



ILLINOIS DEVELOPMENTAL THERAPY ASSOCIATION

WELCOME TO IDTA!

The Illinois Developmental Therapy Association (IDTA) is a non-profit organization incorporated in January 2006. The mission and purpose of this association is to provide the highest quality services to children with disabilities and delays and their families through promot-

ing and supporting the interests of Developmental Therapists. This is truly a “ground breaking” association! Developmental Therapy is a growing discipline that has not yet received the recognition that it deserves. There is more attention than ever being paid to

the birth-to-three population. As DT’s, we must begin to take initiative to guide our profession in the right direction and take steps to ensure our profession is recognized for the valuable contributions we can make in this field.

MEET OUR EXECUTIVE BOARD

President– Elizabeth Benney

Elizabeth been working in Early Intervention for around 10 years now. She is a certified infant massage instructor and certified therapeutic listening therapist. She has a wide range of experience with children with different issues and diagnoses, but now she works primarily with profoundly delayed children and she also teaches infant massage techniques to families. She serves on the Executive Committee of the Local Interagency Council (LIC#2) and is a member of the International Association of Infant Massage, Illinois Neonatal Developmental Follow-up Association, Illinois Association of Infant Mental Health,

and the American Association for Home-Based Early Interventionists. Elizabeth recently started a company to provide supervision and training to new DTs.

Elizabeth initially became interested in Early Intervention while working on a research project for the Dept of Education and UM/Ann Arbor. She has a graduate degree from University of Chicago in Social Sciences and had planned on going into social research. Her first job was conducting standardized assessments on kindergarten-level children in various elementary schools—it was the first time she’d worked directly with children and loved it! Elizabeth met a developmental therapist

who helped her through the process of credentialing, and she hasn't looked back. Getting the experience and supervision was a challenge back then, and still is in some ways! But she loves her work and believes that the field of birth-to-three is becoming a very important field worldwide for researchers and clinical practitioners. It's a changing, dynamic field and she expects it to be filled with more challenges and opportunities for DTs than ever before!



IDTA

Volume 1, Issue 1

Summer 2006

“...the field of birth-to-three is becoming a very important field worldwide for researchers and clinical practitioners.”

Inside this issue:

Meet Our Executives 2

Advisory Committee 3

Infant Massage 4

*Elizabeth & Lisa (right)

MEET OUR EXECUTIVE BOARD CONT.

Vice President– Lisa O’Halloran

Lisa O’Halloran has been a developmental therapist for over 17 years. After graduating from Florida State University she began her first job working with migrant farmers who had babies with special needs, providing county wide evaluations to locate at-risk babies and worked with families on developing programs that they could follow. Lisa then moved to Milwaukee, Wisconsin to work with the Milwaukee Public School System again with children with special needs. She also assisted with the Milwaukee County’s Teen parenting programs before moving to Illinois. Lisa was one of the earlier providers of developmental therapy and developmental therapy evaluations in Illinois. She has served as a trainer and mentor to a number of Developmental Therapists throughout the state. Lisa and her husband, Jim, have three children: Jack, Cormac and Molly.

Secretary– Ronnie Kodish

Ronnie M. Kodish earned her Bachelor of Science Degree in Therapeutic Recreation with a minor in Psychology from Southern Illinois University – Carbondale and then earned her Master of Science Degree from University of Illinois – Champaign. Ronnie has been providing therapy for the past 15 years in both center-based programs as well as in-home therapy settings. Ronnie earned national recognition as a Certified Therapeutic Recreation Specialist (CTRS) in 1994. A CTRS credential has become an industry standard that exemplifies each professional’s dedication to quality standards and excellence in practice. Ronnie has devoted the past 7 years solely to Illinois Early Intervention and recently, she has also begun providing developmental therapy services through the school district but in-home for children

who are medically unable to attend their school district’s program. Ronnie’s experience includes (but is not limited to) Down Syndrome (and a variety of other genetic disorders), Trisomy 9, Methylmalonic Acidemia, Cerebral Palsy, Spina Bifida, Autism, Developmental Delays, Sensory Impairments, Physical Disabilities, Prematurity, Muscular Dystrophy, NeuroDegenerative Disorder, AIDS, Epilepsy, etc. She has volunteered for the Special Olympics, assisted with Therapeutic Horseback Riding, has rewritten the disability section for different handbooks, and is now serving as Secretary for the Illinois Developmental Therapy Association.



Treasurer– Eileen Woosley

Eileen Woosley earned her Bachelor's degree in Early Childhood Education from Bradley University and her Master's degree in Curriculum and Instruction from National Louis University. She is a Credentialed Developmental Specialist. Eileen has worked with at-risk children and children with special needs and their families for over 11 years. She is in her first year of working with Early Intervention as a Developmental Therapist. She is the Treasurer and chairperson for the Financial Committee for the IDTA.



Eileen shown above

IDTA

3712 N. Broadway #248
Chicago, IL 60613

Editor- Cathy Bosse
Publications Committee

Newsletters are published quarterly.
Please contact cathyb13@hotmail.com
for advertisement rates and article
submission.

