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Located at:

11460 West Washington Boulevard, Los Angeles, CA 90066

18333 South Main Street, Gardena, CA 90248

310.337.7115





Sign up for our newsletter

[Here](#)







Therapy West Cancellation Policy

Regional Centers, School District, and Easter Seals:

- Clients must maintain 80% attendance.
- 2 no-shows will result in immediate removal from schedule.

Insurances:

- Clients must maintain 80% attendance.
- 2 no-shows results in immediate removal from schedule.
- Cancellations made more than 24 hours in advanced are not subject to a fee.
- Clients are allowed 3 cancellations per calendar year that are given with less than 24 hour notice. Starting on the 4th cancellation, the client will be charged a \$75 fee per session when cancelled within less than 24 hours.

TWISPP SICK POLICY

For the health and safety of you, your child, and all our families, we ask that you please keep your child home if they exhibit any symptoms of being ill including:

- Fever
- Wheezing or shortness of breath
- Hard cough
- Runny nose with yellow/green mucus
- Diarrhea or vomiting
- Redness or discharge in eyes (conjunctivitis)
- Sore throat or swollen glands
- Undiagnosed rashes
- Open sores
- Head lice and/or nits (must be completely cleared)

They can return when they are well and/or have a note from their pediatrician stating they are not contagious (For example, they do not have COVID, a respiratory virus, flu, rash, head lice, etc.)

If your child is positive with COVID (symptomatic or asymptomatic), they can return:

- After 5 days of isolation (the first day of symptoms is day "0"),
- PLUS fever free without fever reducing medication for at least 24 hours
- PLUS a negative COVID antigen test on day 6. They will have to be able to wear a well-fitting mask before, during, and after therapy when around others.
- If the COVID test on day 6 is positive, they must remain at home until they have completed 10 days of isolation.

If you will be keeping your child home from TWISPP, please make sure to let us know by calling and leaving a voicemail (310-337-7115 ext.361) OR by emailing us (twispp@therapywest.org) by 8:00am the morning of.

Thank you for your cooperation in keeping everyone safe and healthy!

When your child is no longer sick, we are happy to provide make up classes for the days they missed. Just ask your TWISPP teacher if there is space.



Client Review

We value your feedback and are eager to hear from you. Whether you have suggestions for improvement or want to share positive experiences, please click on the link below to provide your input regarding Therapy West staff or therapists. Your opinions are important to us.

[Leave a review here!](#)

Now Enrolling!

We have immediate availability in our center based program (TWISPP: 18 months- 3 years) at both of our locations!

GARDENA

(vendor code HW0528)

Monday - Friday

9:00am-11:45am

LOS ANGELES

(vendor code H19268)




Monday-Friday

9:00am-11:45am



If you have any questions or would like to send referrals, please call us at 310-337-7115 ext. 166 or email us at twispp@therapywest.org

As always, thank you for all your referrals!





Need Help
for Yourself or Your Child?



Resources & Services

Mondays & Weds (11:00am–7pm)
Thursdays (10am – 1:00pm)

Therapy West, Inc. has a new MSW Intern
Jennifer St. Jude (Ask Office Staff for Info.)



- Understanding Autism & DD/ID
- Benefits – Resources - Referrals
- Emotional or Behavioral Problems
- School Issues
- Insurance Problems
- Regional Center or SDP Info.
- Other Questions or Concerns

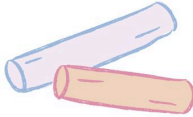


MONTHLY OT/PT/ST TIPS!!!

occupational therapy tip!

*Remember to make it a fun experience for the child and supervise all activities for safety.

September is back to school month! It's a great time to support your child's fine motor, visual motor skills which are important for school tasks such as handwriting! See below for some fun back to school activity suggestions to help children build their fine motor skills for handwriting



FOR TODDLERS:

Work on pre-writing skills such as grasping small objects, use small broken crayons to color to encourage development of using a more refined grasp on objects, draw and scribble on large surfaces such as butcher paper, chalk on the sidewalk to work on strengthening their upper extremity muscles as these are also important if development and support of more refined skills at the hand



FOR SCHOOL AGED KIDS:

Practice writing or drawing in different ways without using a pencil! Draw in the sand with a stick or finger, make letters and shapes out of different media (e.g., playdoh, popsicle sticks, wikki stix), make a 'clay tray' and draw on it (flatten clay in a baking sheet or pie tin until about 1/2 " to 1 " thick)

physical therapy tip!

