

2025 Avanti Therapeutic Projects Symposium

Course C: Feeling Safe, Capable, and Connected: A Developmental, Sensorimotor Approach to Dynamic Postural Control

Sheila Frick, OTR/L

Saturday March 1st, 2025; 8:30 a.m - 4:00 p.m. CST

Location: Live webinar via Zoom; on-demand via Thinkific for 45 days; recordings will be released within 1 week of the event.

6 Contact hours



Audience: OTs, SLPs, PTs, mental health professionals, and interested others

Course Description:

Our earliest developmental experiences, including the sensorimotor and relational components, feed the expression of posture and our quality of movement. These fundamental experiences not only contribute to the external, observable aspects of posture, but also one's sense of self-competence in the development of the physical "me" in the field of gravity and in relationship to another.

In some instances, the combination of key sensorimotor and relational components do not align to support the unfolding of stability, mobility, and freedom of expression through movement. This lack of postural integrity can negatively impact the development of fine-motor, gross-motor, postural attention for higher-level learning, and our ability to fully engage with the people and events around us.

As therapists we must train our eyes to recognize, through key clinical observations, when these early foundations for posture and movement are disrupted. Furthermore, by understanding the unfolding of the developmental sequence and the key sensorimotor inputs, therapists will be better equipped to design and implement tailored interventions necessary for the development of adaptive posture and physical expression of emotion.

This course will explore the developmental unfolding of posture starting with the dynamic merging of sensations with key primary movement patterns to form our early physical base through the later development of anti-gravity skill, bilateral integration, and organized actions of relating in time and space. A combination of lecture, video examples, and experiential labs will be included throughout the course to further participants' understanding of the developmental sequence and sensorimotor components of postural development and the affective, qualitative aspects of movement.

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Course Objectives:

By the end of the course, participants will be able to:

1. Recognize how posture is the byproduct of optimal sensory processing and the unfolding of key developmental movement patterns.
2. Identify three treatment strategies that support the release of defensive tension patterns and the regulation of physiological arousal.
3. Understand how the development of anti-gravity postural control contributes to our perception of the body in space as an essential foundation for the development of all higher-level motor, perceptual, cognitive and affect regulation.
4. Recognize the overlap between postural development and affective expression.
5. Identify three structured and unstructured clinical observations that inform a clinically reasoned approach to treatment.

	Course C: Agenda
8:30 AM - 9:30 AM CST	Overview of the Body Senses in Relationship to Postural Development & Sense of Self
9:30 AM - 10:00 AM CST	The Developmental Progression of Anti-Gravity Control and Dynamic Stability
10:00 AM - 10:15 AM CST	Break
10:15 AM - 10:30 AM CST	The Developmental Progression of Anti-Gravity Control and Dynamic Stability Continued
10:30 AM - 11:30 AM CST	Primitive and Primary Movement Patterns in Relationship to Physiological Regulation and Protoself
11:30 AM - 12:30 PM CST	Lunch
12:30 PM - 1:30 PM CST	Primitive and Primary Movement Patterns in Relationship to Physiological Regulation and Protoself: Lab Exploration and Treatment Concepts
1:30 PM - 2:00 PM CST	Primary Movement Patterns of Relating to Gravity, Sensing Self and Other in the Physical 3-D World
2:00 PM - 2:30 PM CST	Break
2:30 PM - 4:00 PM CST	Primary Movement Patterns of Relating to Gravity, Sensing Self and Other in the Physical 3-D World: Lab Exploration and Treatment Concepts
4:00 PM CST	Adjourn

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Speaker Biography:

Sheila M. Frick, OTR/L, is an internationally esteemed clinician, lecturer, and pioneer in Occupational Therapy. She has over 40 years of clinical experience, having worked in psychiatry, rehabilitation, and home health before specializing in pediatrics. Her expertise includes sensory processing dysfunction, sensory integration, and auditory interventions. She created and continues to expand Therapeutic Listening®, which she has taught to over 15,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system and various auditory interventions. She is the creator and author of Listening With the Whole Body and co-author of Core Concepts In Action, Astronaut Training: A Sound Activated Vestibular-Visual Protocol, Out of the Mouths of Babes and M.O.R.E: Integrating the Mouth with Sensory & Postural Functions.

Disclosure Statement:

Financial - president of Therapeutic Resources, Inc. of which Vital Links is a subsidiary. Co-author of the Listening with the Whole Body book and receives royalty payment.

Non- financial - married to Ronald Frick, president of Vital Sounds, Inc.

Disclaimer:

Some of the music selections (Quickshifts) that are used in the course are developed & sold only by Vital Sounds, Inc. This presentation will focus exclusively on Quickshifts & will not include detailed information on other binaural beat technology. Vital Sounds is a sister company of Vital links.