

# Beyond Behavior Charts: A Bottom-Up ADHD Course for Change That Lasts



Mila Teshler, MS, OTR/L

## Faculty

Mila Teshler is the Founder and Clinic Director of KidLink Therapy PC, established in 2014, and a highly experienced pediatric occupational therapist with over 24 years of dedicated practice. Recognized for her expertise in sensory processing, neurobiology, ADHD, and pediatric post-concussion care, Mila blends deep clinical knowledge with an empathetic, family-centered approach.

A Brain Health Coach certified by the Amen Academy, Mila is passionate about supporting children's neurological development and emotional regulation. She is the creator of a 12-Week ADHD Parent Coaching Intensive, designed to equip families with tools for long-term success.

She collaborates with schools, educators, and families to create supportive learning environments and practical strategies for student success. She has delivered numerous professional webinars and training sessions, empowering fellow therapists with evidence-based tools and techniques.

Mila is also the author of *Harnessing the Hidden Gifts*, a resource she offers free to families seeking to better understand and support their children's strengths.

**Disclosures: Financial:** Mila Teshler receives an honorarium from Education Resources, Inc.

**Non-Financial:** Mila Teshler has no non-financial disclosures.

## About this Course

If traditional ADHD strategies like behavior charts, rewards, and consequences aren't working, this course will show you why—and what to do instead.

Children with ADHD don't struggle because they won't focus—they struggle because their nervous system, sensory processing, and regulation systems aren't fully supported. Learn how to shift the focus from managing behavior to supporting the systems that actually drive it. Moving beyond traditional top-down behavioral and cognitive approaches, this course emphasizes the critical role of sensory processing, ocular motor systems, and autonomic regulation in shaping attention, behavior, and emotional control. Current neuroscience, including insights from polyvagal theory, illustrates how disruptions in foundational systems—including the cerebellum, basal ganglia, and interoceptive networks—contribute to the presentation of ADHD. Emphasizing real-world application and concrete, actionable techniques, including movement routines, sensory supports, breathwork, and regulation strategies grounded in polyvagal theory, participants will have valuable take-aways for immediate use in their clinic, classroom, home or community setting. This is not another cognitive behavioral program. It's an efficient and effective, brain-based way to support children with ADHD.

## Learning Objectives

- Apply a bottom-up neurodevelopmental framework to determine how sensory processing, ocular motor function, movement patterns, and autonomic regulation influence attention and behavior in children with ADHD.
- Select assessment and structured observation methods to determine sensory processing, movement, and executive function challenges impacting functional performance.
- Correlate sensory system functioning (visual, tactile, vestibular, proprioceptive, interoceptive) with observed behaviors to determine contributors to dysregulation.
- Utilize polyvagal theory principles to apply regulation and co-regulation strategies, including breathwork and rhythm-based interventions, in school, home, and clinical settings.
- Modify environmental and communication strategies to support regulation, attention, and engagement across classroom, home, and therapeutic contexts.
- Choose individualized bottom-up intervention plans that support participation in functional activities, including daily routines, school tasks, and play.

## Audience

This course is for OTs, PTs and SLP working with children with ADHD in their clinic, classroom, home or community setting.

Help your patients achieve better outcomes.

### Schedule Day 1 - 5:40 pm to 9:15 pm EST (US)

5:40-6:00	Live webinar registration
6:00-6:30	ADHD Through a Bottom-Up Lens
6:30-7:15	Sensory Systems as Foundational Blocks As It relates to ADHD and yes will also discuss my favorite pyramid of skills
7:15-7:30	<b>Break</b>
7:30-9:15	Standardized Assessments & Structured Observations; SOSI, BRIEF, SMP, SENSORY PROFILE, QNST and clinical observations. Some video presentations of how to do these evaluations will be presented as well

### Schedule Day 2 - 5:40 pm to 9:15 pm EST (US)

5:40-6:00	Live webinar registration
6:00 -6:30	Case Study Presentation
6:30-7:15	Regulation and Polyvagal Integration
7:15-8:00	Emotional Awareness & Co-Regulation
8:00 -8:15	<b>Break</b>
8:15-9:15	Vision and ADHD

### Schedule Day 3 - 5:40 pm to 9:15 pm EST (US)

5:40-6:00	Live webinar registration
6:00-6:45	Proprioception & Vestibular Function
6:45-7:30	Movement as a Foundation for Regulation
7:30-8:00	Basal Ganglia & Motivation
8:00-8:15	<b>Break</b>
8:15-9:15	Bridging Movement & Executive Function

### Schedule Day 4 - 5:40 pm to 9:15 pm EST (US)

5:40-6:00	Live webinar registration
6:00-6:30	Sensory-Smart Environments
6:30-7:15	Treatment Strategies in Action
7:15-7:45	Case Study
7:45-8:00	<b>Break</b>
8:00-8:30	Collaboration & Communication
8:30-9:00	Troubleshooting & Sustainability
9:00- 9:15	Pulling it all together

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## Credits

Coming soon.

## Webinar Dates and Times

November 10, 12, 16 and 18, 2026

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

Registration is for all four 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.



\$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!

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