

Qigong Sensory Treatment (QST) Certified Trainer Course

Online Certification Course

The Qigong Sensory Training Institute (www.qsti.org)

Last updated: 3/9/24

Course Outlines/Syllabus

Course Description:

Qigong Sensory Treatment (QST) is a touch-based intervention involving daily parent implementation and guidance from a QST Certified Trainer. QST is based on Chinese medicine principles and was developed through rigorous studies. The QST research indicates that children with all levels of autism benefit from the QST intervention.

This six-month Qigong Sensory Treatment-Certified Trainer (QST-CT) online course is designed to train and certify professionals experienced in working with autistic children in the implementation of the Qigong Sensory Treatment (QST) intervention. The course starts with a five-week e-learning *Education Course* (asynchronous self-paced modules and a weekly live virtual class, estimated at 10-12 hours of studying each week). Upon successful completion of the *Education Course*, students will continue to the *Clinical Supervision Course*, a five-month treatment practicum with remote supervision and online learning components, in which each student will work with one autistic child and their family (in-person).

The five-week *Education Course* includes online modules covering theoretical and practical aspects of the QST intervention. During the five-month *Clinical Supervision Course*, students will provide a minimum of 20 hands-on QST treatments to the child while working together with the parents/caregivers. Coaching strategies for supporting the family's daily massage with their child will be taught and practiced. Students will be supervised by a QST Master Trainer via online platforms. Students will post their written treatment summaries to an online forum after each treatment and will receive feedback from their Master Trainer. Two live (virtual) supervised sessions and two videotaped sessions will be required. In addition, there will be two required live virtual case conferences, in which students will present their case studies. At the end of the five-month clinical practicum, students will conduct post-testing and an exit interview with their family, analyze changes, and present their complete case studies.

Upon successful completion of the *Education* and *Clinical Supervision* courses, the Qigong Sensory Training Institute will award each graduate a certificate as a Qigong Sensory Treatment Certified Trainer, and a total of 80 continuing education hours.

This course offers an option to earn three graduate credits through Trinity Washington University (requires separate registration and an additional \$375 fee, paid to Trinity Washington University directly). Please contact Orit Tal-Atzili at orit@qsti.org if interested.

Instructional methodologies:

Assigned readings, Self-paced PowerPoint presentations, online forum discussions, weekly virtual live classes, demonstrations, hands-on practices, student presentations, weekly quizzes, written and practicum final exams, supervised practicum, and reflective coaching.

Prerequisites:

1. Applicants should have at least two years of professional or paraprofessional experience working with autistic children or be a parent of an autistic child.
2. Applicants should be in good health, energetic, and have no physical limitations.

Course Objectives and Expectations:

To graduate from this course, students will be required to demonstrate proficiency in:

- Describing the research evidence that supports the effectiveness of the QST intervention in treating autistic children
- Explaining key concepts in Chinese medicine as applied to the QST intervention
- Describing what is Qigong, and the purpose and methods of Qigong Sensory Treatment
- Explaining autism from the Chinese medicine perspective, focusing on sensory abnormalities as a core deficit in autism and how QST can successfully address these abnormalities
- Describing the healing process with QST - what changes are expected?
- Demonstrating proficiency in the application of the QST intervention
- Effectively training and providing ongoing QST coaching and consultation to parents/caregivers
- Using Qigong Sensory Treatment to treat children hands-on in collaboration with parents
- Coaching parents in attunement- how to interpret their child's responses, individualize, and adjust treatment techniques when giving the QST massage
- Conducting pre- and post-intervention evaluations to develop the child's QST profile and course of treatment, and assess and present changes in sensory processing, self-regulation, development, and parenting stress
- Students who successfully complete all course requirements will earn a certificate of a "*Qigong Sensory Treatment Certified Trainer (QST-CT)*"

Evaluation Methods/Requirements for certification as a "Qigong Sensory Treatment Certified Trainer (QST-CT)"

