

## About Blue Sky Therapies

Blue Sky Therapies is set up to provide excellent therapy solutions to a wide range of clients. To our surprise we found our training courses have been one of the fastest growing parts of our work.

We know that the world is moving quickly, and that good quality training can be hard to find. We aim to provide high value, interactive courses with the latest theories, crucial clinical knowledge, and the chance to master relevant skills through hands on workshops.

### Presenter

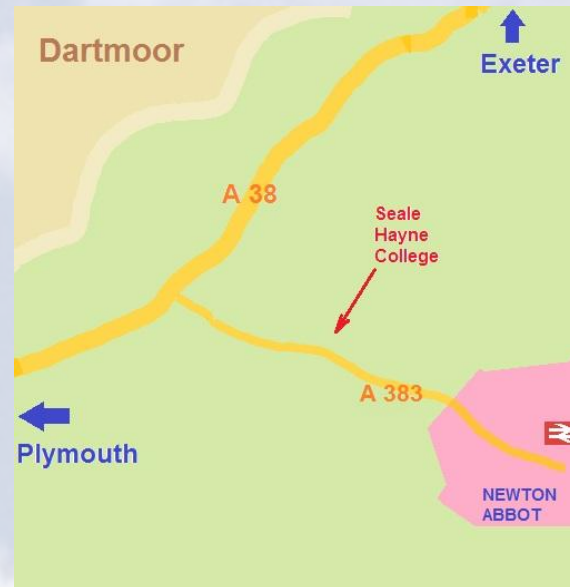
Richard Woolliams qualified from Exeter University as an Occupational Therapist in 1994 and has worked in the USA and UK across a range of areas, including Neuro-Rehab, Learning Disability and Paediatrics.



He has many years experience in posture and positioning interventions, an in depth knowledge of the latest seating technology and is a member of The Posture & Mobility Group.

## Course Location

Seale Hayne College is situated in the heart of South Devon, 4 miles outside Newton Abbot which has good road and rail links.



In a beautiful setting the college provides comfortable overnight accommodation and excellent catering. Contact us for further advice on where to stay and what to see in this stunning area, if you're thinking of prolonging your stay.



## Posture and Positioning & Seating



**6th of March 2013**  
**9:30am - 4:30pm Seale Hayne College**

**Seale Hayne College**  
**Newton Abbot**  
**Devon**  
**TQ12 6NQ**

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## Posture and Positioning & Seating: Full Day Course

**Outline:** New advances in seating and equipment can unlock huge potential in many clients. This exciting new course shows how. Through a series of presentations, hands on workshops and interactive discussions, practitioners get an opportunity to develop skills first hand. The day is split in to 2 halves with the morning looking at bio mechanical approaches and the afternoon looking at neurological aspects of posture. CPD certificates are provided. Lunch and refreshments are included in the price and on site accommodation is available.

**Who is it for?** Case Managers, Occupational, Speech and Language, and Physiotherapists, Nurses and Special Needs Teachers, Health and Social Welfare Commissioners. Any professional who works or makes decisions about children and adults with seating needs will enjoy and benefit from this course.

### INTRODUCTION

Frames of Reference, Which are relevant, when and why?  
Posture is a hierarchy. Individual components and their order explored.

### WORKSHOP

Postural components, the rules of each component, and how they interrelate

Respiration: The failsafe system behind breathing, speaking and swallowing

Interactive Activity: Understanding lung volume in different postures.

A Hierarchy with functional rules: Arriving at a model of normal movement

### LUNCH

Understanding Abnormal Movements. Brainstorming the stretch reflex!  
High and low tone presentations: Finding the best approaches

**INTERACTIVE WORKSHOP:** Looking at palpation techniques, reflexes and sitting balance.

High Tone "To be or not to be?": The possibilities and consequences of addressing/not addressing high tone?

Low tone and it's affect on posture. Can seating systems improve development?

Posture and Positioning Approaches: Cost Efficacy

"It's my chair and it's my life"... Intervention considerations that empower and enable

End of Day Question and answer

# To Book Now

*Follow the link...*

<http://www.blue-sky-therapies.com/page30.html>

*...or contact us on*

**Tel: 07749006112**

### **Course Costs**

**£70 Professional**

*(Please Contact us direct for Student rates)*

*Includes lunch and refreshments*