

## **G. Bags, Balls, and Balance**

**February 9, 2019**

8:30 – 4:30 pm

6 Contact Hours

Nikki Rosen-Lieberman, MA, OTR/L

Educational Level: Introductory to Intermediate Level

Audience: OTs, PTs, SLPs, and interested others

### **Course Description**

This course will explore the importance of coordinated movements, self-regulation and object manipulation for brain-body integration using beanbags and balls. These are used in childhood games and even into adult life with professional baseball, tennis, football, etc. Games are won based on skill, precision, balance, and timing, along with behavioral factors such as focus, cooperation, planning, and responding (feedforward and feedback). The Peabody Developmental Motor Scale II Object Manipulation Sub-Test (an evaluation test used by many pediatric therapists) is dedicated to ball skills. Sensory processing principles related to vestibular, proprioceptive, auditory and visual processing will be integrated with two programs - Bal-A-Vis-X® (balance, auditory, visual eXercises), Brain Gym® and Infinity® Concepts. These programs have had a great influence in my work with children and adults who have an array of physical and cognitive challenges in a variety of settings. Participants will leave this course with a bundle of activity ideas to use the next day at school, home or in treatment session with individuals or groups, from preschoolers to senior citizens. Bean bags, vision tracking tools, and additional balls will be available for purchase at the course.

Required: Lab fee: \$5

### **Course Objectives**

The participant will be able to:

1. Describe how sand bags and balls can be used as therapeutic tools in groups or with individuals.
2. Demonstrate warm up activities for self-regulation / organization, midline-bilateral coordination and social skills
3. Correlating ball skills to motor development
4. Practice skills for whole body movements with balance movements, sand bags and balls.

### **Agenda**

8:30-10:00 An introduction to Bal-A-Vis-X® and Brain Gym®, Infinity®  
Practice using beanbags and balls

10:00-10:30 Break

10:30-12:00 Peabody Developmental Motor Scale II Object Manipulation Sub-Test  
Continued practice using Beanbags and balls

12:00-1:00 Lunch

1:00-2:30 The Dominance Factor (to understand how individuals process information)  
Testing and working with Vision

2:30-3:00 Break

3:00-4:30 Working with a student from evaluation to treatment  
Continued Practice using beanbags and balls, adaptively or with advance skills

### **Speaker**

Nikki Rosen-Lieberman, MA, OTR/L



Nikki Rosen-Lieberman, M.A., O.T.R./L became a Certified Infant Massage Instructor through the International Association of Infant Massage US Chapter in 1999. As an occupational therapist with a master's degree in early childhood education, she has worked with families of infants and young children in a variety of settings for over 40 years through the public schools and as co-founder and past clinical director of the Abilities Center Inc., a private clinic specializing in children and their families through community classes and therapeutic interventions in Michigan. Nikki's other credential include certification in sensory integration and praxis (SIPT) testing, pediatric neuro-developmental training (pediatric NDT). She is also a Feldenkrais® Practitioner. She has more recently studied Bowen Myofascial Work, and Biodynamic Craniosacral Treatment, Reflex Integration, BrainGym, Bal-A-Vis-X, and Yoga. In 1996, Nikki earned the Distinguished Service Award from the Detroit Occupational Therapy Association.

Disclosure Statement: Ms. Rosen receives an honorarium for her presentation at the Symposium. Non-financial: Ms. Rosen volunteers her services at Camp Avanti.