GET ACQUAINTED WITH OUR ADVISORY COMMITTEE

Therese Wehman

Dr. Wehman earned her doctorate in child development from the Erikson Institute, Loyola University-Chicago. Her specialization includes children birth to six with disabilities, early childhood program administration, organizational development, collaboration and team building. She holds advanced degrees and Illinois certification in educational administration,



elementary education, early childhood education and special education and has extensive experience designing and administering early childhood intervention programs. She is coordinator for the Early Childhood Special Education Graduate Program and her research involves early intervention system change, parent-professional partnerships, professional leadership development, teacher mentorship and inclusion. Dr. Wehman holds memberships in the National Association for the Education of Young Children,

Council for Exceptional Children, National and Illinois Association of Early Childhood Teacher Educators, and the World and Illinois Association of Infant Mental Health and serves as the Governor's appointed Personnel Preparation representative on the Illinois Interagency Council on Early Intervention. She has published articles and curriculum materials and has just completed editing a new textbook for PRO-ED entitled *Intellectual and Developmental Disabilities: Toward Full Community Inclusion* (July 2005).

Jennifer Barrett-Zitkus

Jennifer Barrett-Zitkus is a graduate of Illinois State University (1987). She received her Master's Degree in Early Intervention Special Education at East Tennessee State University in Johnson City, Tennessee (1990). She is the Illinois Medical Diagnostic Network Coordinator for Lutheran General Children's Hospital, which provides technical assistance to Child and Family Connections # 2 in Lake County, IL. In this role as IMDN Coordinator, Jennifer gives training, support and provides quality assurance in early intervention to providers, parents and service coordinators. In addition to her position at Lutheran General Children's Hospital, Jennifer has a private practice. Early Intervention Direction, providing developmental evaluations, consultation and support to families and agencies. Jennifer has over 18 years of experience in the field of early intervention. She was involved in an Office of Special Education Grant researching best practice in early intervention for medically fragile infants and toddlers and their families, Project ECHO. Jennifer was an adjunct faculty

member at East Tennessee State University. She also directed an early intervention program in Johnson City, TN for children birth to age 6 and their families.

Jennifer is currently credentialed as a Developmental Therapist / Evaluator and Assessment Specialist in Illinois. She served on the Governing Board for the American Association of Home-Based Early Interventionist (AABEI). Jennifer is an active member of the Lake County's Local Interagency Counsel (LIC) and Provider Forum. Jennifer is on the Early Intervention training team for United Cerebral Palsy. Jennifer participated in the field testing of Riverside Publishing's the Battelle Developmental Inventory-Revised. She is an adjunct instructor for Erikson Institute in Chicago, IL. Jennifer lives in Round Lake, IL with daughters Ana and Kirsten (age 12) and her son Will (age 9).



Linda McPhee

Linda is currently employed with CCAR Industries Birth-Through-Two Program, which serve infants and toddlers with special needs and their families in Coles, Cumberland, Douglas and Shelby counties since 1974. The CCAR Industries Birth-Through-Two Program has a team of staff with many years of experience working with infants and toddlers with developmental delays. Their staff has been credentialed by the State of Illinois as Early Intervention Providers since 1998. CCAR has been nationally accredited by CARF...the Rehabilitation Accreditation Commission since 1980. As part of a comprehensive program, the Birth-Through-Two staff receives on-going training, is subject to background checks, and participates in an on-going quality assurance system.



THE BENEFITS OF INFANT MASSAGE by Mary Kay Kochanski, DT

The following article was submitted by one of our members, Mary Kay Kochanski, an experienced DT who provides infant massage instruction to families in the Chicago suburbs.

Have you ever purchased or tried one of those Shiatsu massagers or massaging chairs? If so, you may have discovered that they just do not compare to a personal massage. The reason is that *nothing can relive tension like human touch*. It is the warmth, skin-to-skin touch sensation, and human interaction during massage that make it such a pleasurable and relaxing experience.

The benefits of massage, particularly massaging of infants and young children, go well beyond stress reduction:

Physiological Newer studies have found that massage can lower the level of stress hormones (cortisol and norepinephrine,) an important issue for some children with special needs who suffer from chronic stress. Regular massage acts as an early stress management program for babies, teaching them how to relax their bodies in response to stress. Massage may improve immune system function, with studies showing that babies with skin disorders such as eczema can benefit from massage. Massage stimulates nerves that influence various body functions, including the digestive, pulmonary, and circulatory systems. It has been shown that massage can facilitate the release of food absorption hormones in the digestive tract that facilitates bone growth. Massage can help regulate the gastrointestinal system, of particular interest to parents with “colicky” infants, by reducing gas and helping a child digest foods and eliminate waste more efficiently. Massage also increases and improves circulation, reduces blood pressure and heart rate,

and improves exhalation flow in children with asthma. Massage can help regulate sleep/wake cycles in all children, who tend to sleep longer and more deeply following a massage.

