



Vickie Meade Therapy Presents:
Partners In Movement Top 10
Top Ten Strategies for Partnering with families across lifespans

Hosted by South Peace Child Development Centre
Two Day Workshop: September 12 and 13th, 2019
Dawson Creek, BC

Interest in attending must be expressed by June 12th 2019

Course Instructor:

Dr. Vickie Meade is a board-certified clinical specialist in Pediatric Physical Therapy and owner of Vickie Meade Therapy Services. Vickie's special interest has been applying detailed knowledge of how muscles develop, which assists families and services to create the best movement opportunities in environments where people spend their time. Vickie has been involved in research and teaching; assisting the development of premature infants, helping parents identify their family member who may need extra support and most recently, applying these principles to universal intervention in childcare settings. Vickie's current work allows many opportunities to apply these principles with clients from newborn through elderly ages. Vickie's recent webinars through Therapy BC illustrate mentoring in screening infants and supporting families across their family member's lifespan. Vickie's book publications include 'Partners in Movement: A family centered approach to pediatric kinesiology' 'Handwriting: Anatomy of a Collaborative Assessment/Intervention Model' and 'Helping Babies Help Themselves' (available through ACER press, Australia www.acer.edu.au)

Course Description:

Therapists begin a partnership on their first visit with a new family, whatever the age. This partnership is honed through asking the right questions, listening for 'I can do this', and creating doable strategies together. Solutions will integrate the relevant kinesiological thinking to select movements that can be part of a families' typical day. Anticipatory guidance will illustrate these practical strategies. The participants will particularly enjoy the family stories presenting powerful and unique perspectives on successful partnerships over 20 years and longer. This two day course will offer participants lectures, workshop ideas and video cases to actively select treatment objectives and integrate strategies across multiple environments.

Course objectives: Upon completion of this course, the participant will be able to explain each of the following ten steps and apply these principles in their everyday work.

1. That first visit sets the stage, interview, time to build rapport: case stories
2. Listen, listen, listen: case stories
3. The red circle of coaching! Three steps
4. Share your thoughts: the 'teacher role'
5. Feedback: 'show me' and the use of video
6. Keep the solutions simple: how understanding kinesiological development over time assists choice selection
7. Pace: Don't wear people out...a lifetime is a long time
8. Team: Family as central in transdisciplinary models of service delivery
9. Equipment: Use little, time wisely
10. Importance of moving across the lifespan: Many die young for a reason

DAY ONE:

- 8:00 REGISTRATION
8:30 INTRO: The top 10 strategies
9:00 Let's take a look together
10:15 BREAK
10:30 Communication: Interview, listen, coach, share

11:30 **Tasksheet #1** Finding the communication moment
12:30 LUNCH
1:30 Simple solutions Treatment opportunities: This session will combine the mornings review and discussion of kinesiological considerations as functional activities and the environment keep solutions simple
2:00 Workshop: Practice strategies

3:00 BREAK
3:15 Using Feedback: 'Show me'
4:30 Discussion/Questions

DAY TWO

- 8:30 What's on your mind?
9:00 It's all about the PACE
10:15 Break
10:30 **Tasksheet #3 Finding magic moments**
12:30 LUNCH
1:30 Team: Families are central Case Study **Tasksheet #4**
3:00 Break
3:15 Equipment isn't everything, but it helps
4:00 Keep Moving
4:30 Finish

PLEASE WEAR COMFORTABLE CLOTHING

COST

- *Course Registration \$300 / based on 40 people attending*
- *Flights: Air Canada and Westjet both fly into Fort St John: 45 min drive to Dawson Creek. (average flight \$420) Local Air Line is Central Mountain Air : only one flight out per day.*
- *Driving: Dawson Creek from Prince George 4 ½ hours, Dawson Creek from Kelowna 12 hours.*