



IMPROVment®

Introductory Workshop 2021

Workshop Description/Program Overview

Our introductory workshop is open to movers and practitioners of all kinds. Regardless of prior experience, participants in this workshop will experience IMPROVment® classes, enjoy presentations about our research, and explore how the IMPROVment® method might bolster each participants' individual practice and goals. While this workshop lays the groundwork for our more advanced teacher training experience, it can be enjoyed as a standalone experience.

During our Introductory Workshop students will:

- Experience IMPROVment® classes
- Learn about the method, research, and history of IMPROVment®
- Learn about the structure of our classes and practice teaching IMPROVment® exercises
- Meet our team of artists, neuroscientists, mental health professionals, and physical and occupational therapists.
- Share and exchange expertise
- Join our community

For information regarding training details, contact Jessie Laurita-Spanglet at jlspanglet@gmail.com.

For information regarding registration, payment and/or credit contact Michelle Adams at micadams@wakehealth.edu.

Platform

Zoom

Target Audience

PTs, OTs, nurses, professional dancers, educators, researchers, community practitioners, retirement home activities directors

Dates and Times

Saturday, March 20th from 1-4
Sunday, March 21st from 1-4

Saturday, March 27th from 1-4
Sunday, March 28th from 1-4

Registration Fees

General Public: \$250

Full time students/seniors/people experiencing financial hardship: \$125

Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70 percent of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

Workshop Objectives

- Review the method, research, and history of IMPROVment®
- Explain the structure of the classes and practice teaching IMPROVment® exercises.
- Share and exchange expertise with other health professionals.

Core Workshop Faculty

Christina Soriano, MFA
Christina Hugenschmidt, PHD LPC
Rebecca Barnstaple, PHD
Jessie Laurita-Spanglet, MFA

Maggie Fleita, OTD, OTR/L
Breanna Carter, OTD/S '21
Kamryn King, currently receiving Masters in Public Health from UNC Chapel Hill
Jason Fanning, PHD

Saturday 3/20/21 1-4pm HISTORY

1-1:15 Introductions/pronouns/take roll
1:15-2:15 **IMPROVment® Class** taught by Christina Soriano and JLS

Pause for bathroom/water

2:25-3pm **IMPROVment® is...** Taught by Christina Soriano, Rebecca Barnstaple, Jessie Laurita-Spanglet
3-4 **Beginnings and Context** taught by Christina Soriano, Rebecca Barnstaple

Sunday 3/21/21 1-4pm METHOD

1-1:15 Check in/questions/take roll
1:15-2:15 **IMPROVment® Class** taught by Rebecca Barnstaple and Kamryn King

Pause for bathroom/water

2:25-2:45 **Building Blocks of an IMPROVment® Class** taught by Jessie Laurita-Spanglet
2:45-3:45 **Practice Teaching** taught by Jessie Laurita-Spanglet, Christina Soriano, Rebecca Barnstaple, Kamryn King
3:45-4 Large group debrief

Saturday 3/27/21 1-4pm RESEARCH

1-1:30 Check in/questions/take roll and **IMPROVment® Warmup** taught by Maggie Fleita and Breanna Carter

1:30-2 **Washington University Parkinson's Study** taught by Maggie Fleita and Breanna Carter

Pause for bathroom/water

2:10-3:10 **Dance and Neuroscience** taught by Christina Hugenschmidt
3:10-4 **Design and Assessment in Dance Neuroscience Research** taught by Rebecca Barnstaple

Sunday 3/28/21 1-4pm APPLICATIONS

1-1:30 Check in/questions/take roll and **IMPROVment® Warmup** taught by students Amanda and Christina
1:30-2:15 **Student Panel** led by Kamryn King

Pause for bathroom/water

2:25-3 **Home IMPROVment®** taught by Jason Fanning
3-3:30 **Applications** taught by Rebecca Barnstaple
3:30-4 **Wrap-up and Questions** taught by Christina Soriano

Register today: www.nwahec.org/64917

Credit

Note: Participants must attend 100% of the program. No partial credit will be given.

- 10.0 Contact Hours from Northwest AHEC
Nurses: This educational activity (10.0 Contact Hours) can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.
- This program does not provide specific NBCC Credits. However, per LCMHC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Organization (NAO). Northwest AHEC is a member of the NAO.
- 1.0 CEU from Wake Forest School of Medicine
- This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c)(8) for 10.0 contact hours.
- Occupational Therapists/Assistants: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. 10 CCAs.

Jointly-provided by Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC System.