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Type Registration	Definition	Price
Group rate	Register 20 or more	\$300
Individual Rate	Single Registration	\$350

Course #	Course Title	
Webinar Date		
Name	Discipline	
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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



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Introductory Level
1.4 ASHA CEUs

WEBINAR

#7431 The Conscious Therapist Workshop: Mindfulness Applied

Instructor: Sheldon Herring, Ph.D., Marty Van Dam, MS, CCC-SLP, and Tracy Graham, MSP, CCC-SLP, CBIS

Audience: Physical Therapists, Occupational Therapists, and Assistants, Speech Therapists and related Healthcare professionals.

Delivery Options: Live Webinar
or Self-Study Options

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SUMMARY: The Brain Injury Leadership Academy aims to support the development of therapists and leaders in the field of brain injury rehabilitation, and thereby advancing the field of rehabilitation, through increased personal awareness, increased self-mastery and mindfulness through the application of conscious professionalism principles. We believe that if principles of emotional intelligence applied in a mindful way to persons with neurological injury can make a difference in their outcomes and quality of life, these core principles can have similar impact on the clinician's own personal growth! The unique challenges to mindfulness for the neurorehab professional require a unique approach to increase resilience, therapist satisfaction and ultimately therapist impact on the lives of those they serve. This interactive workshop is meant to lay the foundation for significant personal and professional growth.

The Conscious Therapist Workshop aims to provide rehabilitation therapists with a mindfulness based model that will help them navigate the many personal challenges of neurorehabilitation.

The workshop includes:

- Review of the neuroscience of awareness and emotional intelligence
- The Conscious Therapist model
- Authentic community: mindfulness applied to the whole rehab team
- Principles of a Deliberately Developmental Organization- how to support integration of the model in an interdisciplinary setting.

Course instruction method includes: Lecture, Demonstration, Pictures/Graphs, Videos, Group Discussion, Question/Answer, and Self Study and small group discussion

PRESENTER: Sheldon Herring, Ph.D., neuropsychologist and graduate of the University of Arizona, served as the Clinical Director of the Outpatient Brain Injury and Young Stroke Programs at Prisma Health-Roger C. Peace Rehabilitation Hospital from 1988 to 2024. Dr. Herring also taught Behavioral, Social, and Population Health Sciences at the USC School of Medicine Greenville. Dr. Herring served on the Board of Governors for the Academy of Certification of Brain Injury Specialists and is certified as an Advanced Practitioner/Certified Brain Injury Specialist. Dr. Herring previously served on the Board of Directors for the Brain Injury Association of America. Dr. Herring, who has practiced as a neuropsychologist for over 40 years, and has lectured regionally and nationally on brain injury rehabilitation topics. *Financial*— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

Marty Van Dam, MS, CCC-SLP is a Speech Language Pathologist who has been practicing in the field of neurorehabilitation since she received her graduate degree in 2005 from the University of Oregon in Eugene, Oregon. She is the program manager for Prisma Health's Outpatient Brain Injury and Young Stroke Program, a CARF-accredited interdisciplinary brain injury program in Greenville, South Carolina. Marty is a member of the board of directors for the Brain Injury Association of South Carolina, serving as President from 2021-2023. She also serves on the Board of Governors for the Academy of Certified Brain Injury Specialists. Marty has served as a volunteer leader for the American Speech Language Hearing Association with appointments to the Government Relations and Public Policy Board as well as the Financial Planning Board. *Financial*— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

Tracy Graham, MSP, CCC-SLP, CBIS is a Speech-Language Pathologist and Certified Brain Injury Specialist with 14 years of experience providing services to persons with acquired brain injury. She earned her Bachelor of Science in Health Science from Clemson University and her Master of Speech Pathology from the University of South Carolina. For the past 12 years, Tracy has worked at Prisma Health Roger C. Peace Outpatient Brain Injury & Young Stroke Program, a CARF-accredited community re-entry brain injury program, in Greenville, South Carolina. In her current role, she is responsible for staff development and the integration of evidence-based practices across an interdisciplinary team. *Financial*— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

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OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Describe the neural mechanisms for emotional self-regulation, awareness and social cognition as applied to their own work as clinicians, supervisors, managers, directors and executives
2. Identify the body sensations, thoughts and beliefs, and statements indicative of being Above or Below the Line
3. Identify ways in which their own personal style impacts interactions with clients, families, and their professional colleagues and one individual growth edge that will support their individual and team effectiveness

FORMAT: This is a 14-hour course equivalent to 14 CEU's or 1.4 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.

SLP Credit: This course is offered for 1.4 ASHA CEUs (Introductory Level).



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# PENDING. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 1.4 CEUs, Introductory Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

Day 1: Morning

- Introduction to the Why of the Conscious Therapist (60 minutes)
- Mindfulness, Emotional Intelligence, Self awareness (45 minutes)
- The Tool: "Above or Below the Line" (60 minutes)
- 4 ways of being in the world (to include the Line, content vs content) (30 minutes)
- (3.25 hours)

Day 1: Afternoon

- Theory of Escalation (30 minutes)
- Introduction to the Drama Triangle (45 minutes)
- Pseudo vs. Authentic Teams (75 minutes)
- Introduction of Essential Commitments (60 minutes)
- Questions and Answers Day 1 (15 minutes)
- (3.75 hours)

Day 2: Morning

- Leading and treating with your brain in mind: the neuroscience of conscious professionalism (60 minutes)
- Application of Essential Commitments
 - Security, control and approval (30 minutes)
 - Curiosity (30 minutes)
 - Allies (30 minutes)
 - 100% Responsibility (30 minutes)
 - Candor and Listening (30 minutes)
- (3.50 hours)

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Day 2: Afternoon

- Application of Essential Commitments
 - Gossip (30 minutes)
 - Integrity (30 minutes)
- The Deliberately Developmental Organization (30 minutes)
- Planning for application (45 minutes)
- Questions and Answers Day 2 (15 minutes)
- (2.5 hours)

Post-test: 30 Minutes Research, identify, and submit your post-test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.