Course:

The Infinity Walk® Method: A Developmentally Progressive and Integrative Systems Approach to Clinical Treatment

Category: Clinical Practice (preschool - geriatrics)
For: Allied Rehab. Healthcare Providers: e.g. OT, OTA, PT, PTA, SLP, OD, RN, LPN, NA, RT, RTA, supervised students
Format: Online web; PDF portfolio download, textbook and DVD (purchase separately), online final exam
Credit Hours: 12
Approved for 1.2 AOTA CEU

Discount: $199 coupon available for U.S. licensed/registered healthcare providers/ students under clinical supervision
OR $100 discount coupon if attended one of Dr. Sunbeck's 6-hour CEU courses (both exp. 2/28/10)
To quality and get your coupon code go to www.infinitywalk.org

Description:

New Course: This is a new, and the most complete Infinity Walk course for the allied health provider who wants to gain foundational knowledge and develop treatment skill in Dr. Sunbeck’s Infinity Walk Method. Infinity Walk is a progressive and integrative systems approach to remedial and restorative treatment as well as to fall prevention and early childhood intervention. Healthcare providers who have already attended any of Dr. Sunbeck’s 6-hour CEU courses will gain much additional knowledge from this course.

The course introduces the Infinity Walk Method's broad range of use with patients, clients and students from pre-school to geriatric settings. Infinity Walk Method's broad application across age, client factors, context and skill level is possible because of the method's 1) progressive developmental approach, 2) use of a “just-right” incremental learning model that is intrinsically rewarding to the patient; 3) fostering of a psycho-socially sensitive collaboration between therapist and patient; 4) ease of being adapted and modified for special needs; 5) use as a quick informal assessment tool that informs the therapist while motivating the patient; and, 6) contribution of a cross-specialty shared common methodology with patient-friendly terminology that supports a team approach by allied health rehab providers.

The course provides an essential foundation for clinical use of the Infinity Walk Method, including practical information and resources that will enhance the professional’s ability to provide intensive, goal-directed and effective therapy. Experienced therapists will gain adequate skills in the Infinity Walk Method to immediately begin using the method with select patients and special education students. Therapists who serve in pediatric, school-based, rehabilitation and geriatric settings will gain ample working knowledge to immediately apply the method within their specialty area of expertise.
Healthcare Provider and Other Professional Endorsements

To familiarize yourself with Infinity Walk Method in Health Care and Education, and read what other health professionals say about it you can browse Dr. Sunbeck’s website at http://www.infinitywalk.org.

OTs, PTs and OD’s endorse Infinity Walk training, whether their specialty is pediatrics, geriatrics, school-based, or, physical/neuro-rehabilitation. Read OT and PT endorsements and comments about their CEU workshop experience with Dr. Sunbeck at:

- http://www.infinitywalk.org/HealthCare/OT-course-feedback.htm
- http://www.infinitywalk.org/HealthCare/PT-feedback.htm
- http://infinitywalk.org/About-IW/Endorsements.htm

Multi-Media Online Learning with Text, DVD and Five Labs

Course materials include the instructor’s text and DVD, web-based multi-media instruction, and downloadable PDF resources. Learning approach includes:

- Instructor’s own Text and DVD: Infinity Walk: The Physical Self
- Instructor lecture via web-based text, rich with illustrations and photos
- Live Web links to additional resource materials
- Five ½ hour lab experiences using the Infinity Walk Method:
  - Understanding the Infinity Walk Sensory-Motor Circuit
  - Bilateral motor skill and sensory-motor coordination applications
  - Sensory Modulation, Attention and Motivation applications
  - Oculo-motor and Visual-Motor skill applications
  - Method Modification for Infinity Riding (non-gaiting applications)
- Video Case Study: Clinical Observations, 2-3 paragraphs (choice of pediatric or neuro-rehab)
- Final exam is multiple-choice. There is a required passing score of 80%. The exam may be repeated until reaching 100% success for added learning value.

The initial study topics focus on understanding essential basic knowledge, research and theory behind Infinity Walk Method. Topics progress to Infinity Walk Method clinical observation skills and various treatment techniques utilized with the method. Lastly, special topics are covered.

