Course Description

Studies have provided important new insights into how the motor control system is affected in children with DCD. Many children with DCD have a deficit in motor prediction and online control, also known as the internal model deficit. New techniques, sought to train the internal models of movements without actually moving are Motor Imagery (internal rehearsal of a future motor action without overt motor output) and Action Observation (observation of the action performed by someone else). These techniques have already been used in sport and adult rehabilitation; will now be used to develop a training protocol for a specific case study. Each attendee should bring case studies, including videos of a child exhibiting motor problems performing a task. Attendees should also bring equipment to record videos, such as a smartphone or tablet with connectors to a laptop. Attendees will take home a protocol for Motor Imagery.

About Neuromotor Task Training (NTT): Children with Developmental Coordination Disorder (DCD) exhibit difficulty learning motor skills and transferring an acquired motor skill to another setting or task. It’s as if every task in another context is a new mystery that needs to be relearned. Turn Mystery to Mastery! provides therapists the knowledge and skills to help children with DCD learn and generalize motor skills using Neuromotor Task Training (NTT). Popularly used in Europe and other countries outside the US, NTT is a task-oriented approach that is based upon motor learning principles. It has strong support from numerous meta-analyses and systematic reviews, and is recommended by the European Academy of Childhood Disability (EACD) over body-function-oriented approaches. NTT can also be applied to other children with coordination difficulties, such as those with Autism, ADHD, ADD, Down Syndrome and Cerebral Palsy with higher cognitive and physical function.

Note: The Motor Imagery Module is for those who completed or are registered for Introduction to Neuromotor Task Training.

Learning Objectives

At the completion of this course, attendees will be able to:
1. Describe deficits in motor prediction and online control in children with DCD
2. Differentiate motor imagery and action observation, from physical practice
3. Develop a training protocol that incorporates motor observation and motor imagery practice
4. Add in task loading over the training session in the protocol
5. Utilize video technology (e.g., smartphone, tablet, laptop) as part of a motor imagery training protocol.

This course qualifies for 6 hours of continuing education. For more info about this course, registration, and cancellation policy, visit or contact: www.ApplyEBP.com applyebp@gmail.com 646-269-9039

Agenda

AM Session
- General Background on Motor Imagery and Action Observation
- Evidence and Protocol for Motor Imagery Training (MIT) and Action Observation (AO) in Children with DCD
- Inventory of Case Studies and Skills to Be Analyzed
- Creating an Example of MIT and Trying It Out
- Feedback and Discussion

PM Session
- Make an MIT Package for Your Own Case and Add In Task Loading Options
- Present Your Case and Show MIT Package to Other Participants
- Ways To Teach Motor Imagery
- Feedback From The Group