- Passing weekly quizzes (related to the week's materials)
- Passing practical and written final exams
- Completing a minimum of 20 treatment sessions with an autistic child and their family, including submission of a SOAP note after each treatment for Master Trainer's feedback, implementation of feedback, and a minimum of 2 live supervision sessions (via video platform) and 2 videotaped sessions
- Receiving a recommendation from the supervising Master Trainer that the student has demonstrated the knowledge and mastered the necessary skills to qualify as a Qigong Sensory Treatment Certified Trainer
- Demonstrating positive changes in the child, achieved through the use of QST (measured by pre-post tests)
- Participating in case presentations (oral presentation in each of the two online conference calls during the Clinical Supervision Course), including analysis and reflections on techniques, child's responses, progress, parents' fidelity, parent coaching, and overall treatment process

Course Schedule/Outlines

Required books (to be purchased by students directly from QSTI.org):

May be purchased individually or as a packet at: <https://www.qsti.org/product/essentials-for-the-qst-certified-trainer-course/>

Silva (2011). [*Qigong Massage for Your Child with Autism*](#). Jessica Kingsley (Singing Dragon): London.
<https://www.qsti.org/product/qigong-massage-for-your-child-with-autism/>

Silva, LMT, & Tindall, P., [*My Child First Year of Massage: A Parent Workbook*](#) <https://www.qsti.org/product/my-childs-first-of-massage/>

Silva, LMT, [*Self-Care Qigong Digital Download \(or DVD\)*](#)
<https://www.qsti.org/product/self-care-qigong-digital-download/>

All other reading materials will be provided online at no additional cost.

Part 1: Five-Week Education Course

Week 1

QST Research and Qigong Chinese Medicine

Readings:

- Silva, LMT (2012). Course Manual. Sections 1, 2, & 3 (pp. 4-54)
- Tal-Atzili, O. & Salls, J. (2017). Qigong sensory training pilot study: A tactile home program for children with or at-risk for autism. *Journal of Occupational Therapy, Schools, & Early Intervention*, DOI: 10.1080/19411243.2017.1325819 (pp. 1-5 – required; pp. 6-21- optional)
- "QST Massage Research" (**download this and all other handouts/forms from the online links into a QST Resource Folder you create on your computer**).

e-learning modules:

- Introduce yourself in the course forum
- Self-care qigong practice (students will purchase the DVD **or** the downloadable version from QSTI: <https://www.qsti.org/product/self-care-qigong-digital-download/>)
- PowerPoint presentation #1: The QST Research
- PowerPoint presentation #3: Intro to Chinese Medicine: Yin and Yang
- PowerPoint presentation #4: Intro to Chinese Medicine: Channels and Points
- Online forum discussion: Self-Care Qigong practice; reflections, questions, and comments about learning material
- Live online class: Review of the *Weekly Review Questions-1* and week's materials (the *Weekly Review Questions* will open online one day before the live class)
- Week-1 Quiz online (will open online **after** the *Weekly Review Questions* discussion in class)
- Assignment: schedule a 2-hour individual live video session with your Master Trainer to the end of week 3 for the Practical Exam

Methodologies: readings, PPT presentations, video demonstrations, self-care exercises, online forum discussions, live virtual class discussions, quizzes, Q&A

Week 2

Qigong as it Relates to Autism

Readings:

- Course Manual sections 4 and 5 (movements 1-7), (pp. 55-88)
- Silva, LMT (2011). *Qigong Massage for your child with autism*. Chapters 1 and 4-up to mv. 7 (pp. 16-27; 38-59);
- "Role and Responsibilities of the QST Trainer" (download to your QST Resource Folder)
- Toxic Load & Food Alternatives handouts (optional reading)
- Watch Dr. Silva's training videos (the link was provided with her book *Qigong Massage for your Child with Autism*, p.12), combined with the *12-movement picture chart* (course manual, p. 141; Red book p. 140).

e-learning modules:

- Self-care qigong practice
- PowerPoint presentation #5: Introduction to Qigong: What is Qigong (form, awareness, intention)
- PowerPoint presentation #6: Chinese medicine perspective of autism: What is Autism for Qigong, Blocks in energy channels, clearing blocks through points
 - PowerPoint presentations #8 and #9: QST Movements 1-7- theory and practice
- Practice and Application:
 - Learn to do movements 1 to 7 by memory.
 - Practice massage movements 1 to 7 on a typical child or adult.
- Online forum discussion: take away reflections, questions, and comments about learning material
- Live online class: Review of the *Weekly Review Questions-2* and week's materials (the *Weekly Review Questions* will open online one day before the live class)
- Week 2 Quiz online (will open online after the *Weekly Review Questions* discussion in class)