Five progressive Infinity Walk skill training labs are woven through the course so learning is immediately applied through “hands-on” practice with the learner being both therapist and patient. Thus every learner will know how to apply the method in clinical settings and have personal experience of the method’s ability to progress skills that the learner has targeted.
Learning Objectives

Course Goal:

The Learner will gain foundational working knowledge in Dr. Sunbeck’s Infinity Walk Method and will be able to begin to apply informal assessment and treatment basics of the method within their established area of health care expertise. The Learner will gain understanding in Infinity Walk Method’s various healthcare applications and how its value is expanded by a multi-profession team approach and an intrinsically motivating practice model. The Learner will gain knowledge of how to modify the method for Infinity Riding, when gaiting is not possible or advisable. The Learner will gain practical information which will enhance their ability to provide intensive, goal-directed and effective therapy. The experienced therapist will gain adequate skills to immediately begin using the method in a clinical setting with select patients and students.

Learner Outcomes:

Upon completion of this course, the Learner should be able to:

1) Describe the neurological foundation of Infinity Walk theory and method.

2) Describe the Infinity Walk methodology, and treatment applications for gaiting balance and coordination; sensory-integration; sensory modulation; oculomotor and visual-motor control; ankle flexibility; bilateral eye tracking across the midline; bilateral neck reflex; trunk rotation and lengthening; and more.

3) Describe how perceptual, expressive language, cognitive and socio-emotional skill training can be progressively integrated into attention, sensory and motor skills training.

4) Plan appropriate Infinity Walk treatment strategies based on client factors and presenting symptoms.

5) Begin using the method as an informal assessment of attention, balance and motor skills, sensory modulation, and bilateral sensory-motor integration; and, their competing impact on process and communication/relational skills.

6) Begin to facilitate therapeutic gains in multiple components of performance while engaging the Infinity Walker (or Infinity Rider) in just-right increases in activity demands.

7) Describe contraindications to using the standard gaiting version of Infinity Walk Method and describe how to modify the method to accommodate special client needs. (e.g. Infinity Riding; Infinity Therapeutic Horseback Riding; Infinity Water Walking/Dog Paddle)

8) Articulate to patients, caregivers and paraprofessionals how to facilitate additional practice of Infinity Walk treatment goals at home and in residential care settings. Use provided resource materials to explain Infinity Walk and motivate patient’s participation in treatment progress. Use provided brochure and educational site web-link to teach patient’s family, friends and volunteers how to positively facilitate between-treatment practice when appropriate.
Introduction to the Clinical Use of the Infinity Walk® Method
A Developmentally Progressive and Integrative Systems Approach to Clinical Treatment

Instructor/Author: Deborah Sunbeck, PhD

About the Instructor/ Author

Deborah Sunbeck, PhD is a NY licensed psychologist with over 20 years of multi-disciplinary experience in child and adult psychotherapy; behavioral medicine; developmental and learning delays; sensory-behavioral deficits; psychological factors that inhibit medical treatment efficiency; and, in methods that intrinsically motivate adults and children to be full participants in the management of somatic complaints. She is the creator of “Infinity Walk”, a versatile therapeutic method that adds treatment, informal assessment, and home-practice value to OT, PT, OD, SLP, and other clinical health care practices. Her 2002 book, The Complete Infinity Walk - The Physical Self was written specifically for the health profession. Since the publication of her original 1991 book, Infinity Walk: Preparing Your Mind to Learn, early education teachers and special education specialists around the world have been using Infinity Walk as an attention, motivation, learning and skill building method. Deborah teaches internationally, and maintains a part-time private practice in beautiful upstate New York.

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Course Text and DVD: The course requires the use of the instructor’s text and companion video. Text: The Complete Infinity Walk; The Physical Self (2002) and the companion DVD of the same name (2003). Price of this course does not include the book and DVD. They may be purchased at discount if purchased together. Groups may share texts and DVDs if they wish. To obtain the discounted price of $35 for the combination of textbook and DVD, purchase from www.infinitywalk.org. (Saves $9 to purchase together.) They may also be purchased individually from www.Amazon.com and www.pdppro.com.