Muscle Tone Through the use of a combination of stimulating and relaxing strokes, massage appears to positively impact muscle tone. Studies have shown that, after regular massage, children with cerebral palsy have exhibited reduced spasticity and less rigid muscle tone. Another study indicates that massage can reduce hypotonicity and enhance motor and muscle functioning for children with Down syndrome.

Sensory Integration Massage is one of the best techniques for helping an infant (especially premies) regulate and integrate sensory input. For children with low body awareness, massage helps stimulate the nerve endings in the skin and provides deep pressure to muscles to call attention to body parts. For those children who are touch averse or over-stimulated by touch, a daily massage can raise the infant’s threshold for stimulation and gradually build tolerance.

Prematurity Studies of premature infants show that those given short massages three times per day averaged 47% greater weight gain per day, were more active and alert, were more able to tolerate noise and self-calm, slept more deeply, and showed more mature neurological development than infants who didn’t get massaged. Their hospital stay was also shortened.

Neurological Skin stimulation speeds a process called “*myelination of the brain*.” Simply put, myelination is a sheathing that covers the connections between brain cells—like electrical coating on wires. The thicker the coating, the faster the electrical connection. Subsequently, the greater the myelination, the faster the transmission

of information within the brain, and from the brain to the body.

Teaching a child to communicate through touch The loving touch of a caregiver combined with consistent response to an infant’s cues helps the baby develop a sense of trust and security that allows them to be curious about the world, rather than fearful. Their ability to communicate through facial expression, body movement, and other non-verbal signals will improve when recognized and responded to consistently by a caregiver. This lays the foundation for the development of communication skills and social reciprocity.

Bonding and Self-Awareness Of course, we all engage in a great deal of touching with our babies and children. Think about how often you touch your child...you change their diaper, dress them, feed them, bathe them, put them to bed. These are all typical “maintenance” activities—things you do routinely every day to keep the house and family going, like cleaning or making dinner. What’s nice about massage is that it is not simply maintenance or therapy activity. It is not something that is “done to” your child. Rather, infant massage should be a time for you to relax and enjoy some time with your child—and only if the baby wishes to participate. This is not an enforced activity, it is a shared activity. You learn about your child’s non-verbal signals, you listen and respond to their cues, and you help your baby relax and enjoy the world. In the process, the caregiver also relaxes and enjoys their baby. It’s a beautiful relationship-building activity.

For more information on infant massage or becoming certified in Infant Massage Instruction, please contact the following groups:

Infant Massage USA

1-877-246-4487 www.infantmassageusa.org

International Association of Infant Massage

1-805-644-8524 www.iaim-us.com

ILLINOIS DEVELOPMENTAL THERAPY ASSOCIATION

3712 N BROADWAY #248 CHICAGO IL 60613

2006/2007 MEMBERSHIP APPLICATION FORM

Membership Year: JULY 1, 2006 – JULY 1, 2007

Name: _____

Job Title: _____

EI Credential # (if applicable): Type _____ Number _____

Mailing Address: _____

(organization name where applicable)

(street address, apartment #, post office box #)

(city, state, zip)

Contact telephone: _____ { }cell { }home { }work

Fax # _____ Email: _____

_____ I allow all the information listed above to be published in the IDTA Directory.

_____ Do not publish the following information in the IDTA Directory

___ Name ___ Credential ___ Address ___ Phone ___ Fax ___ Email

PLEASE CHECK THE APPROPRIATE MEMBERSHIP CATEGORY

{ } \$125.00 FULL MEMBER (Must be practicing and credentialed Developmental Therapist)

{ } *SPECIAL OFFER: Full membership rate of \$90 only applicable if you join prior to July 31, 2006.

{ } \$180.00 Two-year membership as FULL MEMBER

{ } \$ 25.00 STUDENT MEMBER (Indicate institution: _____)

{ } \$ 50.00 AFFILIATE MEMBER (Indicate specialty/affiliation: _____)

Affiliate members are non-developmental therapist professionals in the field of birth-to-three or non-practicing DTs (e.g. expired credentials.)

{ } \$ 50.00 OUT OF STATE MEMBER (Indicate title: _____ state _____)

Practicing DT or equivalent (e.g. Infant Educator/Child Development Specialist)

PLEASE RETURN COMPLETED FORM WITH CHECK MADE OUT TO IDTA to:

IDTA (ILLINOIS DEVELOPMENTAL THERAPY ASSOCIATION), 3712 N BROADWAY #248, CHICAGO IL 60613

INVOLVEMENT

We encourage you to become involved in your professional association. Please indicate below which opportunities you would like to learn more about:

{ } Membership { } Publications { } Legislative { } Professional Development { } Continuing Education

{ } Annual Conference Planning

IDTA

3712 N BROADWAY #248
CHICAGO IL 60613

Postage



***Fall Newsletter Preview:**

-Look forward to meeting our Committee Board members and Regional Representatives!

-Upcoming Fall training opportunities

IDTA Feature:
Browse our website to learn more
about our sponsored training
workshops!

