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## The OT Well-Being Summit 2021

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## **The OT Well-Being Summit**

**The OT Well-Being Summit** is an online self-paced course with 12 hours of information and insights to give you the confidence to move forward in areas related to holistic health, wellness, and prevention. It begins April 29, 2021.

The OT Well-Being Summit empowers occupational therapists and other holistic practitioners around the globe to have confidence with holistic health and wellness skills for their practice. The OT Well-Being Summit brings together 11 occupational therapists from Australia, Canada and United States who share holistic health and wellness strategies and tools to use in your holistic practice today with the confidence (and evidence) to use them.

Learn how to guide your clients to harness the power of the mind, body, and spirit to achieve their occupational goals.

We know first-hand the second-guessing that goes on when considering to incorporate holistic and integrative health practices into occupational therapy work.

Is it within OT scope of practice? Yes.

Is there research to back up my holistic practices? Yes.

Is it still considered occupational therapy if I am integrating holistic modalities? Yes.

What's even possible? We'll show you how.

**The OT Well-Being Summit brings together occupational therapy leaders who have been weaving holistic practices into their work for years.**

### **Topics & Speakers:**

- Achieve Your Goals with Intuitive Development, Meditation and Guided Imagery with Emmy Vadnais
- Trauma Informed Practices for Occupational Therapists with Kim Barthel
- Breath Work in Every Day Activities with Mandy Lubas
- Mindfulness: Powerful Exercises and Practical Tools For Your Everyday OT Toolbox with Dan Eisner
- OT Coaching and Motivational Interviewing with Ana Hernando
- Acupressure and OT: The Power of Touch to Heal with Deanna Waggy
- Yoga in Occupational Therapy: A Holistic System for Health and Wellness with Theresa Tovey
- Embracing Reiki and Energy Healing Within Our OT Sessions with Rebecca Austill-Clausen
- Nutrition and Healthy Eating: A Universal Occupation with Rhiannon Crispe
- Embracing Diversity, Appreciating Culture, and Validating The Humanity in All of Us with Sheela Ivlev
- The Benefits of Nature Through An Occupational Lens with Bronwyn Paynter

**The OT Well-Being Summit is for you if you want to:**

- Learn how to weave practical holistic approaches into your therapy sessions
- Understand how to use integrative holistic approaches within our occupational therapy framework and scope of practice (the do's and the don'ts)
- Be empowered with specific tools from a range of modalities to fill up your OT toolbox
- Feel confident employing holistic strategies with a range of clients and diverse needs
- Be equipped with research and support to back your work
- Improve your own self-care while helping others
- Understand how holistic/integrative health has become more mainstream and why OTs are perfect for bringing these approaches into their practice
- Prevent or recover from burnout and finally, but certainly not least, merge your personal passions with your professional career, and do work that truly matters – to you!

**What you get:**

- 11+ hours of video and audio content
- Links to research papers that support the topics of interest
- Handouts for further learning
- Support from like-minded therapists who share their years of experience

Learn more and [register here](#).

**You Will Receive a Continuing Education Certificate**

The OT Well-Being Summit offers 11 hours of professional development. A personalized certificate will be issued upon completion which may count towards your continuing education.

**[Register here!](#)**

There is a 20% discount for the early-birds (those who sign up before April 29, 2021). The summit will be available throughout the remainder of the year. **Please note the prices on the website are listed in AUD.** You can convert AUD to USD [here](#).  
(Early Bird approx. \$213 USD; Regular tuition approx. \$266 USD)

Holistic practitioners will find value in this summit! The OT Well-Being Summit offers 12 hours of professional development. A personalized certificate will be issued upon completion.  
<https://tinyurl.com/t9cc6afp>



**ONLINE &  
SELF-PACED**

# THE OT well-being SUMMIT

**CEU  
CERTIFICATE**

