



# IOTA Spring Treatment Summit

## Saturday May 19th, 2018

Idaho State University—Meridian Health Science Center  
1311 E Central Drive  
Room 682  
Meridian, ID 83642

### Parking Info:

As part of your registration, you will be provided with a free parking pass to print. This must be displayed in your car window/dash. Otherwise, your car will be ticketed. The ISU entrance is on the south side of the building complex. Enter the campus at the west end of the building and then drive south to the ISU entrance/parking area.

Register at [www.id-ota.org](http://www.id-ota.org)

Early bird registration, by Thursday, May 17th

- \$65 members
- \$100 non-members for tuition & 1-year membership
- \$80 non-members

Registration after May 17th

- \$80 members
- \$115 non-members for tuition & 1-year membership
- \$95 non-members

### Schedule

- 7:30 Check-in
- 7:55 Housekeeping and Welcome
- 8:00-9:30 Connie Miller
- 9:30-9:45 Break
- 9:45-11:15 Caitlin Lanier
- 11:15-11:30 Break
- 11:30-12:00 Heather Craven, OTR/L

- 12:00-1:00 Lunch on your own
- 1:00-2:30 Kris Biggins, OTR/L
- 2:30-2:45 Break
- 2:45-4:15 Kris Biggins, OTD, OTR/L, CHT, PYT
- 4:15-4:30 Closing remarks

## **Creating a Great Culture, While Stomping Out Drama**

### **Presented by Connie Miller**

Connie is currently the President and CEO of Icon Credit Union. Connie was honored as one of Idaho's six CEOs of Influence in 2014 by the Idaho Business Review for her leadership, integrity, vision, commitment to excellence, diversity, and influence. Connie has led Icon Credit Union to a Top 200 Credit Union from almost 6,000 credit unions in the nation, and was recently named a recipient of Excellence in Finance for 2017 by the Idaho Business Review. Connie graduated from Boise State University with a Bachelors Degree in Accountancy. She started her career at the Girl Scouts of Silver Sage Council, working for 12 years as their accountant. Connie has worked as a senior executive for two credit unions in the last 22 years and received her graduate level certification from Western CUNA Management School. She was promoted to President/CEO of Icon Credit Union in 2008. In addition to the CEO of Influence for 2014, Connie was also awarded the Thanks Badge II in 2014, the highest award in Girl Scouting, for her exemplary service to the Girl Scout organization and has served several years on their board and committees, including as Board Chair. Connie was recently named the 2017 Idaho Advocate of the Year by the Northwest Credit Union Association. She was recently appointed to the Twelfth District of the Federal Reserve Bank's Community Depository Advisory Council. In addition, Icon Credit Union has been awarded one of the Best Places to Work the past several years. Connie is a graduate of Leadership Boise. She has three adult sons and an incredibly supportive husband, Neil, of 34 years. Her passions include building strong leaders, strong cultures in the workplace, strong boards, financial education, and giving back to the community. Connie believes strongly in serving others. She serves on several local boards and volunteers for numerous nonprofits in the Treasure Valley today. Some of these include Junior Achievement, World Council of Global Women's Leadership Network, Girl Scouts, Big Brothers Big Sisters, Northwest Credit Union Association, Wyakin Warrior Foundation, and Celebrate Recovery. Her most passionate volunteer activities are those that build financial knowledge and youth leadership skills. Connie's hobbies include camping, crafts, metal detecting, and playing poker.

## **Creating a Drama Free Life: Tools to Communicate Healthy Boundaries for the Rescuer and the Victim**

This workshop will discuss the primary causes that cause drama in our lives. This workshop will provide insight into communication in the workplace and in personal life. Participants will learn the effect of unintended consequences when a well-meaning rescuer simply tries to help a victim, and also the damage created when a victim is uncomfortable having crucial conversations. Participants will leave this workshop with practical hands-on tools to use to create a supportive environment of positive communication that can have a significant impact on gaining control. It is possible to live a drama-free life of positivity and gain respect as an employee in the process.

