**Session 1**

**Neurological Development**

Latest research on neurological differences associated with motor skills, sensory processing, language development, self-regulation, and learning

Hindrances to typical brain development Structural brain differences and neurochemistry in common diagnoses and symptoms

A bottoms-up model for brain-based intervention

***Video labs, neuro coloring page, and brain models***

**Assessment of Neurological Functioning**

SPD vs ADHD

Sensory vs Behavior

Behavior disorders

Standardized Assessment Tools

Behavior Analysis

Easily accessible checklists and surveys

**Session 2**

**Build a Strong Neurological Foundation**

Sensory-motor activities to build strong neural connections between key brain regions

Strengthen the insular cortex to improve emotional awareness

Strategies to stimulate the vagal nerve to power up the parasympathetic nervous system

Integrate primitive reflexes to enhance posture, motor control, and emotional responses

**Session 3**

**Using Neuroplasticity to Repair/Rebuild Affected Brain Structures**

Restore balance between the frontal cortex and the amygdala to decrease sensory sensitivities, anxiety and aggression

Auditory stimulation to facilitate a calm and focused state

Yoga and mindfulness strategies to reduce an overactive fight-or-flight response

Proprioceptive, vestibular and tactile input to regulate emotional responses, reduce self-stimming, self-injury and anxiety

**Session 4**

**Neurochemistry’s Impact on Behavior, Emotions, Motor Skills and Learning**

Primary role of major neurotransmitters Signs and symptoms of neurotransmitter imbalance

Correlation between neurotransmitters, sensory processing and emotions

Evidence-based strategies for neurotransmitter deficits/excesses

**Session 5**

**Cognitive Behavioral Therapy (CBT) Techniques**

CBT to identify triggers and manage emotions

Behavior mapping to improve self- awareness

Social stories and video modeling to target mirror neurons and teach appropriate responses

Programs to improve social skills and manage physiological response to conflict and stress

Token economy to address self-regulation

**Session 6**

**The Role of Medication**

Perspectives on medication  
Commonly prescribed medications for childhood diagnoses  
Supplements to consider

**Brain Health**

Nutrients for neurotransmitter production Sleep hygiene  
Nature  
Physical health

Use of electronics and video games

**Clinical Considerations**

Goal-writing  
Data-tracking  
Limitations of research and potential risks