



# NDT Facilitation

WITH LOIS BLY, PT, MA, NDT COORDINATOR INSTRUCTOR

2 COURSE DATES TO CHOOSE FROM:

FRIDAY, JUNE 22 – SATURDAY, JUNE 23, 2018

MONDAY, JUNE 25 - TUESDAY, JUNE 26, 2018

**Therapy West Inc./pLAy Studio  
18333 S. Main Street  
Gardena, CA 90248**

**Contact: (310) 892-3174 or [dkiefer@therapywest.org](mailto:dkiefer@therapywest.org)**

## Course Description

This two day course (14.5 contact hours) will include lecture, lab and treatment demonstrations. An overview of principles of NDT facilitation will be presented, facilitation techniques will be reviewed and practiced on classmates, and treatment demonstrations by the instructor will apply the use of the techniques on children with developmental delays

During each session participants will learn facilitation techniques appropriate to use with children and adolescents with cerebral palsy. Participants will practice each technique on various classmates and will have techniques practiced on them. This is primarily a LAB COURSE. Participants must wear clothes that enable movement.

Facilitation techniques will include those used for transitional movements, trunk, upper extremity, and lower extremity mobility and control. There will be a treatment demonstration with a child with cerebral palsy on Friday and Saturday afternoon to demonstrate the actual application of the techniques. The book by Lois Bly and Allison Whiteside, Facilitation Techniques Based on NDT Principles will be used as the text.

## Program Objectives

**UPON COMPLETION OF THE COURSE, PARTICIPANTS WILL BE ABLE TO:**

1. List the major principles of NDT facilitation techniques.
2. List the major reasons why it is important to work on the trunk
3. Describe the relationship between trunk and extremity movements

4. Demonstrate facilitation techniques on the sagittal plane.
5. Demonstrate facilitation techniques on the frontal plane
6. Demonstrate facilitation techniques on the transverse plane.
7. Describe and demonstrate techniques to increase trunk mobility and control.
8. Describe and demonstrate techniques to increase upper extremity mobility and control.
9. Describe and demonstrate techniques to increase lower extremity mobility and control.
10. Identify compensations and deviations from normal movements.

# NDT Facilitation

## About the Instructor

Lois Bly, PT, MA, C/NDT, is an NDTA Coordinator Instructor and clinician who has offered seminars, workshops and NDT certificate courses throughout the United States, Canada, Australia, Brazil, Argentina, Peru, Chile, South Africa, Hong Kong, Scotland and Ireland. Ms. Bly was certified in Neuro-Developmental Treatment by the Bobaths in London, and received her NDT Instructors Certification from Mary Quinton and Dr. Elsbeth Koeng of Switzerland. She received her Masters Degree in Motor Learning at Teachers College, Columbia University. She is the author of the monograph, Components of Normal Movement During the First Year of Life and Abnormal Motor Development, and the books Motor Skills Acquisition in the First Year and Baby Treatment Based on NDT Principles and co-author with Allison Whiteside of the book Facilitation Techniques Based on NDT Principles. She also published the Motor Skills Checklist based on the book Motor Skills Acquisition in the First Year. Her most recent publication, 2011, is a monograph, Components of Typical and Atypical Motor Development. In 2000 she received the NDTA Award of Excellence in 2000. In 2009 she received the APTA Pediatric Section Jeanne Fischer Mentorship Award.

## Schedule

### DAY 1

7:30	Registration
8:00	Introduction to Facilitation
8:15	Importance of Weight Shifts in Facilitation
9:30	Break
9:45	Facilitation of Prone to Standing
12:00	Lunch
1:00	Facilitation of Trunk Mobility and Control - Rotation
2:30	Video Tape of Client for Demo
3:15	Break
3:30	Treatment Demonstration
4:30	Discussion
5:00	Adjourn

### DAY 2

8:00	Facilitation of Shoulder Girdle Mobility and Control and Facilitation of Upper Extremity Use
9:30	Break
9:45	Facilitation of Pelvic Girdle Mobility and Control
12:00	Lunch
1:00	Video Tape of Client for Demo
1:30	Facilitation of Lower Extremity Use
2:45	Break
3:00	Treatment Demonstration
4:00	Discussion
4:30	Adjourn

## **Participant Requirements**

This intermediate-level course is open to physical therapists, occupational therapists, and assistants. Participants should wear comfortable clothing for labs. Recommended textbook is Lois Bly's *Facilitation Techniques Based on NDT Principles*).

## **Cancellation Policy**

There will be a \$50 processing fee for cancellation by a participant more than 14 days prior to the course. No refunds will be given for cancellations within 14 days of the course; however, registrations may be applied towards a future seminar with a \$50 processing fee. In the event of course cancellation by Therapy West, Inc., a full refund will be provided.

**SPACE IS LIMITED!! EARLY REGISTRATION IS HIGHLY RECOMMENDED.**

# NDT FACILITATIONS COURSE

<p><b>Please circle preferred course date:</b> JUNE 22-23, 2018    or    JUNE 25-26, 2018</p> <p><b>Registration (Please mark one):</b></p> <p><input type="checkbox"/> \$450 Standard Registration</p> <p><input type="checkbox"/> \$425 Group Registration (3 or more participants registering simultaneously)</p>	
<p><b>Optional Panera Lunch Option:</b> For an additional <b>\$15/day</b>, a Panera lunch will be delivered at the start of break. If interested, please indicate your selection for day(s) in which you are interested. For example, mark, "F" for Friday, "SAT" for Saturday, "SUN:" for Sunday:</p> <p><input type="checkbox"/> Roasted Turkey &amp; Avocado Sandwich                      <input type="checkbox"/> Bacon Turkey Bravo Sandwich</p> <p><input type="checkbox"/> Chicken Cobb Salad w/Avocado                              <input type="checkbox"/> Greek Salad w/Chicken</p> <p><small>*Sandwiches come with chips; salads come with baguette. Drinks will be provided.</small></p>	
<b>TOTAL</b>	

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

**Phone:** ( \_\_\_\_\_ ) \_\_\_\_\_

**Email Address (REQUIRED):** \_\_\_\_\_

**Profession (please circle):** PT / OT / PTA / COTA / OTA / SLP

**REGISTRATION & PAYMENT METHODS:**

1. **Online:** Register online at [www.therapywest.org](http://www.therapywest.org) and pay with PayPal

2. **Register via email.** Email form to [dkiefer@therapywest.org](mailto:dkiefer@therapywest.org)

Form should include payment information below:

**Check:** Payable to Therapy West. Please send check to:  
 Therapy West, Inc., Attn: Jhoanna Swan  
 11605 Washington Blvd  
 Los Angeles, CA 90066

**Credit Card Number:** \_\_\_\_\_

VISA / MC / DISC    Security Code: \_\_\_\_\_    Expiration Date: (\_\_\_\_\_/\_\_\_\_\_)

**Name on card & billing address:** \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Registration Information & Cancellation Policy**

Email confirmation will be sent upon receipt of payment. Payments received within 14 days of the course must be made with a credit card. Please DO NOT make travel or hotel accommodations until you have received confirmation of your registration. There will be a \$50 processing fee for cancellation by a participant. In the event of course cancellation by Therapy West, Inc., a full refund will be provided.