Course Content

I. FOUNDATION KNOWLEDGE: Overview, Theory, Research and Frames of Reference

A: Overview of Infinity Walk Method

B. History of Development of the Infinity Walk Method

C. Theoretical Frames of Reference for Infinity Walk Method
   Biomechanical Frame of Reference
   Rehabilitation Frame of Reference
   Developmental Theory Frame of Reference
   Acquisitional Frame of Reference
   Psychosocial Frame of Reference
   Behavioral-Motor Frame of Reference w/ “Window of Opportunity”
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D. Infinity Walk Method Use in Health Care and Special Education
Infinity Walk Skill-Building Methodology Across the Professions
Clinical Teaming
Time-Cost Efficiency of Infinity Walk Teaming

E. TEXTBOOK: Chapter 1: A First Look at Infinity Walk (pp. 1-6)
The Brain – Mind Conflict
Infinity Walk – A Surface Glimpse

F. TEXTBOOK: Chapter 2: Bilateral Brain Duality (pp. 9-24)
The Lateral Duality of the Senses and Muscles
The bilateral brain
Bilateral movement – intentional, rhythmic, reflexive
Lateral movement between hemispheres
The bilateral limbic system
The bilateral brain stem
Lateral Dominance vs. Lateral Bias
Neural Priming – Getting the Brain’s Attention
Eye and ear tracking – with the help of the neck
Priming the four visual fields
Two central and two peripheral visual fields
Peripheral Vision Research on Anxiety and Depression

G. TEXTBOOK: Chapter 5: Hemispheric Brain Dominance (pp. 57-78)
The “Left-Language and Right-Art” Controversy
The Visual Fields Studies of the Hemispheres
Speech and language: one hemisphere or two?
The facial and geometric decoding research
The “Emotional” Right Brain – Wrongly Accused
The Hand, Speech and Facial Decoding Link
Do Hemispheres Ever Act Like Separate Personalities?

H. Bi-Lateral Hemispheric Neural Priming Theory and Research
Laterally Intermittent Neural Priming
Repetition Neural Priming and Cerebellum’s Role in Skill-Building
One Mid-line, Two Hemispheres, Four Visual Fields, Fluctuating Neural Responses

II. INFINITY WALK APPLIED METHODOLOGY WITH EXPERIENTIAL LAB

A. The “Flow” Experience: Integrating Just-Right Rhythm, Tempo and Direction
Using a Common Patient-Friendly Terminology
Flow: The Qualitative Experience of Progressing Functional Movement and Ability
Components of Flow
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Flow and Learning Theory
Flow Explained by Vision Therapy Expert, Ray Gottlieb, O.D., Ph.D.
Flow and Sports
Make Flow a Goal and Reward of Each Therapy Session
Therapy Flow Experiences Continue into After-Session Successes

Rhythm, Tempo and Direction:
The Three Quantitative Measures that Describe Movement Skill and Functional Ability
Rhythm - Use of Rhythm in Infinity Walk Method
Tempo – Use of Tempo in Infinity Walk Method
Direction – Use of Direction in Infinity Walk Method
Finding Rhythm, Tempo, Direction in Sensory Integration and Sensory Modulation

B.1 VIDEO: Companion DVD to the Textbook, 25 minutes
B.2 Instructor/Author commentary with DVD Time Codes
B.3 TEXTBOOK: Chapter 4: Sensorimotor Therapy (pp. 41-54)
Using Infinity Walk as a Clinical Tool
A Clinical Case Study with Video Footage
The Physical Health Professions and Infinity Walking

B.4 Case Study Assignment: (clinical observations from video, brief: 2-3 paragraphs)
B.5 SUBMIT assignment to Dr. Sunbeck (use submit button in assignment text box)

C. TEXTBOOK: Chapter 6: Starting Your Infinity Walk (pp. 81-98)
Establishing Space, Time and Direction for Infinity Walking
Establishing Your Infinity Walking Space
Ideas for defining your Infinity Walk space
Indoor spatial aids
Outdoor spatial aids
Establishing Your Infinity Walk Timing
Timing Aids
Metronome and Music
The Breathe, Walk and Talk Challenge
Establishing Your Direction of Infinity Walking
Creating the “Field of Sensory Focus”
Putting it Together: Space, Time and Direction