Methodologies: readings, PPT presentations, video demonstrations, instructional videos, online forum discussions, hands-on practice assignments, experiential activities, live virtual class discussions, quizzes, Q&A

Week 3

Trainer Qigong and Attuned QST Treatment

Readings:

- Silva, LMT (2012). Course Manual. Sections 5 (movements 8-12), 6, and 7 (pp. 89--116)
- Silva, LMT (2011). *Qigong Massage for your child with autism*. Chapters 4 (pp. 60-71)
- Silva, LMT, & Tindall, P., *My Child First Year of Massage*. Week 8 Letter to parents: Two Extra Techniques: **The Easy Button, the Face-Me Button** (pp. 49-50)
- "**Goals and Expectations**" (Save in Resource Folder)

e-learning modules:

- Self-care qigong practice
- PowerPoint presentation #7: Introduction to Trainer's Qigong: Touch techniques - light/heavy, fast/slow
 - PowerPoint presentations #10 and #11: QST Movements 8-12- theory and practice
- PowerPoint presentations #13: Touch, social & self-regulatory development: Social development and sensory impairment in autism; The autonomic nervous system and sensory and self-regulatory function
 - Parent Training videos Parts 1 & 2: Introduction to Parent Qigong, 3 extra techniques
 - Practice and Application:
 - Learn to do movements 8 to 12 by memory.
 - Practice massage movements 8 to 12 on a typical child or adult.
- Online forum discussions: Goals and Expectations: Expectations for the home program; Preparing, teaching, and supporting the parents; Reflections and Q&As about learning material
- Live online class: demonstrations and review of the 12 QST movements, Review of the *Weekly Review Questions-3* and week's materials (the *Weekly Review Questions* will open online one day before the live class)
- Week 3 Quiz online (will open online after the *Weekly Review Questions* discussion in class)
- Practical exam (students to schedule a 2-hour individual live video session with Master Trainer)

- **Practical Exam procedures:** Students will go through a "practice with feedback" run, followed by the actual exam, in which they will demonstrate giving a complete QST massage to a typical adult recipient (if there will be no corrections on the practice run, it will count as the exam and there will be no second run). Closed book. No aids allowed.

Week 3 Methodologies: readings, PPT presentations, video demonstrations, instructional videos, online forum discussions, hands-on practice assignments, experiential activities, live virtual class discussions, quizzes, Q&As, live individual sessions for practical exam and feedback

Week 4

QST Paradigms, Healing, and Documentation

Readings:

- Silva, LMT (2012). Course Manual. Sections 8, 9, 10, 11a, 11b (pp. 118-153)
- Silva, LMT (2011). *Qigong Massage for your child with autism*. Chapters 8, 9, and 10 (pp. 102-121)
- "Touch - Pain and Numbness - Treatment Approaches" (download to your QST resource folder)

e-learning modules:

- Self-care qigong practice
- PowerPoint presentation #14: QST Paradigms: The autism paradigm; The treatment paradigm; The relationship paradigm
- PowerPoint presentations #15: The healing process in Qigong: A sensory perspective; A neuroscience, self-regulatory perspective; A Qi perspective
 - Online forum discussions: Paradigm shift/The healing process; reflections and Q&As about learning material
- Live online class: review for final exam; Q&A; expectations and requirements for the *Supervision Course*
 - Week 4 Quiz online (will open online after the live class)
 - **Final Written Exam completion:** electronic, timed-120 minutes, closed-book. A Pass grade is a requirement for continuing to the Supervision Course. Will be available online or emailed to students 24 hours before the submission deadline (see the schedule below for the exact dates and times).
 - **Requirements for Final Written Exam completion:**
 - This is a **CLOSED BOOK** exam. Any notes, aids, or other materials are NOT allowed.
 - You have **120 minutes** to complete your exam (the exam platform will record the time and close the exam after 120 minutes, but please also time yourself and stop on time)
 - Any discussions or consultations with others are NOT allowed
 - Any sharing, downloads, screenshots, saving on your device, or other duplication of the exam materials are NOT allowed (please avoid copyrights and confidentiality violations)
 - Students will sign a **Final Written Exam Attestation Form** to attest to compliance with these conditions.
 - **Final Written Exam grading: A "Pass" grade is at least 86/101.** Grades could be one of the following:
 - **Pass** (grade 96 or above) - Eligible to continue to the Supervision Course without additional requirements.
 - **Pass** (grade 86-95) - Required to resubmit answers to incomplete items on the exam, then eligible to continue to the Supervision Course.
 - **Conditional Pass** (grade 70-85): Required to resubmit answers to incomplete items on the exam for re-grading (needs to achieve a Pass grade of at least 86).
 - **Fail** (grade below 70): Allowed to answer incomplete questions via a closed-book 60-minute oral exam (virtual) with a Master Trainer (needs to achieve a Pass grade of at least 86).

