

# NewsWorks

TherapyWorks Quarterly Newsletter



Working Wonders in Children's Lives

Spring 2012

## A Lesson in Listening

By Laura Diamond, MS, CCC-SLP

TherapyWorks has recently implemented Integrated Listening Systems (iLs), a program that targets sensory processing, attention, memory, coordination, emotional regulation, reading/writing, self-confidence, self-expression and impulse control. iLs helps improve regulation, processing and motor skills by retraining the connections in the brain.

When the nervous system is immature or faulty, the flow of information between the brain's two hemispheres or integration of sensory information can be disrupted. This disruption can cause poor impulse control, deficits in attention and concentration, poor academic performance, challenges with balance, coordination and motor control, and poor auditory and sensory processing. These difficulties are commonly reported in children with ADHD, learning disabilities, and autism.

"(It) has improved Avery's ability to concentrate and complete tasks as well as give her more overall confidence," said Taryn Ledford, whose daughter is receiving iLs therapy.



*Avery Ledford participates in an iLs therapy session. Sessions include wearing headphones while following verbal instructions.*

Working through an iLs program directly addresses these issues. iLs programs activate the pathways used in the processing of sensory information by providing gentle and specific stimulation. This stimulation is typically classical music or chanting that has been modified to target specific areas of the brain and learning based on the findings of Dr. Alfred Tomatis.

Dr. Tomatis was recognized that there was a connection between the ear and the voice in a "cybernetic" or feedback loop. He also recognized the relationship between sound frequencies and their affects on the brain. For example, sound frequencies from 0-750 Hz are in the sensory-motor zone and affect a person's motor skills, such as balance, coordination, rhythm, muscle tone, body awareness and motor planning.

During an iLs therapeutic session, a person wears headphones while performing specific motor tasks. A session can last from 20 minutes with an infant to a full 60 minutes for children ages 2 and up. Each program can be modified for an individual's specific needs.

### Upcoming Events

#### Ready, Set, Run! 5k and Fun Run

Join the Autism Center of Tulsa on Saturday, May 19, at Hunter Park for the 6th Annual Ready, Set, Run! 5k and 1 mile Fun Run. The 5k begins at 8 a.m. and the Fun Run starts at 10 a.m. There will also be a children's play area and community resources fair. Visit [www.autismtulsa.org](http://www.autismtulsa.org) for more information.

#### Summer Groups

Sign up today for our summer groups! We are offering infant development classes and yoga and exercise groups for kids. <http://www.therapyworkstulsa.com/images/PTGroups-2012.pdf>

#### Keeping up with TherapyWorks

Follow us on Facebook and Twitter (@TherapyWorksOK) and check out our blog at <http://therapyworkstulsa.blogspot.com/>.



# Working Wonders

A spunky 4-year-old, Cassie Jo was diagnosed with spina bifida when she was born. Many children with spina bifida cannot walk or have difficulty walking and when Cassie Jo first came to TherapyWorks, she was using a walker and had very limited mobility.

Receiving occupational and physical therapy at TherapyWorks for almost a year, her treatment sessions have focused on increasing her independence with walking with an assistive device.

Several months ago Cassie Jo's therapists, Kea Averill, PTA, and Laci DiLibero, PTA, began training her how to walk with forearm crutches.

On April 11, 2012, Cassie Jo walked with her forearm crutches, across the therapy gym, for the first time. Her mom and therapists were ecstatic, to say the least.

During her jaunt across the gym, Cassie Jo exclaimed, "I can walk like a big girl now!"

*Cassie Jo receives physical therapy, occupational and speech therapy at TherapyWorks.*

## Meet The TW Team

### **Andrea Shotton, MS, RD, LD**

Pediatric Registered Dietitian

*"I strive to bridge the gap between Medical Nutrition Therapy and children with special healthcare needs, easing the caregivers' tasks and improving the child's quality of life."*

#### Specialties

- Inborn Errors of Metabolism
- Failure to Thrive/Poor Growth
- Weight Management
- Food Aversions
- Diabetes
- Feeding Difficulties
- Food Allergies and Intolerances
- Enteral Nutrition/Tube Feeding Management

#### Certifications/Memberships

- American Dietetic Association
  - Commission on Dietetic Registration
- Oklahoma Board of Medical Licensure and Supervision

#### Education

- M.S. in Nutritional Sciences
  - Oklahoma State University
- B.S. in Chemistry - University of Tulsa

#### Beyond TherapyWorks

Andrea enjoys spending quality time with her husband and two children as well as scrapbooking, machine embroidery and working in her backyard garden and flower beds. She loves teaching children to enjoy all types of colorful, wonderful cuisine.



## **THERAPYWORKS**

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## **TW Therapy Staff**

### **Occupational Therapy**

Suzette Jones, OTR/L  
*President*

Jill Spurrell, OTR/L  
*OT/PT School Manager*

Erin Kizzar, OTR/L  
*OT Clinic Manager*

Kayla King, OTR/L

Amanda Masters, OTR/L

Nicole DeWitt, OTR/L

Julie Stolt, OTR/L

Michelle Zurek, OTR/L

Oleeta Noah-Boswell, COTA

Lindsay Reed, COTA

Astrid Lowry, COTA

Kehm Swehla, COTA

Candice Elrod, COTA

### **Speech Therapy**

Kathy Soland, CCC-SLP  
*ST Clinic Manager*

Cindy Steck, CCC-SLP  
*ST School Manager*

Alicia Christopher, CCC-SLP

Laura Diamond, CCC-SLP

Breanna Taylor, CCC-SLP

Sydney Page CCC-SLP

DeeAnna Cook, CCC-SLP

Robyn Vanderveen, CCC-SLP

Becky Bergren, CCC-SLP

Debra Robinson, CCC-SLP

Lisa Strong, CCC-SLP

Rachel White, CCC-SLP

Stefani Wiley, CF-SLP

Rachel Tomison, CF-SLP

Laura Carter, CF-SLP

### **Physical Therapy**

Danielle Hildebrand, DPT

Laurel Johnson, DPT

Laci DiLibero, PTA

Kea Averill, PTA

Amanda Zarbano, PTA

### **Nutrition**

Andrea Shotton, R.D., L.D.