



Newsletter



Digicel Foundation & CKFTO Puberty, Sex and Sexuality Programme

CKFTO with the support of the Digicel Foundation, will be hosting seminars for parents/caregivers of adolescents with disabilities offering guidance of how to deal with issues related to puberty, sex and sexuality. This programme will be facilitated by Toni Betaudier our Educational Psychologist. Topics include:

- **Introduction to Sexuality and Disability**
Sets the foundation for sex education by defining sexuality and sexual behaviour among persons with disabilities.
- **Human Growth and Development**
Includes changes related to puberty such as the development of secondary sexual characteristics, sexual feeling, the menstrual cycle and more.
- **Reproductive Health**
Topics include personal health/hygiene, menstruation, and physical exams.
- **Sexual Behaviour and Feelings**
Topics include human sexuality, masturbation, and sexual

intercourse/abstinence, birth control methods.

- **Social Aspects of Sexual Behaviour**

Discussion of public vs. private places are given and unacceptable behaviours that are likely to bring unwanted results.

- **Relationships: Dating Skills and Learning to Love**

Topics include responsible relationships, friendship/romance, dating, engagement and marriage.

- **Preventing and Coping with Sexual Abuse**

Show how to recognize the characteristics of abusive relationships and presents self-protection methods.



WHAT IS BIOETHICS?



Bioethics is the discipline that examines the ethical issues and implications in biomedical research, patient care, within healthcare institutions, and in health policy.

Bioethicists are

concerned with the ethical questions that arise in the relationships among biotechnology, medicine, life sciences, politics, philosophy and law. *CKFTO's Clinical Manager is a Bioethicist.*

Therapeutic Listening®



Therapeutic Listening® is an evidence-based auditory intervention intended to support individuals who experience challenges with sensory processing dysfunction, listening, attention and communication. Therapeutic listening goes beyond the ears and incorporates the whole body using a variety of sensory motor and relationship based treatment strategies. Music is altered and exaggerated to tap into the parts of the brain involved in regulating bodily function, attention, relating to others and in organizing behavior.

Therapeutic Listening® uses developmental and Sensory Integration frameworks to improve the neurophysiological foundation for integrating sensory input by using specific sound frequencies and patterns to stimulate the brain. TL uses music that is electronically altered to elicit a specific response that improves mechanisms involved in attention and modulation.

Therapeutic Listening® is a highly customized program, and designed by trained therapists based on individual needs and adjusted accordingly to achieve maximum results.

CKFTO's Integrated Therapy Program (ITL) is an intensive Occupational therapy (OT) combined with Therapeutic Listening (TL) to "jump start" the change process in the nervous system, essentially accelerating the effects of treatment by stimulating the auditory as well as the other sensory systems directly. TL combined with OT can dramatically increase the speed that changes take place in a child.

For more information on our TL program, contact us at info@ckfto.org

- Results are:**
- Increased Focus
 - Better Moods
 - Better Handwriting
 - Balanced Energy levels
 - Greater Tolerance to Noise
 - Improved Sleep
 - Fewer Tantrums

CKFTO ALERT THERAPEUTIC CAMP
For children experiencing difficulty focusing, paying attention and sitting still in the classroom, CKFTO's Alert Program develops simple, effective self-regulation strategies for optimal learning and self-regulation at home, school and in the community.

Dates 14th-18th Dec, 2015
Cost - \$2400*
Times: 9:00 a.m. - 12:00 noon
and 1:00 p.m. - 3:30 p.m.

*This includes resource handouts, parent information and teacher program consultation.

Alert Camp offers the Alert Self-Regulation program in an intensive therapy block. By using daily intensive therapy, corrective behaviours and developmental training are reinforced for maximum results - this assists children in understanding the basic theory of sensory integration related to their arousal states. The objective is to help children learn to monitor, maintain, and change their level of alertness appropriate to the situation or task involved.

For more information please contact CKFTO at 628-3268 for registration
Or via e-mail reception@ckfto.org
19 Vidale Street, St-James 628-3268