Methodologies: readings, PPT presentations, video demonstrations, instructional videos, online forum discussions, hands-on practice assignments, experiential activities, live virtual class discussions, Q&As, written final exam

Week 5

Getting ready to provide QST to the child and family

e-learning modules:

- Self-care qigong practice
- Complete any additional requirements for passing the final written exam (if required by the instructor)

After receiving a PASS grade on the final exam -

- Review and send the following to the parents (all are included online in the assignment ***“Dear QST parent”***):
 - *“Dear QST parent”* letter (add dates and contact information into the document)
 - 12-Movement Chart (for autism)
 - *QST Daily Message Log*
 - *QST Overview for Parents*
 - *Parents Talk about QST*
 - *QSTI Parent Training Videos Part 1 and Part 2* (include video demonstrations of the QST movements)
 - Consent for Treatment and HIPAA release forms
- Confirm that your family received and is able to watch the Parent Training Part 1 and Part 2, and instruct them to start practicing QST on a neurotypical person (**not** on the autistic child)
 - **Schedule the following with the family:**
 - Two Pre-Treatment sessions for next week (see details on page 8)
 - Treatments 1 and 2 for the following week
 - **Treatment 2** should also be scheduled **with your supervisor**, who will join virtually.
 - Complete the Child’s QST Profile and Summary Form (email the completed form to your supervising Master Trainer and discuss it in the forum in Supervision Prep Week in the Clinical Supervision Course).
 - Review PowerPoint presentation #16 - Charting and Documentation: Documentation of QST

Part 2: Five-Month Clinical Supervision Course

Requirements:

1. Students will complete 24 sessions with one family with an autistic child (4 pre/post evaluation sessions, and 20 treatment sessions)
2. Students will participate in weekly online forums by:
 - a. Posting their treatment notes in the Discussion Forum within 24 hours of each treatment
 - b. Writing a comment/question/feedback/reflection to one other student's treatment note which already received feedback from a Master Trainer
 - c. Reviewing feedback provided by the supervising Master Trainer on treatment notes before the next treatment
 - d. Participating in educational forum discussions on the assigned readings by posting an original post (when applicable, see below)
3. Students will conduct two treatment sessions with live supervision through an audio-visual video platform (Tx's 2 & 12), as well as two videotaped treatment sessions (Tx's 8 & 18), and receive feedback from their Master Trainer
4. Students will participate in 2 live audio-video conferences and will present their case studies
5. At the end of the QST treatment, students will conduct post-intervention tests, create pre-post graphs to measure progress, conduct an exit interview, discuss progress, and provide recommendations to the family
6. Students will complete additional educational assignments (readings, reviewing slide presentations, etc.)

QST-CT Spring 2024 Course Schedule - April 7 - September 28, 2024**Part One: 5-Week Education Course - April 7, 2024 – May 11, 2024**

QST Foundations Online Training (10-15 hours/week, see outlines above)

Live synchronous meetings are on Thursdays at 3:00-5:00 pm on USA Pacific Time (Oregon)**Virtual Platform: Teams: [Click here to join the meeting](#) Meeting ID: 229 928 953 030; Passcode: UGxhup**

