

# Utilizing NDT in Pediatric Practice

Colleen Carey, DPT, C/NDT

## Faculty

Colleen Carey is the owner and director of the Children's Therapy Center, a pediatric outpatient center located in Fort Washington, PA. A dynamic speaker, she teaches frequently in seminars to professionals on the topics of early intervention, therapeutic handling, orthotics, and functional goal outcomes. Colleen has extensive experience with a variety of developmental disorders and coordination disorders including cerebral palsy and autism. She has broad experience in indications for physical therapy within the educational environment and the role of adaptive physical education. Colleen actively mentors other therapists to share her knowledge and insights and has been a clinical instructor for 25 years. Colleen is an accomplished Coordinator Instructor with NDTA. She studied at Quinnipiac College, New York University, and Temple University with a focus on developmental disabilities. She is enthusiastically pursuing ongoing professional training to improve the care of her clients. She received her Basic NDT (Neuro-Developmental Treatment) certification in 1987 and her Baby NDT certification in 1995. Colleen has worked in community early intervention programs, preschool settings, educational settings, rehabilitation hospitals, and outpatient centers. She supports families across cultural and ethnic barrier and passionately advocates for children and families. She remains focused on functional outcomes in all environments.

*Financial Disclosure: Ms. Carey receives an honorarium from Education Resources, Inc.*

*Non-Financial: Disclosure Ms. Carey has no non-financial relationships to disclose.*

## About This Live Webinar

Begin your journey into the world of NDT or expand your current knowledge with this course that will enhance your knowledge of the benefits of using the Contemporary NDT Practice Model to treat the child with neurologic impairments and other pediatric disorders. We will discuss the importance of the practice of movement with a task and the importance of integrating strategies into daily activities using fun and practical ideas. Facilitation strategies for improved movement control and assessment of the primary impairments necessary to address in treatment will be presented utilizing didactic, video and lab format. A jointed rag doll is required for portions of the course to enable practice of handling strategies. This course is designed for the physical therapist, physical therapy assistant, occupational therapist, and occupational therapist assistant. The course is attractive to clinicians who seek a better understanding of the Contemporary NDT Practice Model and the use of handling and facilitation to enhance function. Course content will focus on basic concepts of theory, assessment and treatment of the child with cerebral palsy and other disorders of the neuromotor system.

## Objectives

- ① Identify principles of NDT facilitation to impact alignment, base of support and weight shift in preparation for function.
- ① Differentiate typical from atypical motor development.
- ① Relate the ICF model to the Contemporary NDTA<sup>®</sup> Practice Model.
- ① Apply treatment strategies for trunk, upper extremity and lower extremity for the child with neuromotor impairments to facilitate improved participation with daily activities.

## Course Requirements

Portions of the live seminar will include participant movement on the floor. Please consider computer and space set up to support learning. A jointed rag doll is required for portions of the course to enable practice of handling strategies.

## Schedule – Day 1 10:40 am – 4:30 pm EST (US)

10:40-11:00 am	Webinar Registration/Zoom Course Opens
11:00-11:30 am	NDT Practice Model (Principles of NDT)
11:30-12:00 pm	Principles of Facilitation
12:00-1:00 pm	Typical/Atypical Development
1:00 – 1:15 pm	Break
1:15 -1:45 pm	LAB: Typical/Atypical Development
1:45-2:45 pm	Analysis of Movement, Influence of Touch, Key Points of Control, Alignment, Base of Support, Weight Shift
2:45-3:00 pm	Break
3:00-4:00 pm	Video Treatment Demonstration
4:00-4:30 pm	Treatment Strategies to Build Function (with dolls)-linked to treatment demo

*NOTE: no formal lunch break*

## Audience

This course is designed for PTs, PTAs, OTs, and OTAs and is attractive to clinicians who seek a better understanding of the NDT Practice Model and the use of handling and facilitation to enhance function. Course content will focus on concepts of theory, assessment, and treatment of the child with cerebral palsy and disorders of the neuromotor system.

## Schedule – Day 2 10:40 am – 4:30 pm EST (US)

10:40-11:00 am	Webinar Registration/Zoom Course Opens
11:00-12:00 pm	Using the ICF Model as a Construct for NDT Assessment
12:00-12:45 pm	Goal Writing – How to Make Goals Achievable and Carry Over Practice to Reach the Participation Goals
12:45-1:00 pm	Break
1:00-2:30 pm	Video Case Presentation of the Child with Neurologic Impairment and Problem Solving
2:30-2:45 pm	Break
2:45-3:30 pm	Case Treatment Presentation
3:30-4:30 pm	Group Problem Solving: “I have a child...”

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## Credits

This course meets the criteria for 10 contact hours (1.0 CEUs) Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. This Distance Learning-Interactive course is offered at 10 contact hours, 1.0 CEUs Intermediate Level, OT Service Delivery and Foundational Knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements.

Approved provider of the FL Board of Occupational Therapy-CE Broker. This course meets the approval of the TX Board of OT Examiners.

Application has been made to the FL Physical Therapy Association.

Approved by the MD Board of Physical Therapy Examiners.

Application has been made to the MN Board of Physical Therapy.

Application has been made to the NJ Board of Physical Therapy Examiners.

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## Webinar Dates and Times

January 30 and February 6, 2026

10:40 am EST • 9:40 am CST • 8:40 am MST • 7:40 am PST (US)

*Registration is for both sessions. Log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.*



\$389 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

**Webinar: Utilizing NDT in Pediatric Practice/Colleen Carey**

**January 30 and February 6, 2026**

**Course Registration Form**

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course? \_\_\_\_\_

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