D. The Infinity Walk Sensory-Motor Circuit
Illustrated Overview – Understanding the Infinity Walk Sensory-Motor Circuit
Clinical Observations – Skill Deficits are Quickly Revealed During Infinity Walking

E.1 EXPERIENTIAL LAB #1
Establishing and Navigating Your Own Infinity Walk Sensory-Motor Circuit
E.2 “Medical Restrictions/Modified Use of Standard Infinity Walk Method” form
“INFINITY WALKING FACES illustrated therapist notes” form

F. ADDITIONAL REFERENCES FOR MODULE II

III. Progressing The Method: Attention, Sensory Modulation, Coordination and Flow w/ Labs

Online CEU
Course Overview
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A. Sensory Modulation and Observable Flow in Motor-Behavior
   Developing Sensory Modulation Skill by Seeking the Felt Sense of Flow
   Prioritizing Flow and Sensory Modulation Needs When using Infinity Walk
   Sensory Modulation in Occupational Therapy
   Approach-Avoidance: sensory seeking and seeking avoiding
   Learned Limitation and Perceived Helplessness
   Sensory Modulation, Behavior Modification and the Limbic System

B. TEXTBOOK: Chapter 7: Natural Movement and Gait (pp. 101-125)
   Rhythmic Flexibility in Natural Gait Movement
   What the Horse Can Teach Us About Movement
   What Children Can Teach Us About Movement
   What Athletes Can Teach Us About Natural Movement

C. DVD Review: ballerina’s FLOW observable while Infinity Walking
   examples of improved flow by various videotaped Infinity Walkers

D.1 EXPERIENTIAL LAB #2
   Establishing Infinity Walk Baseline Flow
D.2 “Infinity Walk Checklist for Baseline Attention, Sensory Modulation and Flow” (PDF)

E. TEXTBOOK: Chapter 8: Infinity Walk Gait Mastery (pp. 127-152)
   The Finer Details of Infinity Walk Gait Mastery
   Assessing Your Current Infinity Walking Skills
   Fine-Tuning Torso Rotation and Arm Swing
   Aids to Help Develop a Rhythmic Arm Swing
   Releasing Muscle Tension from the Physical Self
   Alternating Left and Right Dominance for Gaiting
   Getting Off-Gait When Learning is New
   Four Limb Gait Method of Infinity Walking
   The Precision 2-Beat Trot
   The Relaxed 4-Beat Amble
   Three Limb Gait Method of Infinity Walking
   Two Limb Gait Method of Infinity Walking
   Prioritizing Rhythm over a Specific Gait
   Test Yourself On Chapter 8 (in module III)

F.1 EXPERIENTIAL LAB #3
   Integrating Head-to-Toe Coordination and Flow into Your Practice of Infinity Walk Ambulation
F.2 “Infinity Walk Checklist: Integrated Coordination & Flow during Ambulation” (PDF)
F.3 Electronic Email Submission” Lab #3 Clinical Impressions and “Patient” Feedback (1-2 paragraphs)
   Short overview of Lab experience from perspective of both therapist and patient

G. ADDITIONAL REFERENCES FOR MODULE III
IV. Special Topic: Ocular-Motor, Visual Attention and Visual-Perceptual-Cognitive Skills w/ Lab