Week	Date	Time (PST)	Activity
Mandatory Orientation	March 21, 2024	3:00-5:00 PM	Teams Virtual Meeting - Mandatory
Ed. Week 1 Sun. Apr. 7-Sat. Apr. 13, 2024	Wed. Apr. 10, 2024	5:00 AM	Weekly Review Questions open online
	Thursday Apr. 11, 2024	3:00-5:00 PM	Live virtual class (Teams) - Week 1 & Weekly Questions review Week-1 quiz opens online after class
Ed. Week 2 Sun. Apr.14-Sat. Apr.20, 2024	Wednesday Apr.17, 2024	5:00 AM	Weekly Review Questions open online
	Thursday Apr.18, 2024	3:00-5:00 PM	Live virtual class (Teams) - Week 2 & Weekly Questions review Week-2 quiz opens online after class
Ed. Week 3 Sun. Apr.21-Sat. Apr.27, 2024	Wednesday Apr. 24, 2024	5:00 AM	Weekly Review Questions open online
	Thursday Apr. 25, 2024	3:00-5:00 PM	Live virtual class (Teams) - Week 3 & Weekly Questions review; Review of the QST movements; Week-3 quiz opens online after class
	Friday-Sunday Apr. 26-28, 2024	Schedule a 2-hour Individual session with the supervising MT	Practical Exam (practice with feedback followed by exam) - individual live virtual video session with Master Trainer (arrange for a typical adult recipient. A camera person will be helpful)
Ed. Week 4 Sun. Apr. 28-Sat. May 4, 2024	Thursday May 2, 2024	3:00-5:00 PM	Live virtual class (Teams) - Education Course review (before the final written exam); Week-4 quiz opens online after class
		5:00 PM	Final Written Exam opens online/sent to students
	Friday May 3, 2024	By 11:59 PM	Submission deadline for Final Written Exam and Attestation form 120 minutes (timed) closed-book written exam. *time will be recorded. Exam will close at 120 minutes/midnight-whichever comes 1st
Ed. Week 5 Sun. May 5-Sat. May 11, 2024	Tuesday May 7, 2024	By 11:59 PM	Deadline for emailing exam corrections to Education Course instructor (if required)
	By Thursday May 9, 2024 After receiving a PASS grade on the final exam	<ul style="list-style-type: none"> Share training materials with parents and instruct them to practice the QST movements on each other (not on the child!) Schedule two Pre-TX sessions for the following week (on "Supervision Prep Week") Complete the Child QST profile and email it to your supervisor 	

Part Two: 5-Month Clinical Supervision Course - May 12, 2024 – September 28, 2024Supervision and case conferences will be **virtual**; Treatment sessions with the family will be **in-person** (exceptions may be considered case-by-case)

Sup. Course Prep Week May 12-18, 2024	Before meeting with the family: <ul style="list-style-type: none"> Read "<i>When Teaching the Parents</i>" and "<i>Principles of Parent Training and Support</i>"
Pre-Treatment Sessions	At the first pre-treatment session, with the parents/guardians: <ul style="list-style-type: none"> Review the "Consent for Treatment of Dependent" form with the parents (link in Ed Wk-4, get it signed if still needed) Develop the desired goals/outcomes from the QST program with the parents- 3-5 specific, measurable, and observable goals with clear criteria Observe the child using the Child Observation form
Evaluation and Initial Parent Training	After meeting with the family: <ul style="list-style-type: none"> Complete the Child's QST Profile based on SSC or ATSC, intake, and the child's observation. email the completed form to your supervising Master Trainer. Forum: In your own thread, discuss your child's QST profile and expectations for initial treatment/s (possible blocks, emptiness, touch, pain, numbness, expected responses) Review the Guidelines for writing an effective SOAP note (course manual p. 135-6) Watch the QST treatment demonstration video and review the example SOAP note for this Tx to prepare for writing effective Tx notes. At the second pre-treatment session: <ul style="list-style-type: none"> Teach parents the 12 QST movements, using the 12-Movement Picture Chart Instruct parents to start QST with their child before your first treatment and to log daily on the QST Daily Message Log (link in Ed-week 5 - in "Send training materials to the family")

