

Register online at [www.autismofpa.org](http://www.autismofpa.org)!

Individual \$35\_\_\_\_  
Professional w/CEU's \$55\_\_\_\_  
Person w/ASD \$20\_\_\_\_

Total enclosed \$\_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone/Email (required) \_\_\_\_\_

Organization (if applicable) \_\_\_\_\_

Payment:

\_\_\_\_\_ Check Enclosed (payable to ABOARD)

\_\_\_\_\_ MasterCard \_\_\_\_\_ VISA

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3-digit identifier  
(On back of card)

**CANCELLATION POLICY**

A complete refund will be given if a participant cancels their registration five days prior to the program. A 75% refund will be given if a participant cancels their registration one to four days prior to the program. No refunds will be made for cancellations or "no shows" on the day of the program. In the event the program is canceled by Autism Connection of PA, a complete refund will be given.

## Continuing Education Credits

### AOTA OCCUPATIONAL THERAPY

The Advisory Board on Autism and Related Disorders (ABOARD) is an Approved Provider of the American Occupational Therapy Association (AOTA.) A maximum of 0.3 credits (3 contact hours) will be awarded upon successful completion of the seminar. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PA EDUCATORS ACT 48

The Allegheny Intermediate Unit is recognized by the PA Department of Education to offer continuing education credits ACT 48 under guidelines. A maximum of 3 hours of PA EDUCATORS ACT 48 credits will be awarded for the completion of the seminar. A certificate of attendance is provided as well.

### SOCIAL WORKERS

For social workers, 3 credit hours of continuing education are provided for the completion of the seminar through co-sponsorship of the University of Pittsburgh School of Social Work, a Pennsylvania-approved sponsor of social work continuing education.



## Sensory Integration & Pain Relief:

### A Novel Approach for Helping People with Autism Spectrum Disorder (ASD) and their Caregivers

Presented by  
Caitlin Freeman



**Saturday**  
**September 15, 2012**  
8:30 a.m. – 12:30 p.m.

*Location: ABOARD's Autism Connection of PA*  
35 Wilson St. Suite 100  
Pittsburgh, PA 15223  
412.781.4116

(GPS address: 35 DEWEY STREET)

## our presenter

### **Caitlin Freeman**

Caitlin Freeman received her B.A. from Sarah Lawrence College in music and theatre arts, and graduated from the three-year Alexander Technique teacher training program at the Alexander Technique School of New England. Caitlin is certified by the American Society for the Alexander Technique (AmSAT).

Caitlin is a faculty member in the Theatre Department at Point Park University's Conservatory of Performing Arts in Pittsburgh, Pennsylvania.

Caitlin's overall goal is to empower individuals using the Alexander Technique; music, art, and drama therapy; and music education.

Caitlin's specialty is using the Alexander Technique, voice training, and theatre coaching to work with individuals on the Autism Spectrum.

### **Contact Caitlin Freeman:**

Alexander Technique Guide  
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15213  
[www.AlexanderTechniqueGuide.com](http://www.AlexanderTechniqueGuide.com)  
[caitlin.freeman@gmail.com](mailto:caitlin.freeman@gmail.com)  
215.280.0339

## agenda

8:30-9:00 am Registration  
9:00-10:00 Overview of Alexander  
Technique/ Use for Sensory Integration  
10:00-10:15 BREAK  
10:15-11:15 Hands on demo for SI  
11:15-11:30 BREAK  
11:30-12:30 Demo for pain relief

## audience

Recommended audience include parents and extended families of children with ASD, individuals with ASD, regular and special education teachers, para-professional support staff, guidance counselors, social workers, clinicians, advocates, psychologists, and all those desiring knowledge about ASD.

## program description

Many children and adults with ASD have sensory processing challenges. These individuals often have difficulty taking in information from their senses of touch, movement, balance, hearing, and vision and integrating this information into a meaningful whole. This presentation will explain these sensory issues from the perspective of an adult with ASD and Sensory Processing Disorder (SPD). Participants will learn simple, effective techniques for helping individuals with ASD and SPD achieve sensory integration. Parents, teachers, and therapists who work with individuals with ASD and SPD will benefit from these practical strategies. Individuals with ASD and SPD will also benefit, and are encouraged to attend.

## learning objectives

- Describe how to identify and distinguish the 3 subtypes of SPD.
- Describe practical strategies for treating SPD.
- Describe practical strategies for treating chronic pain.
- Understand that the brain's misinterpretation of sensory data is responsible for both SPD and chronic pain.