A. Ocular-Motor, Visual Attention and Visual-Perceptual-Cognitive Skills
   Overview
   Developmental Framework for Visual-Perceptual Skills Assessment and Training
   Sensory Modulation and Balance Security Prerequisites to Visual-Perceptual Training
   Infinity Walk Checklist for Ocular-Motor and Visual-Perceptual Training
   Neuromotor Foundations: Oculomotor and Vestibulo-Ocular Control
      Fixation on a Single Point of Visual Interest
      Extracurricular Range of Motion and Visual Tracking Skill Practice
      Bilateral Eye Tracking and Neck Rotation
      Benefits of Including Peripheral Visual Tracking While Infinity Walking
      Smooth Visual Pursuit Using Central and Peripheral Vision
      Integrating Smooth Visual Tracking into Infinity Walk Movement Flow
      Infinity Ride – Accommodate Balance Instability to Progress More Visual Skills
   Visual Attention
      Scanning
      Infinity Walk Visual Scanning Practice for Reading and Writing
   Pattern and Object Recognition
      The Whole Story = Object-Concept-Pattern + Affect
      How to Create Optimally Challenging Visual Pattern/Object Targets
      Visual Unfamiliarity and Balance – Using Infinity Walk to Assess for Risk of Falls
   Visual Memory
      Short-term Visual Recall and Memory
      Long-term Visual Memory Retrieval
      Visual Memory is Stored as Object-Concept-Pattern + Affect
      Object and Spatial Memory Challenges – Photos and Videos in the Mind's Eye
      Prioritize Flow and Integration of Challenges into Flow
      Memory and Balance – Using Infinity Walk to Assess Risk of Falls
   Visual Cognition
      Cognition and Balance – Using Infinity Walk to Assess for Risk of Falls
      Visual Affect - The Overlooked Skill in Visual Perceptual Models of Development
      Visual-Affect, Emotions and Balance – Using Infinity Walk to Assess for Risk of Falls
      Visual-Motor and Spatial-Temporal Skills Needing Body Schema and Optic Flow

B.1 EXPERIENTIAL LAB #4
   Infinity Walk Method: Focus on Visual and Vestibular-Proprioceptive Skills
   B.2 “Infinity Walk Checklist: for Ocular-Motor and Visual-Motor Training” (PDF)

C. ADDITIONAL REFERENCES FOR MODULE IV

V. Special Topic: Basic Rehabilitation Uses and Adaptations for Infinity RIDE Method w/ Lab

A. Basic Rehabilitation Uses and Adaptations for Infinity Walk Method
   Traditional Physical Rehabilitation Approaches Compatible with Infinity Walk Method
   Clinical Assessment Using the Infinity Walk Sensory-Motor Circuit
   Functional Balance
      How Aging Affects Balance and Coordination
      Using a Light Touch Infinity Walk Circuit Boundary
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Using a Light Maintained Touch Along the Infinity Walk Circuit Boundary
Using Guided Movement/Active-Assistive Movement with Infinity Walk
Using Single or Parallel Figure-Eight Rails
Using Seated Mobility

Range of Motion, Muscle Release and Lengthening
Gaiting Strength and Endurance
Eye-Hand Coordination and Hand-Arm Strengthening Along the Infinity Walk Circuit
Infinity Therapeutic Horseback Riding
   From Horse Events to Residential Care: Replacing Barrels with Two Round Tables
Aquatic Therapy and Exercise: Infinity Swimming, Water Walking and the “Reptile Glide”
Ideas for Ways to Ambulate with the Infinity Walk Method
   Ways to Infinity Walk
   Ways to Infinity Ride
   Ways to Infinity Swim
Improving Therapeutic Exercise Compliance

B.1 EXPERENTIAL LAB #5
Infinity RIDE: Integrating Coordination and Flow into Seated Ambulation
Infinity RIDE: The Basics for First Time Infinity RIDER & Facilitator
Establishing the Infinity Circuit for Shared Infinity Riding & Facilitator Infinity Walking
Establishing Tempo/Pace of Shared Infinity Riding and Facilitator Infinity Walking

B.2 “Infinity RIDE Checklist: Integrated Movement & Flow during Ambulation” (PDF)

C. ADDITIONAL REFERENCES/FOOTNOTES FOR MODULE V

Instructor’s Closing Thoughts and Link to Exam Website

Course Bibliography and Resources

Final Exam - Multiple Choice (required for certificate of completion and AOTA CEU credit.

Not seeking AOTA credit, but wish CEU credit for another healthcare discipline?

Professionals of other healthcare disciplines are encouraged to receive approval for CE credit for this course from their national/regional professional organization that grants CEU approval. Approval is not needed to register for the course, but may be needed to have this 12 hour course be applied to national or state level CEU license renewal requirements other than AOTA’s.