WHY YOU SHOULDN'T 'W' SIT



What is 'W' sitting?

- When a child sits on the floor with their bottom between their feet with their knees bent and hips turned in
- See picture to the left

Why is 'W' sitting bad?

- Limits active trunk control and development of the trunk/core musculature required for independent sitting
- Can lead to tightness and contractures of the hamstrings, heel cords and internal rotators of the hip which can affect their balance, coordination, and development of motor skills
- Decreases the amount of trunk rotation and their ability to cross midline
- Can lead to knee pain and injuries during adolescence and on into adulthood
- Can limit active participation in activities as mobility is limited

Why do children 'W' sit?

It gives the child a wide base of support to compensate for:

- Low muscle tone
- Hypermobile joints
- Poor sitting balance
- Poor trunk control/strength/endurance



What are alternative positions?

- Tailor sitting (aka 'Criss Cross Applesauce')
- Bench sitting (sitting on a chair, yoga block, etc.)

speech therapy tip!

DIRTY CLOTES, CLEAN CLOTHES

communication opportunities



WHOSE CLOTHES IS IT?

Incorporate pronouns and people concepts such as mine, yours, Mom's, Dad's, brothers, sisters, etc. when sorting laundry into piles

WHERE DOES THE CLOTHING GO?

Create the opportunity to talk about clothing and body parts they go on. such as- "socks go on your feet"

CONCEPTS

- pronouns
- colors
- sizes
- right/left
- same/different
- body parts

CALENDAR OF EVENTS

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 TW Closed in observance of Labor day	2	3	4	5	6	7
8	9	10 PEP TALK	11	12	13	14
15	16	17	18	19	20	21
22 National Ice Cream Cone Day	23	24	25	26	27	28
29	30					

TWISPP MONTHLY THEME

September 2025

THIS MONTH

THEME:
ALL ABOUT ME

CONCEPT:
BODY PARTS

COLORS:
PURPLE

SHAPE:
OVAL

BOOKS OF THE MONTH

"From Head to Toe"
by Michael Rosen

SONGS OF THE MONTH

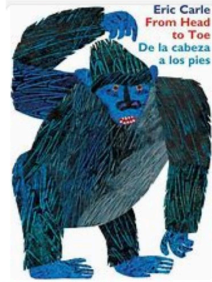
"Head, Shoulders, Knees, and Toes"

"Hokey Pokey"

"Put Your Finger On Your Nose"

PEP TALKS

ESTABLISHING BASIC ROUTINES
IN PERSON @ BOTH LOCATIONS
CHECK IN WITH YOUR TEACHER TO
SIGN UP



if you cannot attend in person- a zoom link
will be provided for your convenience.
Please inquire with your teacher.

REMINDER:

**TWISPP IS CLOSED ON
MONDAY, 09/01/2025**

**IN OBSERVANCE OF
LABOR DAY**

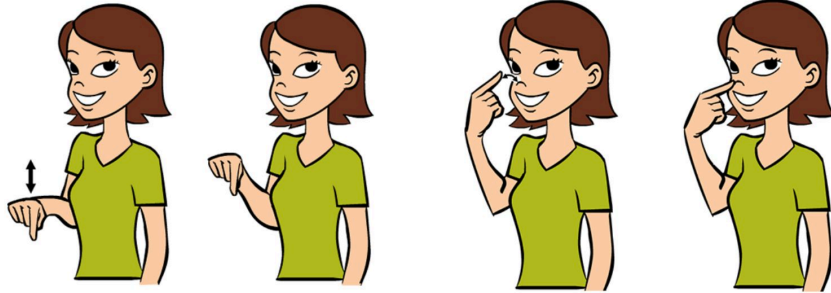
If your child is scheduled this day,
please talk with your TWISPP
teacher to reschedule to another
day (if space is available).

