

# Awareness of Self in Space: Gross to Fine Motor Approach

Josephine Bardabelias, PT  
Melissa Gerber, OTD, OTR/L



## Faculty

### Josephine Bardabelias

Josephine Bardabelias, PT is a Graduate of Hunter College's Physical Therapy program and has more than 30 years of experience working in a variety of settings, with a focus in pediatrics. Throughout her career she has treated children in acute care, N.I.C.U., early intervention and school-based facilities.

**Financial Disclosure:** Josephine Bardabelias receives an honorarium from Education Resources, Inc. **Non-Financial Disclosure:**

Josephine Bardabelias has no relevant non-financial relationships to disclose.

### Melissa Gerber

Dr. Melissa K. Gerber, OTD, OTR/L is a seasoned and respected clinician with extensive experience in pediatrics. She began her career in Adult/Pediatric inpatient/outpatient rehabilitation and acute care. Currently, she has been working for the Great Neck Public Schools for the past 21 years. She is president of 4MYKIDSOT, a private practice where she provides therapy and evaluations. Dr. Gerber has presented "Visual Processing: Treat, Remediate, Refer" at Education Resources' "Therapies in the Schools Conference." She was also a Keynote Speaker at Therapies in the Schools Conference in 2016 and presented on Aligning Motor Needs with Educational Goals. She is enthusiastic to share her experiences and provide strategies that can be incorporated immediately. She is also affiliated with Puzzle Art Therapy and enjoys sharing this program.

**Financial Disclosures:** Melissa Gerber receives an honorarium from Education Resources. **Non-Financial Disclosures:** Melissa Gerber has no relevant non-financial relationships to disclose.

## About this Live Webinar

Are you treating any students who appear clumsy and unaware of their surroundings? Students who can't sit still in their chair and complete classroom tasks. Do they stand too close to other students, resulting in social and emotional issues? Do they have a generalized diagnosis that does not match their performance? Have you considered apraxia, dyspraxia, sensory processing, kinesthesia, coordination or neurological conditions? This course will address awareness of self in space from early childhood to adolescence. In addition, it will provide practical activities and tools to use with your students and how to organize your treatment plan from an OT/PT perspective.

## Learning Objectives

- Correlate body awareness to its impact on overall safety and function in children.
- Examine the correlation of sensory dysregulation, cognition and motor function to decreased body awareness.
- Recognize how impairments can be related to decreased body awareness.
- Analyze components of typical body movements as a reference to determine motor deficits.
- Compare two assessment tools to evaluate a child's awareness of self-in-space based on presenting issues.
- Determine prioritization of intervention strategies amongst skill building, adaptations or accommodations within a developmental framework.
- Apply an intervention strategy to enhance body awareness for improved participation in school or community.

## Audience

This course is relevant for OTs, COTAs, PTs, PTAs working with Pediatric, Birth-3, Early Intervention and School-Age (3-21) populations in home care, outpatient, rehab or school settings.

Help your patients achieve better outcomes.

### Schedule – Day 1 5:40 pm to 9:00 pm EST (US)

- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-7:00 Starting with the right terminology
- Apraxia vs dyspraxia vs kinesthesia vs proprioception: What's the difference?
  - Components of typical movement
- 7:00- 8:00 What Does a Student with Diminished Awareness of Self in Space Look Like (VIDEO)
- Observable Performance Problems with: balance, postural control, crashing, personal space, pushing, inappropriate force, inability to sit still, timing & rhythm problems
  - Is it "behavior" or a deficit?
  - Case Study
- 8:00-9:00 Implications of common diagnoses on body awareness
- Hemiparesis
  - Amputees
  - ADHD
  - ASD
  - Learning Disability

### Schedule – Day 2 5:40 pm to 9:00 pm EST (US)

- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-7:00 Impact of sensory dysregulation on body awareness: How do we assess and address it?
- Anxiety
  - External Stimuli: Auditory, Touch, Vision
  - Vestibular
  - Proprioception
  - Apraxia
  - Dyspraxia-developmental coordination disorder
  - Kinesthetic sense vs Proprioception
- 7:00-7:45 Case Studies & Discussion: Sensory Dysregulation and Body Awareness
- 7:45-9:00 Components of Typical Body Awareness for Motor Tasks
- Body Movements
  - Body Awareness
  - Spatial Awareness
  - Movement in Space
  - Movement Quality

### (Day 2 - Continued)

#### Cognition Related to Body Awareness

- Sensory Processing Issues: Interoception & Vestibular
- Visual system-conditions impacting movement quality & awareness

### Schedule – Day 3 5:40 pm to 9:00 pm EST (US)

- 5:40-6:00 Webinar Registration/Zoom Course Opens
- 6:00-7:00 Assessing Body Awareness
- Choosing the right tools and procedures
- 7:00-8:45 Treatment: What do we Prioritize and Where do we Start?
- Gross Motor Hierarchy
  - Fine Motor Hierarchy
  - Proximal vs. distal development
  - Awareness
    - Of their own body parts
    - Of their own body in space
    - During ADLs (self-care), academics, play
  - Directionality
  - Kinesthetic sense- speed, force
- 8:45-9:00 Pulling it all Together

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### Credits

This course meets the criteria for 9 contact hours (0.9) CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 11655. This Distance Learning-Interactive course is approved for 9 contact hours 0.9 CEUs (Intermediate, OT service delivery). AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 9 units.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 10.5 hrs.

This course meets the approval of the **TX** Board of OT Examiners.

Application has been made to the **FL** Physical Therapy Association for 10.5 continuing education contact hours.

Approved by the **MD** Board of Physical Therapy Examiners.

Approved by the **MN** Board of Physical Therapy.

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

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 10.5 contact hours. Application has been made to the **Illinois** EI Training Program. Approved provider by the NY State Board of Physical Therapy for 10.5 contact hours (1.05 CEUs).

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9 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Education Resources, Inc. 266 Main St, Medfield, MA 02052. Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

### Webinar Dates and Times

March 2, 3, and 9, 2026

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

Registration is for all sessions. Zoom 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.



\$329 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.

We encourage you to register online!

**WEBINAR: Awareness of Self in Space: Gross to Fine Motor Approach**  
**Josephine Bardabelias and Melissa Gerber**

☐ March 2, 3, and 9, 2026

**Course Registration Form**

Name: \_\_\_\_\_

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