### **Learning Objectives:**

At the conclusion of this presentation, participants will:

- Demonstrate understanding of the cause of drama and how to avoid getting sucked in.
- Identify why people avoid difficult conversations and understand their coping mechanisms.
- Identify mechanisms of comfortable, but negative, communication methods, such as

gossip and avoidance.

- Identify appropriate messaging that is supportive, while helping to grow and mentor others in difficult situations.
- Describe the cycle of change and why it causes stress and drama.
- Demonstrate improved communication skills and styles.
- Demonstrate the ability to plan ahead so difficult conversations result in successful outcomes for both parties.

## **Mindfulness and the Embodiment Continuum**

### **Presented by Caitlin Lanier**

After graduating from the College of Idaho with a degree in English and education, Caitlin Lanier earned her yoga teaching certification and, in 2012, a specialized certificate from The Justice Resource Institute Trauma Center in Lennox, Massachusetts for teaching trauma-sensitive yoga. In 2015, she received her Master's degree in social work from Boise State University. Today, along with offering yoga classes, Caitlin works as a mental health therapist for children and teens. Over the years Caitlin has volunteered her time in many ways in the community. While a student at the College of Idaho, she was an advocate for survivors of sexual assault in the Men's and Women's Center. She has since spent time abroad in Peru working with traumatized children, and she has provided yoga programs to students at The College of Idaho and Boise State University, as well as for clients at The Women's and Children's Alliance, St. Alphonsus, and Tidwell Social Services. She firmly believes in the healing power of yoga for physical, emotional, and spiritual well-being. She brings a compassionate, trauma-informed perspective to her teaching and cares deeply about creating a safe, supportive space that nurtures both individual and community healing.

## **Mindfulness and the Embodiment Continuum**

This 1.5 experiential hour workshop is designed for practitioners interested in integrating mind-body techniques into practice. Research on mindfulness suggests that meditation builds resilience, boosts emotional intelligence, enhances creativity, improves relationships, and sharpens focus (Harvard Business Review, 2015). This presentation will cover mindfulness through exteroception, proprioception, and interoception. Hands-on opportunities will be given throughout to provide therapists with ready-to-use activities upon returning to work the very next day. Tools covered include body and mind check-in, basic breath awareness, belly brain/boundaries meditation, empathic differentiation exercise, self-compassion meditation, and heart-focused breathing.

### **Learning Objectives:**

At the conclusion of this presentation, participants will:

- Identify the basic principles of mindfulness.
- Demonstrate basic understanding of the basic principles of embodiment.
- Demonstrate the ability to use mindfulness and embodiment tools in therapy.

## **Introduction to Integrative Restoration-iRest®**

### **Presented by Heather Craven, OTR/L**

Heather is a native Idahoan who graduated from University of North Dakota Occupational Therapy program in 1993. She began her career in acute care which included wound and burn care, swallow evaluations, and trauma and neuro step-down experience. She practiced in various roles at Elks Rehabilitation Hospital from 1995-2014 before transitioning to St. Luke's Rehab in 2014. Heather completed the AOTA Fieldwork Educator Certificate Program (FWECP) in January 2018. Heather's interests in rehab include adult stroke and more currently alternative pain management options in

health care inpatient rehab settings. Heather has been practicing in the inpatient rehab setting since 2013 as an iRest® level 1 teacher in training.

### **Introduction to Integrative Restoration-iRest®**

This is a brief introduction to the 10 steps of iRest®, education required to perform iRest®, history and background of iRest® and (time permitting) a short experience using iRest®.

#### **Learning Objectives:**

At the conclusion of this presentation, participants will:

- Describe the 10 steps of iRest®.
- Describe the education required to perform iRest®.
- Demonstrate understanding of the history and background of iRest®.