On All Supervision Weeks	Practice your Self-Care Qigong a couple of times each week
Sup. Week 1 May 19-25, 2024	<ul style="list-style-type: none"> ● Treatment 1: first treatment session with the child; Test parents in the QST protocol (use the <i>Parent Fidelity with Massage Technique Report Form</i>) and help them give the massage to the child ● Treatment 2: First live supervision session –schedule with Master Trainer (MT) ● Post your treatment notes and respond to 1 other note
Sup. Week 2 May 26-June 1, 2024	Treatments # 3 & 4; post your treatment notes and respond to 1 other note Reading & forum: Silva, LMT (2011). <i>Qigong Massage for your child with autism</i> . Chapter 6. Troubleshooting (pp. 85-98);
Sup. Week 3 June 2-8, 2024	Treatments # 5 & 6; post your treatment notes and respond to 1 other note <ul style="list-style-type: none"> ● Reading & forum: "What is an attuned massage"; "How to coach parents to attune the massage"; online forum: Attuned massage;
Sup. Week 4 June 9-15, 2024	Treatments # 7 & 8; post your treatment notes and respond to 1 other note Treatment #8: Videotaped supervision session (coordinate how to share with MT) Reading & forum: Silva, LMT (2012). Course Manual. Sections 11c: <i>Preparing for the Break</i> (pp. 143-154)
Sup. Week 5 June 16-22, 2024	Treatments # 9 & 10; post your treatment notes and respond to 1 other note Reading: Review PowerPoint #17 & course manual section 11a-c: Overview of the 1 st and 2 nd series, 148-153
Sup. Week 6 June 23-29, 2024 *Conference will be recorded given all students' permission	Individual treatment and learning schedule (daily parent massage continues) Reading & Discussion Forum: "Why Belief Matters" Thursday, June 27, 2024 - 3:00-5:00 pm (USA PST) - First Series Case Conference (live, virtual) Case presentations and review of first series; Guidelines provided online in Sup Wk 6. Link is above
Sup. Week 7 June 30-July 6, 2024	Individual treatment and learning schedule (daily parent massage continues) Review PowerPoint #2: QSTI Research Review: <i>Bridging East-West body energy paradigm;</i> discussion forum: Reflect on one letter from <i>My Child First Year of Massage: A Parent Workbook;</i> Read: <i>Dealing with regressions over the five months of massage</i>
Sup. Week 8 July 7-13, 2024	Individual treatment and learning schedule (daily parent massage continues) Reading & forum: "Adapting the massage to different locations" & "Goals and Expectations"
Sup. Week 9 July 14-20, 2024	Individual treatment and learning schedule (daily parent massage continues) Reading & Forum: Course Manual-Sections 11d-e: <i>Preparing for the Second Series</i> (pp. 154-166)
Sup. Week 10 July 21-27, 2024	Treatments # 11: Test parents and help them do the massage; Treatment #12: Live supervision session – schedule in advance with MT; post your treatment notes and respond to 1 other note Complete and post to forum: "Second Series_11th Treatment Visit Questionnaire" (Course Manual p. 160)
Sup. Week 11, Jul28-Aug3, 2024	Treatments # 13 & 14 - post your treatment notes and respond to 1 other note
Sup. Week 12 Aug. 4-10, 2024	Treatments # 15 & 16 - post your treatment note and respond to 1 other note Forum: reflections about Self-Care qigong routine
Sup. Week 13 Aug. 11-17, 2024	Treatments # 17 & 18 - post your treatment notes and respond to 1 other note Treatment #18: Videotaped supervision session (coordinate how to share with MT)
Sup. Week 14 Aug. 18-24, 2024	Treatments # 19 & 20 - post your treatment notes and respond to 1 other note Reading & forum: Course Manual Section 11f: <i>Preparing for the end of Treatment</i> (p.167-168)
Sup. Week 15 Aug. 25-31, 2024	Makeup treatment sessions - if making up: post your treatment note/s Reading & forum: Review Powerpoint #18: What's Next; Post in the discussion forum: "Wei Wu Wei"
Sup. Week 16 Sept. 1-7, 2024	Makeup treatment sessions - if making up: post your treatment note/s; Check-in with the family
Sup. Week 17 Sept. 8-14, 2024	Post-Treatment session 1: Complete Post-intervention SSC/ATSC and APSI with parents; complete Bunse (optional); add to the Child's QST Profile; create pre-post graphs; share graph and recommendations with MT; Discussion forum: discuss your pre-post graph
Sup. Week 18 Sept. 15-21, 2024	Read Manual section 11g: Exit interview p.168; prepare Exit Interview questions; Post-Treatment session 2: First- Share the pre-post graph with parents; Second- conduct the Exit Interview (consider videotaping), and lastly- provide recommendations for continuing QST; After the session - Reading & forum: "Why Belief Matters" (link is in Sup week 6)- read again and post your current answers to the three belief questions in the Discussion Forum
Sup Week 19 Sept. 22-28, 2024 *Conference will be recorded given all students' permission	Complete final course tasks: follow the list in Sup Wk-19 online: case presentation prep, course evaluation, uploading pre-post documents, and all previous course assignments. Thursday, Sept. 26, 2024 - 3:00-5:30 pm (USA PST) - Second Series Live Video Conference Case presentations, course review Graduation, Congratulations, Celebration!!!

