



## About the Central Coast

The Central Coast of California is one of the world's most beautiful areas. San Luis Obispo County is home to many vistas, clean air, amazing beaches, world renowned wineries and daily farmer's markets. Visit us for the course but consider extending your stay to experience some of the best that California has to offer. The Central Coast is a nice change of pace from other parts of CA you may be familiar with.



## Faculty

Mary is the director and owner of Maple Valley Pediatric Therapy. She has over 30 years of experience as a pediatric Occupational Therapist and leads a strong team of therapists. Mary's areas of expertise include pediatric massage, sensory integration, neuro-developmental therapy, and yoga. She is co-author of the book, "Pediatric Massage for the Child with Special Needs" and numerous articles on massage for infants and children. Mary has a special passion for working with children and adults with sensory processing and self-regulation challenges. In addition to working directly with children and their families, Mary teaches workshops and provides consultation to parents and professionals. Financial: Mary Fuhr receives a speaker fee from Coast Allied Health as well as minimal royalties for the co-authored ebook, Pediatric Massage for the Child with Special Needs. Non-Financial: She has no relevant non-financial relationships to disclose.

## Course Date & Location

May 2, 2014  
San Luis Obispo, California  
Hampton Inn & Suites  
1530 Calle Joaquin  
San Luis Obispo, CA 93405

Please visit our website for a list of accommodations and to learn more about what the beautiful Central California Coast has to offer.

### Course Credits

This course is 6.5 contact hours/ .65 CEUs

NBCOT professional development provider - 6.5



## Pediatric Massage for ALL Children



presented by  
**Mary Gengler Fuhr**  
OTR/L, RYT, CEIM

May 2, 2014  
Hampton Inn & Suites  
San Luis Obispo, CA

sponsored by  
**Coast Allied Health Consulting  
& Education, Inc.**

**[www.coastalliedhealth.com](http://www.coastalliedhealth.com)**

**(805) 996-0899**

## Course Description

In this interactive and relaxing class, participants will learn **why** touch and massage are crucial for all children and **how to** provide massage and other touch/pressure techniques. Modifications for children with Autism Spectrum Disorders, sensory processing issues, developmental disabilities, and neuro-motor conditions will be presented. Through power point presentation, discussion, and hands-on practice with each other and a doll, participants will gain the basic knowledge and skills necessary to safely provide infant and pediatric massage. This introductory level course is appropriate for occupational therapists, physical therapists, massage therapists and other professionals working with children with special needs.

## Course Objectives

1. Participants will identify at least 2 physiological and 2 psycho-social benefits of touch and massage.
2. Participants will be able to demonstrate 3 positioning technique options for massage on a doll and/or each other.
3. Participants will identify at least 3 precautions/medical considerations influencing massage for children.
4. Participants will be able to discuss the outcomes of at least 2 research studies supporting the use of massage for children with a variety of health issues.
5. Participants will identify at least 3 signs and symptoms of overstimulation and at least 2 modifications to massage in response to those signals.
6. Participants will be able to describe 3 preparations that can be made to make the massage experience a positive one for the child.
7. Participants will practice massage techniques for the legs, arms, back, abdomen, and face on a doll and/or each other.

## Course Agenda

8:00-8:30 Registration & Continental Breakfast

8:30-10:00 Introduction to Pediatric Massage

- General Benefits of Massage
- Psychological Considerations in Bonding/Attachment
- Specific Benefits for Children with Special Needs including those with Autism Spectrum Disorder, Sensory Processing Disorder, Down Syndrome, Cerebral Palsy, Hypersensitivity, Prematurity, etc.
- Review of the literature Relating to infant/pediatric massage

10:00-10:15 Break

10:15-12:00 Neurophysiological/Medical Considerations

- Signs and Symptoms of Overstimulation
- Infant States
- General Precautions/Medical Considerations

12:00-1:00 Lunch Break

1:00-1:30 Positioning/Preparation/Modifications of Massage

1:30-2:15 Video of massage of children with special needs

2:15-2:30 Break

2:30- 4:00 Practicum - Participants will practice massage strokes on each other and a doll.

4:00-4:30 Questions/Discussion

## Participant Requirements

- Yoga/exercise mat, doll, pillow and towel.
- Sleeveless shirt and shorts are recommended for the hands-on portion.

## Additional Information

Massage Research Information from the Touch Research Institute - Univ. of Miami  
<http://www6.miami.edu/touch-research/Massage.html>

*Massage for Infants and Children on the Autism Spectrum* - Coauthored by Mary Gengler Fuhr  
<http://www.coastalliedhealth.com/s/Massage-for-Infants-and-Children-on-the-Autism-Spectrum.pdf>

## Registration Information

Course registration fee is \$185.

To register online or for more information please visit <http://www.coastalliedhealth.com>.

To speak with us directly or to register by phone, call us at (805) 996-0899.

\*Coast Allied Health Consulting and Education reserves the right to cancel any course at any time. We are not responsible for any expenses incurred by the learner except for course tuition reimbursement. Once a course is in progress, no refunds will be issued, no exceptions.