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### Summer 2012 THERAPEUTIC GROUPS

Have some *fun* this summer- join one of our therapeutic groups! For the past 12 years, the CTN therapists have been providing fun and effective group experiences for children focusing on a variety of skill sets. At Children’s Therapy Network we pride ourselves not only in creating the “just right” group fit for your child, but also connecting with parents throughout the group experience in order to help facilitate changes outside of the clinic setting. All of our groups are run by year-round staff occupational and speech therapists, with additional volunteer support in order to allow for expertise and low adult/child ratios.

<b>"Let's Play" Social Pairings</b>	<b>Days: Vary</b> <b>Cost:</b> \$45 per class or \$400 for the entire 10 sessions if paid in full on the first day of class.	<b>Dates:</b> week of June 18 <sup>th</sup> -August 27 <sup>th</sup> (10 weeks)
<p>This is for children who are already showing regular engagement with adults, but who are at the beginning stages of interacting successfully with peers. It is also appropriate for children who have the basics of peer interaction, but need more specific skills training (such as sharing or perspective taking) in order to further build competence. This group is open to children of any age. Considerations for peer matches will be based on age and therapeutic needs.</p>		
<b>Sensory-Based Social Training Group</b> Ages 4-12, divided	<b>Mondays 3:00-5:00</b> <b>Cost:</b> \$90 per class or \$800 for the entire 10 sessions if paid in full on the first day of class	<b>Dates:</b> June 18 <sup>th</sup> -August 27 <sup>th</sup> (10 weeks)
<p>Through sensory exploration and movement, children are encouraged to develop and maintain positive interactions with peers. We have added individualized elements from two well-known social skills curriculums- <b>Super Skills</b>, by Judith Coucouvanis, MA, APRN, BC and <b>Superflex: Social Thinking Curriculum</b> by Stephanie Madrigal and Michelle Garcia Winner. Using activities from these two programs, we will teach specific social learning objectives while also supporting “free play” in order to allow children to flow naturally into and out of social engagements with peers. This group is appropriate for children who are able to remain regulated within a group context with some adult support. Strategies that we utilize include: consistent sensory regulation support, video modeling, skill focused strategies and role playing, visual schedules and interest focused activities.</p>		
<b>"How Does Your Engine Run?" Group</b> Ages 7-10	<b>Tuesdays 3:30-4:30</b> <b>Cost:</b> \$45 per class or \$400 for the entire 10 sessions if paid in full on the first day of class.	<b>Dates:</b> June 19 <sup>th</sup> -August 28 <sup>th</sup> (10 weeks)
<p>This group teaches children the tools needed to calm and focus more independently within the school, home and community settings. The “How Does Your Engine Run?” curriculum instructs children in the language used to label one’s own internal regulation level (high, just right, low), and the experiential sensory activities used to change those regulation levels in daily life. This program is designed for children ages 7 and up. It is very helpful for children to have participated in individual occupational therapy sessions in the past.</p>		
<b>Brain Builders</b> Ages 5-12, divided	<b>Tuesday, Wednesday, Thursday 8:30-9:30</b> <b>Session 1 Dates:</b> June 19 <sup>th</sup> -July 19 <sup>th</sup> (12 sessions) <b>Session 2 Dates:</b> August 7 <sup>th</sup> -August 30 <sup>th</sup> (12 sessions) <b>Evaluation:</b> \$75- In most cases this is required to determine the specific skills/goal areas for the group. <b>Cost (per session):</b> \$45 per class OR \$480 for the entire 12 sessions if paid in full on the first day of class.	
<p>This program is designed to address children’s underlying visual motor, ocular motor, bilateral coordination, and attention skills required to support learning tasks such as reading, writing- <i>in a fun and engaging group setting!</i> We will pull from a wide range of therapeutic techniques such as Handwriting without Tears, Interactive Metronome, Ocular Motor (functional eye movement) and Visual Motor training, Brain Gym, Vestibular Habilitation and postural development exercises. This group will be offered 3 times per week in order to provide children with the intensity to promote change with 2 sessions (both sessions are not required, may choose from one or both). Following the group, an individualized home program will be provided in order to successfully prepare your child for the coming school year!</p>		
<b>Picky Eaters Feeding Group</b> Ages 5-10	<b>Tuesdays 2:30-3:30</b> <b>Cost:</b> \$50 per class or \$500 for the 10 sessions if paid in full on the first day of class. This includes a one hour individual session with the parent and child to support carryover.	<b>Dates:</b> June 19 <sup>th</sup> -August 28 <sup>th</sup> (10 weeks)
<p>If you have a child who is hesitant to expand the variety of foods that they willing to try, then we have a group for you! This occupational therapy group will use a variety of sensory modalities in order to explore foods in a peer context. We will pull strongly from the SOS approach to feeding program. Parent support will be given in the form of relevant articles, weekly feedback and an individual follow up session in order to facilitate carryover of changes seen during group into the home environment.</p>		

