

Harnessing the Power of the Vagus Nerve: A Therapeutic Approach



PRESENTER

Ricki Dembitzer, MS
OTR/L



WHEN

Friday, November 14, 2025

8:00 AM — 3:00 PM EST

TARGET AUDIENCE

OTs, OTAs, PTs, PTAs, educators, special educators, social workers, psychologists, BCBA's



FEES

\$229 Before October 24

\$249 After October 24

Group of 4+ 10% savings (use coupon code TEAM4SAVE10)

Group of 7+ 15% Savings email Theramoves for coupon code



WHERE

Live Web Conference

From the comfort of your home/school/office

INSTRUCTION

METHODS: Lecture, slides, case examples, video

LEVEL: Intermediate



ACCREDITATION

6.0 Contact Hours

0.6 AOTA CEUs

7.5 NBCOT PDUs

6.0 NY OT CEUs

7.2 NY PT CEUs

6.0 CTLE credit hours

6.0 CEU for NY social workers

Reporting to CE Broker

Certificates will be awarded

Credits listed are offered by

Theramoves for full webinar

attendance. Partial credit awarded for partial attendance.

Learning assessment will be

completed on the computer via an

online post-course quiz. A score of

70% or more is required to receive

the certificate of completion.

Please contact Theramoves with any special needs request

REFUNDS & CANCELLATIONS: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 3 days prior to the course. After that, no refunds will be given for cancellations unless a replacement participant is registered. We reserve the right to cancel any course due to extenuating circumstances. If Theramoves cancels an in-person conference, participants will be fully refunded within 10 business days. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses participants incur if the course must be canceled.

COURSE DESCRIPTION

The vagus nerve has recently been getting much attention in its power to affect our nervous system. With heightened stress and greater demands on us and our clients, tapping into this wondrous nerve is essential. This newly expanded in-depth course will provide an overall view of the Autonomic nervous system and its two branches, the sympathetic and parasympathetic nervous systems and their clinical presentation to improve understanding, assessment and treatment. The Vagus nerve, the longest nerve in the body, is the powerful nerve that controls these two systems and will be explored in depth as we learn how it interrelates with our body and mind. Participants will learn about the polyvagal theory and its 3 principles and how understanding our clients through this lens will affect our treatment outcomes. A successful therapy experience depends on understanding the connection between the vagus nerve as it relates to our emotions and self-regulation, behaviors, the sensory systems, as well our primary reflex patterns. Many detailed examples will be given to further illustrate these connections and how it can be used in therapy sessions on a practical level. The participant will walk away with a deeper understanding and simple, easy to use techniques and therapeutic interventions to access the vagus nerve and thereby achieve better outcomes in real time. It is geared towards the neurotypical client as well as those with any history of trauma, anxiety, attachment disorder, SPD, or underlying conditions or diagnosis of all ages, children through adult.

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Name the two branches of the autonomic nervous system and explain the role of each
2. Name the 3 main principles of the polyvagal theory (hierarchy)
3. Predict how the HPA axis and the fight/flight/fright reflex is connected and what other reflex is often triggered under stress
4. Define the term neuroception and how you can use it to achieve better outcomes in the therapy process
5. Categorize the presentations of the three nervous systems states, sympathetic, dorsal and ventral vagal
6. Differentiate at least 5 ways to access the vagus nerve and get into ventral vagal state with therapeutic techniques



TheraMoves is an AOTA Approved Provider of professional development. Course approval ID #11478. This distant learning-interactive course is offered at 0.6 CEUs, intermediate educational level, in the area of occupational therapy service delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AGENDA

- 8am-9:30am- The autonomic nervous system; the two branches of sympathetic and parasympathetic, explained The brain, neocortex and limbic system HPA axis and how the stress system works
- 930- 10:15- The Vagus nerve and its branches The polyvagal theory
- 10:15-10:30 BREAK
- 10:30- 12 In-depth explanation of the polyvagal theory and the 3-level hierarchy 1. Clinical presentation of the different nervous system states 2. Attunement and how to achieve better outcomes in therapy using this lens 3. Sensory systems and the vagus nerve connection and treatment implications
- 12-12:30 LUNCH
- 12:30-1:45 Tools and techniques on how to access the Vagus nerve in therapy to improve behavior and self-regulation: Somatic techniques and breathing techniques, Primary reflexes and the Vagus nerve with specific reflex integration instruction
- 1:45-2 PM BREAK
- 2:00- 3:00 PM More tips and interventions to access the vagus nerve Top-down approaches Self-awareness and attuning to your client, Client-specific break down.

PRESENTER BIO'S

Ricki Dembitzer has been an Occupational Therapist for over 20 years specializing in pediatrics. She graduated with a Bachelors of Science degree in psychology from Wayne State University in Michigan and received an additional Bachelor's of Science degree in Health Sciences as well as a Master's degree in Occupational Therapy from Touro College in New York City. Ricki owns a private practice in Wesley Hills, New York, IncredAbilities Therapy LLC, and has a team of experienced Occupational therapists as well as physical therapy, speech therapy and psychology. She is well known for her fresh approach, ability to get to the root of the problem and her belief in treating the whole person to achieve success. Ricki specializes in neurodevelopmental treatment, sensory integration, reflex integration, visual and oculomotor dysfunction, as well as fine motor/graphomotor delays and praxis and motor skill development. She regularly gives workshops to schools and parents as well as to professionals. Ricki can be found on the web at www.incredabilitiesny.com

DISCLOSURES: Financial: Ricki Dembitzer will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

- TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2 contact hours)
- TheraMoves Services, LLC, is Approved for Sponsor by NYS Board for OT's & OTA's
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)
- Approved for Social Workers by the NY State ED Dept. #SW-0499

