Time-Ordered Agenda for

Improving Regulation and Connection Through the Use of Therapeutic Fidget Tools in OT

Instructor: Jerrod Brown, PhD

Time (Minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
40	Explain the theoretical and neurobiological foundations of trauma-informed care, including adverse childhood experiences (ACEs), attachment, early childhood development, nervous system functioning, and sensory regulation, as they relate to the use of therapeutic fidget tools. Identify the potential benefits and clinical applications of therapeutic fidget tools for supporting mindful engagement, grounding, attention, sensory integration, self-regulation, and the management of stress, anxiety, trauma symptoms, and self-harming behaviors.	Lecture, case study, discussion
40	Select developmentally and clinically appropriate therapeutic fidget tools by considering individual client characteristics, including cognitive, affective, social, developmental, sensory, and neurodivergent needs, while addressing safety considerations such as choking hazards.	Lecture, case study, discussion
40	Demonstrate strategies for integrating therapeutic fidget tools into trauma-informed treatment to promote client autonomy, self-awareness, emotional regulation, treatment engagement, and a sense of safety. Apply practical strategies to address common challenges associated with implementing therapeutic fidget tools, using case examples and clinical considerations to individualize interventions and support effective, ethical, and trauma-informed practice.	Lecture, case study, discussion
120	**TOTAL RUN TIME**	