still see Fran filling in when we need her. Thanks Fran!

Judi has been quite busy taking classes this past year. She has taken several manual therapy oriented courses including, Healing From the

Core, Neuro I, Manual I and Core Concepts. She also completed Samonas Sound Therapy III & IV.

Joel completed the following classes: Aspergers and Non-Verbal Learning Disorders, Healing from the Core and Pediatric Myofascial Release.

Sandy attended The Defeat Autism Now (Dan!) conference, Advanced Attachment, and Healing from the Core. She presented at and attended (and presented at) the National *AttaCh* conference.

Becky chose to attend classes in Craniosacral Therapy II, Myofascial Release, Infant Massage, Pediatric Neurodevelopmental Treatment, Attachment Coalition Parent Conference, Listening with the Whole Body and the Biology of Autism.

Rocky attended Listening With the Whole Body, Treating Sensory Modulation Disorders – The Step-SI, Sensory Integration and Praxis Theory Course, The DIR/Floortime Approach and Sensory Integration, Crying Baby to Perky Preschooler – The Development of Regulation, Bipolar Disorder in Children and Adults and two short but important classes, Toilet Training for Special Needs Children and Working with Children who Bite (Whew!).

Megan completed Samonas Sound Therapy III and IV, Visceral Manipulation; Handwriting Without Tears, The Infancy and Early Training Course (Floortime), Healing from the Core, Treating the Biology of Autism, and When Children Won't Eat: The SOS Approach to Eating.

Can you believe all these classes were taken in the past year? The really great news for parents and children is that we share all this information

informally and formally at regular staff in-services. Because we work as a team and not individual contractors, you can always feel comfortable about switching to a therapist that specializes in your child's area of need.

Eating and Feeding

Twenty-five percent of infants and children are estimated to be extreme picky eaters according to the latest research. At the clinic, we have really built our referral base of children with picky eating habits on our successes. We use a multi-pronged approach so that no bases are missed. We use visceral manipulation and integrative manual therapy for the digestive problems such as swallowing and reflux, oral exercises for oral motor control problems and sequential oral sensory approach to feeding to address the sensory and psychological problems. Call for a specialized oral/feeding evaluation.

Parenting Awareness Month

At the end of March, Sensory Systems Clinic celebrated *Parenting Awareness Month*. We created a relaxing space to honor parents and their hard

work by providing the Somatron (a musical/vibrating bean bag bed), relaxing music and home made baked goods baked by the therapists and office staff. Informational brochures about areas such as ways to



discipline and weight charts for children were made available. If you missed *Parenting Awareness Week* at the clinic, the baked goods are gone but there are still educational brochures available in the observation room. Thanks to Rocky for organizing it all!

Floortime Training for Parents

Developed by Stanley Greenspan, M.D., Floortime is a way for parents to interact with their children to further promote social interaction skills and problem solving skills. Floortime techniques can be used during all waking hours and in any environment. Children with deficits in the following areas may benefit from Floortime:

- § Focus and attention
- § Engaging or relating to others
- § Back and forth communication
- § Problem solving skills
- § Creative use of ideas and symbols

At Sensory Systems Clinic, we are able to naturally combine and apply both theories of sensory integration and Floortime to enhance benefits. We introduce the program in four sessions to help parents on their way to helping children with autism, pervasive development disorders, regulating problems and just plain sensitive children. Additional sessions are made available as needed.

Interactive Metronome, Attention Deficit Disorder, Academic Achievement, Coordination, Aggression and Language

Third party studies have demonstrated that the Interactive Metronome program improves attention and decreases the need for medication. Significant gains, also supported by studies, occur in

language, academic achievement, coordination, aggression and language in as few as 15 one hour sessions. Schedule a free screening and we will determine the number of sessions your child will need to achieve their goals. We do baseline and post testing of academics, so you can see the progress!

Active Listening Program

We are serious about listening. Three full-time therapists have now completed advanced Samonas Sound Therapy training. This gives us access to bone conduction and lateralization CD's in the clinic. Studies in Germany demonstrate that lateral CD's promote language. Megan, Judi and Sandy have completed the advanced training. Additionally, Sandy Glovak has created a home program called the *Active Listening Program*. This is an 8-12 week program that combines music and developmental exercises. Sandy completed advanced training in 1999 and piloted this project for three years before initiating it into general clinic use. Parents and classroom teachers have definitely noticed differences in areas such as reading, writing, sleep patterns, calming and language.

Manual Therapy and Asperger, Autism, Reactive Attachment Disorder (RAD) and Anxiety Disorder

We have come up with a really exciting treatment protocol combining several manual therapy techniques including Craniosacral, myofascial, Integrative Manual Therapy and Biovalent Systems approach. Using knowledge of anatomy, physiology, and research of areas of brain dysfunction in Asperger's, autism, RAD and anxiety disorder, we have come up with a specific

approach that is working really well with many children and adults. We have seen increased empathy, improved socialization, decreased anxiety, improved language, and improved flexibility. There are three therapists trained in these techniques including Joei, Judi and Sandy.

Adoptive Parenting

Over the past 3 years, the therapists at the clinic have been working intensely at understanding attachment, adoption and the relationship to sensory integration dysfunction (DSI). Not only children from foreign adoptions, but also domestic adoptee's may be prone to DSI associated with neglect, abuse or genetic history of the birth parents. We have even developed an individualized treatment program specifically for adoptee's using sensory integration and attachment theories. For families that have adopted more than one child we offer "*We are a Family*" sensorimotor playgroup. The whole family participates. The goals include improving sensory processing, how to play, understanding family structure, following directions, following rules and having fun.

Sensory Integration

Sensory integration with occupational therapy treatment is the theoretical core of every program we offer. Whether it is social/emotional skills, language, play, academics or self care, adequate sensory integration and motor planning skills are a necessary component of every person who wants an independent and satisfying journey through life.