QSTI Certified Course Instructors/Supervisors

Adrienne Harvey, MS, OTR/L, Qigong Sensory Treatment Certified Trainer & Master Trainer.

suttonade33@yahoo.com. Adrienne has been an occupational therapist since 2000, a Certified QST Therapist since 2012, and a QST Master Trainer since 2015. She has never learned an intervention as effective as QST in helping children and families, and she loves to introduce QST into the lives of others! Adrienne lives with her husband and three children in Wyoming, near Yellowstone National Park.

Maria Broderick, Ed.D., MAOM, Lic.Ac., Qigong Sensory Treatment Certified Trainer & Master Trainer.

mariabroderick@gmail.com Maria has been a QST therapist since 2007 and a master trainer for QST therapists since 2014. Maria is an Associate Professor at the New England School of Acupuncture where she directs clinical education. Maria holds a Master's in Acupuncture & Oriental Medicine and a Doctorate in Human Development and Psychology from the Harvard Graduate School of Education. She has served as the pediatric acupuncturist at Boston Medical Center since 2010 where she has overseen the treatment of over one thousand children with Chinese medicine.

Matthew Elliott, M.Ac., Qigong Sensory Treatment Certified Trainer & Master Trainer. matt@gsti.org

Matthew Elliott has been a QST master trainer since 2015 and has been working as a QST therapist and parent trainer for QSTI since 2013. He has taught and lectured in early childhood special education programs, and worked closely with Dr. Louisa Silva, offering treatment and collecting data for the QST research. He continues to work with children with autism, Down syndrome, and other developmental delays. He is a licensed acupuncturist, living in Portland, Oregon.

Orit Tal-Atzili, OTD, OTR/L, Qigong Sensory Treatment Certified Trainer & Master Trainer. orit@gsti.org

Dr. Tal-Atzili is an occupational therapist with over 25 years of pediatric occupational therapy experience. She currently practices at the Infants and Toddlers program at Montgomery County Public Schools, Maryland, USA. She became a *QST Certified Trainer* in 2015 and has been providing QST services to families at her early intervention program since. She completed her *QST Master Trainer* certification in 2018. Dr. Tal-Atzili focused her doctoral research on QST, published her evidence-based QST pilot study in the *Journal of Occupational Therapy, Schools, and Early Intervention*, and presented on QST locally and in national conferences.

Rosimery Bergeron, MS, LPC, CRC, SEP. Qigong Sensory Treatment Certified Trainer & Master Trainer.

rosi@rosimerybergeron.com. Rosimery is a Licensed Professional Counselor and a Certified Rehabilitation Counselor with a private practice in Bend, Oregon — where she also directs the Autism Treatment Center of Bend. She is a QST master trainer and has been a QST therapist since 2010. She has trained families to deliver QST Massage to their children with Autism and given lectures and online training to parents and professionals in Brazil and Portugal. Rosimery has served as an adjunct professor in the graduate program in Rehabilitation Counseling and in the International Studies program at Western Oregon University (WOU). She also served as a research associate in a major study on QST Massage, funded in part by the U.S. Health Resources & Health Administration, Maternal and Child Health Bureau, under the aegis of the Teaching Research Institute at WOU. She provides services in English, Portuguese, and Spanish.

Sue Clayton, OT. Qigong Sensory Treatment Certified Trainer & Master Trainer. sue.clayton@health.on.net

Sue is a Pediatric Occupational Therapist with 20+ years of experience working with children and families. Currently, she works in private practice. Sue became a QST Certified Trainer in 2012 and a QST Master Trainer in 2015. She presented on QST locally, nationally, and at the Asia Pacific Autism Conference.

