

# Outline

### Overview

Sensory Assessment Inventory and guided imagery  
Create a Time Diary- How much time do you spend in nature?  
Therapeutic Nature Enhanced programs  
Ethical considerations

### Nature-Informed Techniques for: Cognitive, Emotional Development

Increase focused attention  
Improve sensory integration  
Promote a calm but alert state  
Complex problem solving opportunities  
Promote confidence  
Stimulate creativity  
Increase empathy

### Sensory Integration

Promote less sensory overload  
Provide exposure to a variety of tactile stimuli  
Increase vestibular engagement  
Create a whole brain, whole body experience

### Physical Development

Posture  
Strength/balance  
Endurance  
Body awareness  
Immune system  
Sleep

### Clinical Application:

#### Bring the Outdoors In

Create natural lighting  
Integrate natural elements  
Nature bins  
Gardens  
Animal assisted therapy  
Tools for teaching mindfulness:  
Cloud spotting,  
Pebble meditation,  
Nature cards

#### Venture Outside

Natural settings promote:  
Listening  
Focused attention  
Cooperative interaction  
Problem solving  
Creativity  
Additional Nature-Informed Tools  
Nature quests  
Wilderness therapy  
Horticulture therapy

#### Develop a Treatment Plan

Nature-informed tools and the application of case studies  
Apply concepts of a nature-enhanced practice  
- craft a therapeutic homework guide  
Nature as a co-therapist in your practice

## Objectives


1. Articulate three ways to integrate nature-enhanced principles into your practice.
2. Construct three strategies to employ nature-informed tools and techniques for clinician self-care.
3. Critique three ways that non-directive active movement in natural settings is beneficial.
4. Develop nature-enhanced clinical applications designed to improve listening, attention, empathy and problem-solving while reducing aggression.
5. Design a nature-informed treatment plan and apply it to a clinical case study.
6. Choose at least three ethical considerations for integrating nature-informed therapies into clinical practice.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson-Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.



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# Nature-Informed Therapy Techniques

for Sensory, Cognitive & Emotional Development in Kids

### WHITE PLAINS, NY

Monday, September 18, 2017

### PLAINVIEW, NY

Tuesday, September 19, 2017

### MANHATTAN, NY

Wednesday, September 20, 2017



# Nature-Informed Therapy Techniques

for Sensory, Cognitive & Emotional Development in Kids

Cheryl Fisher, PhD, NCC, LCPC

- Strategies for ADHD, anxiety and depression
- Creative nature-enhanced sensory experiences (indoors & out)
- Nature-based mindfulness meditation & movement techniques



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# Nature-Informed Therapy Techniques

## for Sensory, Cognitive & Emotional Development in Kids

Epidemic proportions of children are diagnosed with ADHD, depression, sensory overload, and low self-esteem.

As therapists/educators, we are constantly looking for new tools and techniques that will truly make a difference in the overall health and well-being of children, while improving educational and therapeutic settings.

Outdoor play not only has the power to increase sensory regulation, attention, social skills, creativity, and problem-solving, but it's **free** and readily available. Unfortunately, the average child spends less than 30 minutes playing in natural settings, and recess is the first activity to be omitted in time-constraints and used as a disciplinary consequence.

Today kids know more about engaging in gaming, tablets, and social media, than they do about climbing trees and spying on bird nests, planting seeds and watching plants grow, and interacting in the natural world.

Join psychotherapist, counselor-educator, author, and nature-lover, Dr. Cheryl Fisher to bring the benefits of nature-informed therapy and play into your clinical practice. The kids you work with will be:

Self-confident	Physically active
Relaxed	Sensory integrated
Emotionally self-regulated	Creative
Empathetic	Focused
Problem solvers	

This workshop will provide you with evidence-based practices in the area of nature-child direct engagement and overall wellness. Come explore a fresh, creative and innovative way to engage kids of all ages.

## Speaker

**Cheryl Fisher, PhD, NCC, LCPC**, is a licensed clinical professional counselor and counselor-educator with 30 years of clinical and educational experience with individuals, families and children. She is a certified trauma professional and an abuse and domestic violence specialist with extensive clinical experience working with trauma survivors of all ages. Dr. Fisher was awarded the Governor's Award for her clinical work in trauma. She has deployed with the American Red Cross Mental Health Team both locally and nationally. Dr. Fisher is often assisted by her co-therapists, Max and Lily- golden doodle therapy dogs and a beta fish named Olive.

An international presenter, Dr. Fisher conducts research in the areas of nature and mental health, in addition to spirituality and meaning-construction. She is a columnist- The Counseling Connoisseur- for *Counseling Today Online*. Dr. Fisher has a PhD in Counselor Education and Supervision with an emphasis in the integration of psychology and spirituality, and an M.S. in Pastoral Counseling from Loyola University Maryland. She is certified in Jungian Sandtray work and play therapy. Dr. Fisher's writing projects include *Homegrown Psychotherapy: Nature-Informed Counseling* and the *Dr. Sophia* children's book series that connect children to nature in healing ways.

**Course Content Disclosure:** Speaker Cheryl Fisher is the author of the Dr. Sophia children's book series which may be referenced during the content of this seminar.

**Speaker Disclosures:**

Financial: Cheryl Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Cheryl Fisher has no relevant non-financial relationship to disclose.

**"A child's experience of nature exerts a crucial and irreplaceable effect on physical, cognitive and emotional development."** - Stephen Kellert, 2002, *Children and Nature: Psychological, Sociocultural, and Evolutionary Investigation*.

**Questions?** Call customer service at **800-844-8260**

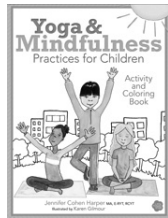
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## 70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior

By Lynne Kenney, Psy.D. & Rebecca Comizio, MA, MA-Ed, MCSP

Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later... with *70 Play Activities* for better brain function and learning.



## Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RYT, RCTY

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. *Yoga and Mindfulness Practices for Children Activity and Coloring Book* offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

**For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.**

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**Target Audience:** Counselors, Psychologists, Social Workers, Occupational Therapists, Speech-Language Pathologists, Educators, School Administrators and other helping professionals

### SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NEW JERSEY COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The New Jersey Board of Marriage and Family Examiners-Professional Counselors Examiners Committee recognizes courses and providers that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL:** This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept. of Education.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**NEW JERSEY SOCIAL WORKERS:** This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #10 Course #1502 from 8/8/2017 to 8/8/2019. Social workers will receive the following type and number of credit(s): Clinical 6.25.

ASWB NJ Continuing Education Course Approval Program for the New Jersey Board of Social Work Examiners.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONALS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

PLEASE RETURN ENTIRE REGISTRATION FORM

QUESTIONS? Call **800-844-8260** or e-mail us at **info@pesi.com**.

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NATURE-INFORMED THERAPY TECHNIQUES FOR SENSORY, COGNITIVE & EMOTIONAL DEVELOPMENT IN KIDS

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**ADA needs:**

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

**Tuition Options:**

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: **[www.pesi.com/coord](http://www.pesi.com/coord)** for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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**Advance registration by phone required.**

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\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA052655)

\_\_\_ **70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior** book\* \$26.99 (PUB084495)

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\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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