If you have any questions or
concerns, please give us a call at
(310) 337-7115 ext. 361 or email us at
twispp@therapywest.org

TWISPP EVENTS

AMERICAN SIGN LANGUAGE

Learn Sign Language



"Feet"

To do the baby sign for Feet, Point with the index of dominant hand in the direction of the feet.

"Nose"

To do the baby sign for nose, point to the nose with index of dominant hand.

MEET OUR STAFF

Winnie Soenaryo, OTD, OTR/L, BCP, is an assistant professor of clinical occupational therapy at USC and serves as the Admissions Coordinator for the Post-Professional MA program. She has over 20 years of experience in pediatric occupational therapy and is board certified in pediatrics by AOTA. With a global background in clinical practice and teaching, her expertise includes sensory integration, caregiver coaching, and culturally responsive care. Dr. Soenaryo earned her BA from Calvin University and completed both her MA and OTD at USC. She is dedicated to delivering high-quality, family-centered care and advancing evidence-based clinical practice.

WINNY



COMMUNITY EVENTS



PARTICIPATING LOCATIONS




Westside Events Here!!



South Bay Events Here!!



South LA Events Here!!



REGAL

my way

matinee

a **sensory friendly** place where I can be ME!

Free to move & talk • Lower sound • Brighter lights

Sensory-Friendly Movies

Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes a safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films!

These showings will be the first show of the day on select Saturdays each month at participating locations.

Showings here

COMMUNITY EVENTS

NEWSLETTER (AUG)

From: Jennifer St. Jude, MSW Intern

Classroom with solid fillBooks with solid fillSocial Work Therapist Tip

Returning to School

Going back to school after a long break can be difficult for any child to adapt to. However, it can impact the Neuro-Diverse brain of Individuals with Developmental Disabilities more severely and they can resist the stressful transition and exhibit a lot of distress behaviors. For example: meltdowns, tears, withdrawal, outbursts and/or aggression. In addition, other diagnoses can worsen.

The bottom line: No one wants to cause or experience suffering. What can we do?



Social Stories to the Rescue

Social Stories were developed by Carol Gray in 1991 as a positive intervention strategy for children with Developmental Disabilities, specifically Autism. But social stories are excellent strategy to convey information to individuals of any age. Think of how much more you learn and enjoy when a presenter has a Power Point and shares stories with you. We are narrative beings. Long before we read books and watched TV, we told stories.

Here's How to Create a Social Story

Social Stories have 10 defining criteria that you can look up on line.

But here is a simplified example of a Social Story for going back to school.

You can make up this story but try to mirror some of the same questions or worries you think your child might have. Point out the child strengths and how he will handle challenges. Basically, a Social Story gives the child a visual picture of how a new situation will be and what he or she can expect.

Example Social Story about Going Back to School:

Luis the turtle had the best summer ever. He swam in the pond and laid in the sun. He played games and sometimes stayed up late. School is starting in two weeks. He will miss doing all those fun summer things but he will have fun in school too. Luis loves to play with his friends on the swings. He likes doing homework and getting gold stars and he likes getting to play at recess. The first day of school is sometimes hard because there are some new things. He will have a new teacher and be in a new grade. Luis will have help in class like last year and learn new fun things. Everything will be ok.

Boletine Informativo (AUG)

de: Jennifer St. Jude, MSW Intern

Classroom with solid fillBooks with solid fillConsejos de Trabajo Social

De Regreso a la Escuela

Regresar a la escuela después de un largo descanso puede ser difícil para cualquier niño adaptarse. Sin embargo, puede afectar más severamente el cerebro neurodiverso de las personas con discapacidades del desarrollo, quienes pueden resistir esta transición por ser estresante y resultar en muchos comportamientos de angustia. Por ejemplo: pataletas, lágrimas, retraimiento, arrebatos y/o agresión. Además, otros diagnósticos lo pueden agravar. En resumen: Nadie quiere causar ni experimentar sufrimiento. ¿Qué podemos hacer?



