

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 On-Demand Course

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

1. Correlate body awareness to its impact on overall safety and function in children.
2. Examine the correlation of sensory dysregulation, cognition and motor function to decreased body awareness.
3. Recognize how impairments can be related to decreased body awareness.
4. Analyze components of typical body movements as a reference to determine motor deficits.
5. Compare two assessment tools to evaluate a child's awareness of self-in-space based on presenting issues.
6. Determine prioritization of intervention strategies amongst skill building, adaptations or accommodations within a developmental framework.
7. 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 (8 hours total)

1.5 hrs Starting with the right terminology

- Apraxia vs dyspraxia vs kinesthesia vs proprioception: What's the difference?
- Components of typical movement

30 mins Breakout Activity Instructions:

Go through each of the 4 cases (dressing, backpacks, cafeteria, recess) and answer the following questions:

1. What issues would you need to address to accomplish this activity? Pick 1 or 2 issues you would like to start with.
2. What accommodations or modifications would you recommend? How would you break down the task?
3. What treatments would you incorporate (what would you practice with them?)

10 mins 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**

25 mins Implications of common diagnoses on body awareness

- Hemiparesis
- Amputees
- ADHD
- ASD
- Learning Disability
- Spatial Awareness
- Movement in Space
- Movement Quality

Cognition Related to Body Awareness

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

1 hr 45 mins 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

Case Studies & Discussion: Sensory Dysregulation and Body Awareness

45 mins Components of Typical Body Awareness for Motor Tasks

- Body Movements
- Body Awareness

30 mins Assessing Body Awareness

- Choosing the right tools and procedures

1 hr 45 mins 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

15 mins Pulling it all Together

30 mins Post-test

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Credits:

Continuing Education Hours for disciplines not listed below: 8 contact hours (0.8 CEUs). Intermediate level.



Education Resources, Inc. is an AOTA Approved Provider of professional development. Course approval ID#11655. This Distant Learning-Independent course is offered at 8 contact hours 0.8 CEUs, (Intermediate level, 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 8 units. Provider for the **FL** Occupational Therapy Association CE Broker for 9.5 CE Hours. Application has been made to the **MD** State Board of Physical Therapy Examiners. Application has been made to the **MN** Board of Physical Therapy. Application has been made to the **NJ** State Board of Physical Therapy Examiners. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 9.5 contact hours. Application has been made to the **Illinois** Early Intervention Training Program. Approved provider by the **NY** State Board of Physical Therapy for 9.5 contact hours (0.95 CEUs). Education Resources is an approved agency by the PT Board of **CA** for 8 contact hours.

This activity is provided by the **TX** Board of PT Examiners accredited provider #2810017TX for 8 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in **TX**.

Approved Provider for **OK** State Board of Medical Licensure & Supervision #BAP202310003.

Approved Provider by the **NM** Board of Physical Therapy for 8 CE Hours. 8 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.

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