

"Fabulous! I have been in pediatric practice for 25 years... This program refreshed my spirit, stimulated my mind, and fostered my creativity."

How Does Your Engine Run?[®]



*The Alert Program[®]
for Self-Regulation*

Presented by

Sherry Shellenberger
Mary Sue Williams



*Sponsored by
TherapyWorks, Inc.*

TherapyWorks, Inc.

7200 Montgomery NE, Ste. B9 PMB 397
Albuquerque NM 87109
(877) 897-3478
fax (505) 899-4071

**Learn about our new
games, new songs, and
new self-study CEU tests!**
(see inside brochure)

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APP
**APPROVED PROVIDER of
CONTINUING EDUCATION**
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Therapy Association, Inc.

Product Descriptions

LEADER'S GUIDE

This book is the "original" and explains the Alert Program® in its entirety. It guides you through the twelve steps to teach independent self-regulation with an extensive list of activities and clinical stories. The book includes all worksheets needed for the program with permission to copy for educational use.

INTRODUCTORY BOOKLET

This booklet is our ol' faithful way of sharing the basics of the Alert Program with those who may not be familiar with its concepts. Readers of this booklet will be more prepared to support children's use of the engine analogy and self-regulation strategies.

TEST DRIVE

This book, and the accompanying CD with its appealing songs, is the fastest way of teaching the Alert Program to children (and adults). The book is full of practical ideas to show you how to use the songs, step-by-step, in classrooms, homes, and therapy clinics.

TAKE FIVE!

This book was written for parents and teachers, providing activities that are helpful to keep children alert at home and school. Many therapists highly recommend these low budget, easy-to-use activities.

ALERT: GO FISH! AND ALERT BINGO

These printable card games are available from our website (www.AlertProgram.com) so you can print them directly to your printer. These outstanding Go Fish and Bingo game variations effortlessly teach children the basics of the Alert Program.

KEEPING ON TRACK: Alert Program Companion Game

This board game is an educational and fun way to reinforce the Alert Program concepts. This visually engaging road trip includes game instructions and "bonus material" with plenty of tips to make the game successful for children of different ability levels.

ALERT PROGRAM CD

This is a double CD set includes an introduction to the program with excerpts from the *Leader's Guide* read aloud by the authors. These playful songs are coded for increasing or decreasing alert levels (Note: these songs do not use the "engine analogy." The *Test Drive* songs teach self-regulation through the engine vocabulary.)

Self-Study CEU Tests

Need CEU's? This a simple way to receive CEU's by reading our Alert Program products. You can take the test repeatedly, if needed, until you pass. Visit our website and click on "Distance Learning" for more information.

How Does Your Engine Run?®

The Alert Program® for Self-Regulation

"If your body is like a car engine, sometimes it runs on high, sometimes it runs on low, and sometimes it runs just right." When therapists, teachers, or parents use these simple words to begin the Alert Program, they enter an exciting adventure with children. The journey unfolds easily with the program's clearly defined steps for teaching self-regulation awareness.

The Alert Program assists children who have learning disabilities and attention problems (as well as typical children) to understand the basic theory of sensory integration related to arousal states. Through the program, children learn a repertoire of strategies that enhance their abilities to learn, interact with others, and work or play. Children not only learn to monitor their level of alertness, but improve in self-esteem and self-confidence.

If children are intellectually challenged or developmentally younger than the age of eight, the program's concepts can be utilized by parents or staff to facilitate optimal functioning. Join us in this practical, evidence-backed workshop and learn specific methods that can be incorporated easily into therapeutic and edu-

"Phenomenal! I can't tell you how much this info has influenced me personally and professionally, as an OT and as a parent."

"This is such a practical and flexible course. Excellent for many professions."

Conference Info

The book, "How Does Your Engine Run?"[®] A Leader's Guide to the Alert Program[®] for Self-Regulation is a required text.
(Retail price is \$40. Conference price is \$30.)

TherapyWorks, Inc. is an AOTA Approved Provider and will issue a Certificate of Attendance for 12.75 Contact Hours (1.2 AOTA CEUs – AOTA Classification Code Category 2 – Occupational Therapy Process) at the end of the conference.*

FREE hand fidget toys and oral motor snacks to help your "engine run just right" are included in the registration fee.

Special Needs:

If you require any special assistance, due to physical limitations, TherapyWorks, Inc will make every effort to accommodate your needs. Contact us at least six weeks in advance to ensure that arrangements can be made.