### **The Use of Yoga as a Modality to Treat Varied Upper Extremity Diagnoses: An Evidence-based Educational Workshop**

#### **Presented by Kris Biggins, OTD, OTR/L, CHT, PYT**

Kristin Biggins received her Masters of Science in OT at San Jose State University in 1992 and her clinical doctorate in Occupational Therapy (OTD) from Rocky Mountain University of Health Professions with a concentration in Hand Therapy in 2013. She received her CHT credentials in 2003. Kristin lives in Hailey, Idaho, and is a full-time outpatient occupational therapist working at St. Luke's Wood River Medical Center. In her 26+ years of practice she has specialized in providing preventative, conservative, and postoperative treatments for upper extremity diagnoses. She enjoys working within industrial rehabilitation, optimizing the successful return to work through work conditioning/performance and ergonomics design. She has a passion for emphasizing the holistic perspective of OT within the arenas of health promotion, prevention, and wellness. Kristin is a yoga therapist and iRest yoga teacher and incorporates these modalities into her clinical practice.

The purpose of this course is to provide the occupational therapist with unique tools to evaluate and treat the diagnosis of carpal tunnel syndrome (CTS), lateral epicondylitis (LE), and shoulder rotator cuff tendonitis (RTC) through a yogic perspective. Course information will be based on evidence-based research regarding medical model conservative treatment of these diagnoses in addition to the efficacy of yoga as a therapeutic modality and Complementary and Integrative Health Approach (CIHA) practice. Through this guidance, the OT will acquire a deeper understanding of how yoga tenets can complement the "holistic and client-centered focus" (AOTA, 2011, p.S26) of occupational therapy and facilitate health and wellness through conservative measures.

Please wear comfortable clothing for yoga and exercise activities and bring a yoga mat if you have one. If not, a mat will be provided.

#### **Learning Objectives:**

At the conclusion of this presentation, participants will:

- Describe how complementary and integrative health approaches(CIHA) such as yoga can be used within the scope of service of occupational therapy for the purpose of promoting a client's health and participation in life (AOTA, 2011).
- Explain the definition, the history, and the philosophy of yoga.
- Demonstrate how the precepts of yoga complement and meld with the Occupational Therapy Practice Framework: Domain and Process: 3rd Edition, the Biomechanical and Rehabilitative frames of reference, the International Classification of Functioning, disability and health, the OT Centennial Vision 2017, and Vision 2025.

- Identify the principles of therapeutic yoga based on evidence-based methodology, for treatment of upper extremity diagnoses

**Course Completion Requirements:**

To receive CEUs, participants are required to attend the entirety of the treatment summit, and must meet course objectives, participate in lectures, labs, and discussions. Attendees must complete a course evaluation and an online AOTA survey prior to receiving the CEU certificate.

**AOTA Classification Codes:**

The focus of each presentation will be evidence-based service delivery. These courses fall within Categories 2 (Occupational Therapy Process) and Categories 3 (Professional Issues) of the AOTA Classification Codes.

**Cancellation Policy:**

Refunds must be requested in writing. Full refunds will be granted to requests made at least two weeks prior to the course. There will be a \$20 administrative fee for any cancellation received after that time. There will be no refund on requests received within forty-eight hours of the course. Should this event be cancelled by IOTA, full refunds will be given within 30 days.

**Instructional Methods:**

The Interactive/Participative instructional method will be employed by all presenters. That is, the emphasis of instruction will be for instructor and participant to learn and grow by sharing of information with lecture and discussion guided by the instructor. This method will be driven by the situational analysis of the needs and levels of expertise of the participants. This teaching method requires a participatory understanding of varied domains and factors and will employ lecture, demonstration, question and answer, brainstorming, practice, and roleplay.

Facilities are ADA accessible. Please contact IOTA for any special requests or requirements.



The assignment of AOTA CEUs does not imply endorsement of course content, products, or clinical procedures by AOTA.

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