



**Registration opens  
11 Sept, 2017**

## **Collaboration: A Practical Approach to Enhance Neuroplasticity 2 Day Interprofessional Course**

**Teresa Siebold,**  
BHSc. PT, BSc., NDTA™ PT Instructor

**Sarah Castell,**  
R.SLP

**25 & 26 November, 2017**

**Royal Alexandra Hospital – Rehabilitation Services  
Edmonton, Alberta**

### **Course Description**

In neurorehabilitation, crucial concepts have been recognized and studied to promote recovery of function. In the recipe for neuroplasticity, three significant ingredients are gaining new insights and research into optimizing patient recovery and promoting efficiency within a rehabilitation team. These are: Transference – the idea that the acquisition of one skill will enhance that of another; Interference – when a variety of tasks becomes too much for the client’s system and in fact impedes performance and learning; Collaborative Practice – the sharing of knowledge and skills to influence client care. This 2 day inter-professional session will define and describe these critical neuroplasticity principles and provide strategies to apply them. More familiar concepts of repetition, intensity, and specificity will also be incorporated. Key Neuro Developmental Treatment (NDT) principles, such as activity-based rehabilitation, feedforward and feedback options will be fundamental. An integrated team approach, with direct client involvement and case examples, will guide course participants to identify barriers to recovery and to perform intervention planning.

### **Target Audience**

Physiotherapists, Occupational Therapists, Speech Language Pathologists, Therapy Assistants, Recreation Therapists, Music Therapists.

Maximum enrollment: **36**

### **Format**

A blended learning design will be incorporated, including lecture, videotaped client demonstration, inter-professional group problem solving, idea sharing and lab practice.

## **Learning Objectives:**

Upon completion of the course, learners will be able to:

1. Define plasticity and the key ingredients to promote positive plasticity.
2. Recognize that “timing is everything” in rehabilitation.
3. Demonstrate methods to optimize each therapy session using transference, interference and collaborative practice as our guides.
4. Recognize the importance of employing an activity-based rehabilitation program conjointly with the above plasticity principles.
5. Demonstrate a variety of cueing and handling options that will ensure transference and limit interference.
6. Assess the value of championing a collaborative practice approach in their clinical setting.

## **Speakers**

**Teresa Siebold**, B.H.Sc.PT, B.Sc., C/NDT is a Physiotherapist with almost 20 years of experience in adult neurorehabilitation. As an educator, Teresa began instructing post-graduate courses for therapists and assistants in 2008. She is an NDTA<sup>TM</sup> Physiotherapy Instructor, and has taught sessions throughout Canada and in the USA. Teresa has worked in many areas of neurology, ranging from acute care, to outpatient rehabilitation. Currently, Teresa is working at the Association for the Rehabilitation of the Brain Injured (ARBI) in Calgary.

**Sarah Castell**, R.SLP, graduated from Manchester Metropolitan University in 2008. Sarah spent 3 years working within the National Health Service in England, with both inpatient and outpatient neurology caseloads. In 2011 Sarah moved to Canada and is now working on the acute stroke unit at Surrey Memorial Hospital. Sarah has completed post graduate training in PROMPT, TalkTools and NDT to further enhance her skills working with the neurological population. Sarah has also completed Respiratory courses and training focusing on an ENT/Voice caseload.

## **More information:**

Contact [cherie.henderson@ahs.ca](mailto:cherie.henderson@ahs.ca) or [william.tung@ahs.ca](mailto:william.tung@ahs.ca)

## General Registration Form

Name: \_\_\_\_\_

Work site: \_\_\_\_\_

Work Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

***In order to tailor the course to our participants, we would like some additional information:***

Job title

OT  PT  SLP  Rec Therapist  TA  Music Therapist

Other  (please specify): \_\_\_\_\_

Years of Experience: \_\_\_\_\_

Employment setting (circle all that apply):

Acute care                  Inpatient Rehabilitation                  Outpatient Rehabilitation

Community                  Long Term Care                  Other (please specify): \_\_\_\_\_

Patient populations served (diagnosis, age): \_\_\_\_\_

Do you have any special dietary restrictions? (We do not guarantee accommodation of restrictions)

\_\_\_\_\_

**Registration fee CAD \$500 by cheque only (No money orders please).** Fee includes course tuition, program materials, refreshments for morning/afternoon breaks and lunch daily.

Please make **cheques payable** to “*Alberta Health Services*” and add “*RAH Rehabilitation Services Department*” in the memo line.

**Registration Process:** *Complete registration form and payment and mail to:*

Rehabilitation Services Department (Attn: Cherie Henderson / William Tung)  
S-106, Active Treatment Centre  
Royal Alexandra Hospital  
10240 Kingsway Avenue  
Edmonton, Alberta T5H 3V9

**Cancellation Policy:**

Registration fee will be refunded if written notification is received by **27 Oct, 2017**.

The RAH Rehabilitation Department reserves the right to cancel this course if enrollment is not sufficient up to 10 days prior to course starting.