A confirmation letter will be sent to you prior to the workshop, only if you provide us your email address on the registration form. If requested in writing two weeks prior to the workshop, refunds will be issued minus a \$50 processing fee. In the unlikely event this workshop would need to be canceled, TherapyWorks cannot be responsible for travel or hotel expenses.

You can register for this conference on our website at www.AlertProgram.com.

Just a friendly reminder: you may want to make a copy of the registration form before you send it back to us to be sure you have the Conference Details including the conference site and directions. Don't want your "engine to run on high" the morning of the course, as you are getting ready to go out your door, and realize you don't have the directions!

* The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Product Order Form

TherapyWorks, Inc.

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www.AlertProgram.com

Name _____
 Profession _____
 Employer _____
 Address _____
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	Price	Qty.	Total
Leader's Guide	\$ 40.00 ea.		
Introductory Booklet			
Quantity 1-9	\$ 7.50 ea.		
Quantity 10-24	\$ 6.50 ea.		
Quantity 25-40	\$ 5.50 ea.		
Quantity 50+	\$ 4.00 ea.		
Alert Program CD	\$ 20.00 set		
Take Five!	\$ 30.00 ea.		
Test Drive Book & CD	\$ 35.00 ea.		
Keeping On Track Game	\$ 40.00 ea.		
	Subtotal		
	NM residents add 7% tax		
	\$0.00 - \$20.00 = \$6.00 for S&H		
	\$20.01 - \$40.00 = \$9.00 for S&H		
	\$40.01 - \$80.00 = \$15.00 for S&H		
	\$80.01 and up = 20% for S&H		
	International Orders*		
	Total		

*Canadian orders call 1-877-897-3478 for shipping options.
For all other international orders, email us on our website.

PAYMENT OPTIONS

- My check is enclosed payable to TherapyWorks, Inc.
 My purchase order is enclosed. PO # _____
 Charge my credit card:
 MC Visa
 Credit Card # _____
 Expiration Date: Month _____ Year _____
 Print Name: _____
 CIV/CVV # (3 digit number on back of card): _____
 Signature: _____

HOW DID YOU HEAR ABOUT THE ALERT PROGRAM

- searched the internet . . . what link?
 received flyer in the mail
 heard from a friend/co-worker
 attended a lecture by the authors
 attended a lecture by _____
 other: _____ speaker's name



Alert Program Schedule

Day One

- 8:30 Registration (Continental Breakfast)
- 9:00 Overview of the Alert Program
- 9:45 Underlying Theory and Teaching Tips
- 10:15 Break
- 10:30 Theory (continued)
- 12:00 Lunch (on your own)
- 1:15 "Detective Work"
- 2:15 "Hands On" Activities
- 2:45 Ways to Share the Theory
- 3:15 Break
- 3:30 Stage One
- 4:30 Implementation of Ideas
- 5:00 End of Day One



Day Two

- 8:30 Coffee and Tea
- 9:00 Stage Two
- 10:15 Break
- 10:30 How to Implement Classroom Strategies
- 12:00 Lunch (on your own)
- 1:15 Stage Three
- 2:30 Considerations in Setting Up the Program
- 2:45 Planing Time in Small Groups: How will I begin (or continue) to use the Alert Program in my setting? [snack food pick-up]
- 3:30 Key Points to Success
- 4:00 Sharing New Activity Ideas
- 4:45 Summary
- 5:00 End of Day Two



*Come, learn, and re-energize your engine!
Find out why, after this two day conference,
so many participants leave saying, "This is
the best conference I've ever attended!"*

About the Speakers

Mary Sue Williams, OTR, and Sherry Shellenberger, OTR, have lectured extensively across the country and internationally since 1991. They have published numerous products including their newest game, Keeping on Track: Alert Program Companion Game. Mary Sue and Sherry have developed practical ways to teach people of all ages how to incorporate sensory integration theory into every day living. AOTA recognized their contributions by honoring them with "Excellence in Intervention Development and Dissemination" Award in June 2003.

Objectives

This workshop is intended for a variety of professionals including OT's, PT's, SLP's, teachers, counselors, and parents. All who attend will glean new information whether or not they have tried using the program.

Participants will be able to:

1. Implement the Alert Program in clinic, school, or home settings with an individual client or with groups of clients.
2. Interpret their own sensorimotor preferences thereby improving their ability to facilitate clients' self-regulation and attention.
3. Utilize new therapeutic/educational activity ideas for home, school, and therapy settings.
4. Apply novel methods to educate others about the basics of sensory integration and underlying theory of the Alert Program.