Bibliography

- Bodison, S. C., & Parham, L. D. (2018). Specific sensory techniques and sensory environmental modifications for children and youth with sensory integration difficulties: A systematic review. *American Journal of Occupational Therapy*, 72, 7201190040. <https://doi.org/10.5014/ajot.2018.029413>
- Cohen, K. (1997). *The Way of Qigong: the art and science of Chinese energy healing*. Ballantine Books: NY.
- Lane, A. E. (2020). Practitioner Review: Effective management of functional difficulties associated with sensory symptoms in children and adolescents. *Journal of Child Psychology and Psychiatry*. 61:9, 943–958. doi:10.1111/jcpp.13230
- Ody, Penelope. (2000). *Practical Chinese Medicine: Understanding the principles and practice of traditional Chinese medicine and making them work for you*. Sterling Publishing Company: NY.
- Silva (2011). Qigong Massage for your child with autism. Jessica Kingsley (Singing Dragon): London.
- Silva, L., Ayres, R., & Schalock, M. (2008). Outcomes of Pilot Training Program in a Qigong Massage Intervention for Young Children with Autism. *American Journal of Occupational Therapy*, 62(5), 530-538.
- Silva, L., Ayres, R., & Schalock, M. (2011). A Model and Treatment for Autism at the Convergence of Chinese Medicine and Neuroscience: First 130 Cases. *Chinese Journal of Integrative Medicine*, 17(6):421-429.
- Silva, L. & Cignolini, A. (2005). A Medical Qigong Methodology for Early Intervention in Autism Spectrum Disorder: A Case Series. *American Journal of Chinese Medicine*. 33(2), 315-27.
- Silva, L., Cignolini A., Warren, R., Skowron-Gooch, A., & Budden, S. (2007). Improvement in sensory Impairment and Social Interaction in Young Children with Autism Following Treatment with an Original Qigong Massage Methodology. *American Journal of Chinese Medicine*, 35(3), 393-406.
- Silva, L. & Schalock, M. (2012). Sense and Self-Regulation Checklist, a Measure of Comorbid Autism Symptoms: Initial Psychometric Evidence. *American Journal of Occupational Therapy*, 66(2):177-186.
- Silva, L., Schalock, M., Ayres, R., Bunse, C., & Budden, S. (2009). Qigong massage Treatment for Sensory and Self-Regulation Problems in Young Children with Autism: A Randomized Controlled Trial. *American Journal of Occupational Therapy*, 63, 423-432.
- Silva, L., Schalock, M. & Gabrielsen, K. (2011). Early Intervention for Autism with a Parent-delivered Qigong Massage Program: A Randomized Controlled Trial. *American Journal of Occupational Therapy*, 65(5):550-559.
- Silva, L., Schalock, M., Gabrielsen, K. (2015). About Face: Evaluating and Managing Tactile Impairment at the Time of Autism Diagnosis. *Autism Research and Treatment*, Volume 2015 (2015), Article ID 612507, 10 pages.
- Silva, L., Schalock, M., Gabrielsen, K., Budden, S., Buenrostro, M., and Horton, G. (2015). Early intervention with a parent-delivered massage protocol directed at tactile abnormalities decreases severity of autism and improves child-to-parent interactions: a replication study. *Autism Research and Treatment*, Volume 2015 (2015), Article ID 904585, 1-16.
- Silva, L. M. T., Schalock, M., Gabrielsen, K., Gretchen, H. D. (2016). One and two-year outcomes of treating preschool children with autism with a Qigong massage protocol: An observational follow-along study. *Alternative and Integrative Medicine*, 2016, 5: 216. <http://dx.doi.org/10.4172/2327-5162.1000216>
- Silva, L. Schalock, M. (2013). Treatment of Tactile Impairment in Young Children with Autism: Results with Qigong Massage. *International Journal of Therapeutic Massage and Bodywork*, 6(4):12-20.
- Silva, L. Schalock, M. (2013). Prevalence and Significance of Abnormal Tactile Responses in Young Children with Autism. *North American Journal of Medicine and Science*, 6(3):121-127.
- Silva, LMT, & Tindall, P., *My Child First Year of Massage: A Parent Workbook*
- Tal-Atzili, O. & Salls, J. (2017). Qigong sensory training pilot study: A tactile home program for children with or at-risk for autism. *Journal of Occupational Therapy, Schools, & Early Intervention*, DOI: 10.1080/19411243.2017.1325819 (pp. 1-23).
- Tzu Juo Shi. (1994). *Qi Gong therapy: the Chinese art of healing with energy*. Station Hill Press: NY.