

Specialty
Arranged

LAB SESSION



IN-PERSON PROGRAMME ON ASTRONAUT TRAINING WITH LAB SESSION

APPLY NOW



Course Code: CA-25B-02

1-Day Lab Session
ONLY Available
in This In-Person
Program

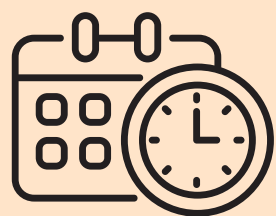
Presented by:
Mary Kavar; M.S., OT/L

- ✓ 60+ years of clinical expertise
- ✓ Co-author of Core Concepts in Astronaut Training
- ✓ Vestibular System Specialist



Sheila M. Frick; OTR/L

- ✓ Founder of Vital Links
- ✓ Expertise includes sensory processing dysfunction, sensory integration, and auditory interventions



12, 13 Dec 2025 (2-Day Lecture)

14 Dec 2025 (1-Day Lab)

09:00 am – 5:00 pm



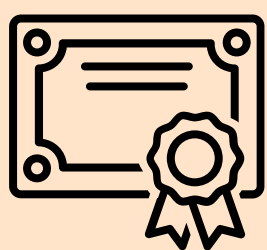
Venue:

**Ng Teng Fong Lecture Theatre,
3/F, Tower 2, South Seas Centre,
75 Mody Road, Tsim Sha Tsui, Kowloon**



Target: Occupational Therapist

Accreditations: CPD-OT: 18 pts



**Attendance at ALL THREE days
is required to receive a certificate**



Course Fee: HKD\$8,500@

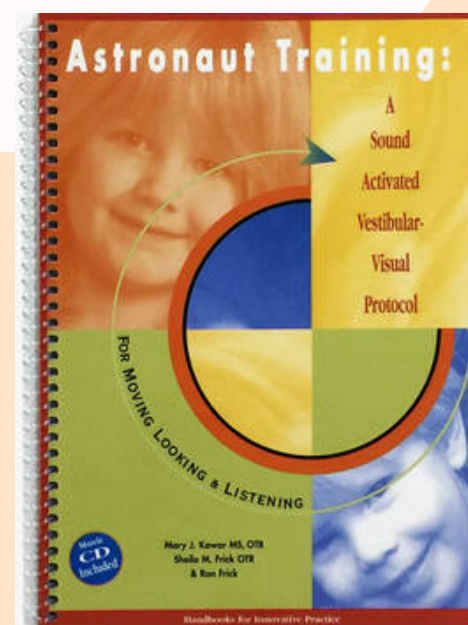
Early Bird*: HKD\$7,850@

(*Payment made on or before 14 Nov 2025)

What is Astronaut Training?

Astronaut Training is a **precise, powerful, therapeutic protocol** that is designed to develop **optimal vestibular function**, an essential foundation for all sensory processing and movement control.

Worth HKD\$700
in total
(including shipping)



Each participant will receive:

- A complimentary copy of "Astronaut Training: A Sound Activated Vestibular-Visual Protocol for Moving, Looking and Listening"
- ONE penlight



Programme Outline:

This in-person course teaches a protocol to provide precise input to all five vestibular receptors, along with auditory and visual input to create a comprehensive treatment protocol which integrates the vestibular-auditory-visual triad. Guidelines are provided for safe, effective use of this protocol with clients of all ages and diagnoses.

Highlights:

2-day Lecture

- Learn how to precisely activate each of the 5 vestibular receptors in conjunction with other sensory integrative strategies.
- Learn how to identify & ameliorate vestibular deprivation & dysfunction as part of a comprehensive sensory integration treatment program.
- Integrate the vestibular-visual-auditory triad to make sensory input meaningful and functional.
- Apply a precise, ready-to-use intervention template.

1-day Lab

- Hands-on practice with suspension and non-suspension equipment across environments.
- Learn safe, low-cost construction, installation, and adaptation of therapy devices.
- Ready-to-use activities with common clinic tools (gym balls, scooter boards).
- Creative use of everyday home items.
- Framework grounded in vestibular, proprioceptive, and visual integration for function.
- Individualize treatment moment-to-moment based on each client's clinical picture.

Mary Kavar



Mary Kavar, M.S., OT/L, adjunct lecturer at Vital Links, started her occupational therapy journey at the Elizabeth Kenny Institute in Minneapolis after graduating from the University of Minnesota. Serving as the Director of Occupational Therapy at Children's Hospital and Health Center for two decades, she has dedicated over 50 years to developing specialized therapeutic programs for individuals with sensory processing and motor control challenges. Mary is a co-author of two books/CD sets, "Core Concepts in Action" and "Astronaut Training: Sound Activated Vestibular Visual Protocol for Moving, Looking, and Listening." Additionally, she has contributed a chapter to the book "Functional Visual Behavior in Children."

Sheila M. Frick, OTR/L, is an internationally esteemed clinician, lecturer, and pioneer in Occupational Therapy. She has over 20 years clinical experience, having worked in psychiatry, rehabilitation and home health before specializing in pediatrics. She is well known in the field of Sensory Integration, lecturing on such topics as clinical neurology, respiration, the auditory/ vestibular system and auditory interventions. Sheila's expertise is reflected in her publications as well as her proficiency in training professionals throughout the United States and abroad.



Sheila M. Frick