### Therapeutic Group Policies:

- \*Sessions most often require an intake prior to admission into the group. We look at skill level, sensory needs and child strengths in order to determine the best possible plan for each child's therapeutic group experience.
- \* There will be *no therapeutic groups the week of July 4<sup>th</sup>*.
- \*Group fees require private payment only. In some cases, county funding, such as post-intensive dollars, may cover the cost of the session. If you would like to consider using this funding for the therapeutic group, please contact your case manager prior to enrolling in the group. We will assist you by submitting the appropriate written reports for County funding approval.
- \*There are 2 payment options. You can choose to pay per session. This payment plan will be invoiced monthly. A discount will be given if the entire session is paid in full prior to the first day of class. We are happy to pro-rate the session by one week (for those who pay in full at the beginning of class) if approved prior to the start of the session.
- \* We offer an individualized parent consultation as part of the group experience in order to give more specific feedback around your child's progress as well as next steps. This is a half hour and the rate is \$50. We highly recommend that parents participate in an individual consultation.
- \* There is a \$50 registration fee for entrance into group. This will be applied toward the total session fee.

### PRESCHOOL PLAY GROUPS

<b>Little Movers Play Group</b> Ages 2-5	<b>Session 1:</b> Monday 10:30-11:30	<b>Dates:</b> June 18 <sup>th</sup> -August 27 <sup>th</sup> (10 weeks, NO CLASS July 2 <sup>nd</sup> )
	<b>Session 2:</b> Wednesdays 10:30-11:30	<b>Dates:</b> June 20 <sup>th</sup> - August 29 <sup>th</sup> (10 weeks, NO CLASS July 4 <sup>th</sup> )
<b>Cost:</b> \$70 for the 10 week session. Sliding scale available based on financial need. Please register prior to attendance. Registration can be pro-rated for late admission, based on space availability.		

We are offering a play group for children ages 2 to 5 years and their parents. This group will be facilitated by an occupational therapist. Our staff will also be available to answer questions and facilitate interaction among peers and between parent and child. Our goal is to provide families with a successful playgroup opportunity in a sensory-enriched environment that promotes exploration and play experiences while meeting you and your child's needs.

### INDIVIDUAL THERAPEUTIC SERVICES

**Individual Therapy Services:** Please visit us at [www.ctn-madison.com](http://www.ctn-madison.com) for details on how we may support your child and family

- Occupational Therapy (traditional and intensive model)
- Speech Therapy
- Physical Therapy
- Expressive Arts Program
- SPD Training Classes

**Interactive Metronome Intensive Program:** Interactive Metronome is a computer based assessment and treatment program. It has been shown to be a powerful tool in the treatment of Attention Disorders, Autism, Learning Disabilities, Motor and Coordination Disorders and Sensory Processing Disorders. Interactive Metronome places a strong emphasis on training timing and rhythmicity. This allows children to strengthen sequencing and motor planning to promote consistent participation in functional skills. Interactive Metronome challenges children to hit a metronome beat through the use of a trigger attached to their hand or foot. Children receive auditory feedback through headphones that gives them information as to how exact they are staying on the beat. In a clinical study published in the American Journal of Occupational Therapy, an IM training group was shown to have statistically significant improvements over both the control groups in areas of attention, motor control, language processing, reading and the ability to regulate their aggression.

At Children's Therapy Network, we use the Interactive Metronome Program, in combination with other sensory and motor based interventions in order to support children. The Interactive Metronome Program is recommended to be completed for at least 12 sessions carried out in 3-4 sessions/week.

**Summer Programming fills up FAST! If you are interested in any of the services listed above, please check out our website, call us at (608) 234-5990 or e-mail us at [info@ctn-madison.com](mailto:info@ctn-madison.com)!**