Historias sociales al rescate

Las historias sociales fueron desarrolladas por Carol Gray en 1991 como una estrategia de intervención positiva para niños con discapacidades del desarrollo, específicamente autismo. Sin embargo, las historias sociales son una excelente estrategia para transmitir información a personas de cualquier edad. Piensa en cuánto más aprendes y disfrutas cuando un presentador tiene una presentación en PowerPoint y comparte historias contigo. Somos seres narrativos. Mucho antes de leer libros y ver la televisión, contábamos historias.

Cómo crear una historia social

Aquí tienes un ejemplo simplificado de una historia social para el regreso al cole.

Las historias sociales tienen 10 criterios que las definen y las puedes consultar en línea.

Puedes inventar esta historia, pero intenta reflejar algunas de las mismas preguntas o preocupaciones que crees que tu hijo podría tener. Señala sus fortalezas y cómo afrontará los retos. Básicamente, una historia social le da al niño una imagen visual de cómo será una situación nueva y qué puede esperar de ella.

Sun with solid fillTurtle with solid fill

Ejemplo de una historia social sobre el regreso al cole:

Luis, la tortuga, tuvo el mejor verano de su vida. Nadó en el estanque y se tumbó bajo el sol. Jugó y a veces se quedó despierto hasta tarde. La escuela empieza en dos semanas. Extrañará todas esas cosas divertidas del verano, pero también se divertirá en la escuela. A Luis le encanta jugar con sus amigos en los columpios. Le gusta hacer la tareas y ganar una estrella dorada o medallas, y le gusta jugar en el recreo. El primer día de clases a veces es difícil porque hay cosas nuevas. Tendrá un nuevo maestro y estará en un curso nuevo. Luis tendrá ayuda en clase como el año pasado y aprenderá cosas nuevas y divertidas. Todo estará bien.

THERAPY WESTERS SPREADING THE WORD...





7TH ANNUAL SCHOOL-BASED OT SYMPOSIUM
ADAPTING, SUPPORTING, THRIVING: ELEVATING OUTCOMES &
PROMOTING EXCELLENCE IN SCHOOL-BASED PRACTICE |
EARN 7 PDUS

WE ARE THRILLED TO HAVE ERNA BLANCHE, PHD, OTR/L,
FAOTA, GIVING OUR KEYNOTE ABOUT TIME/SPACE
SYNCHRONICITY IN THE DEVELOPMENT OF PRAXIS AND
GOAL-ORIENTED BEHAVIORS. THE MORNING WILL PROVIDE
LOTS OF INFORMATION THAT YOU WILL BE ABLE TO APPLY
IMMEDIATELY FOR YOUR PRACTICE. PLUS, THERE WILL BE 5
MORE SECTIONS FOLLOWING DR. BLANCHE WITH
OUTSTANDING INFORMATION. WE LOOK FORWARD TO
SEEING YOU IN OUR VIRTUAL MEETING SPACE.

DATE/TIME

SATURDAY, SEPTEMBER 13, 2025 | 7:30AM TO 4:00PM

COST

OT/OTA MEMBERS - \$129 | OT/OTA NONMEMBERS \$ 169
STUDENT MEMBERS - \$99 | STUDENT NONMEMBERS \$129

**Erna and Dominique taught a course in July in
Mexico.**

Curso internacional y presencial

**INTEGRACIÓN
SENSORIAL
AVANZADA:**

**Combina Enfoques para
RESULTADOS DE IMPACTO**

**Erna Imperatore
Blanch**
PhD, OTR/L, FAOTA

**Dominique
Blanche Kiefer**
PhD, OTD, OTR/L, BCP

Sede: Grand Hotel Fiesta Americana.
Monterrey, Mexico.

Julio
31
2 0 2 5

Agosto
1 2 3
2 0 2 5

RESERVA

Inscríbete

Fonolatin®
ADVANTAGE SERVICES

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11460 West Washington Blvd., Los Angeles, CA 90066*

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