

What makes this event special?!

This one day event is all about creating community for professionals passionate about oral restrictions! It will be packed with actionable expert information and rich connections. ICAP has a unique approach of honoring the wisdom of all professionals while encouraging collaboration for advancement of evidence-based care. We don't just want you to hear from us, we also want to hear from you! Too many people work tirelessly to meet the needs of patients struggling with tongue ties while feeling isolated in the very communities they serve. We're here to change that! Leave feeling energized and enriched by a full day with like minded and enthusiastic experts.

930-1100 **Session 1:** Symptoms, diagnosis, and holistic approaches

1100-1130 *Coffee Break:* Connect!

1130-1300 **Session 2** Holistic treatment at different ages and stages

1300-1400 *Lunch:* Collaborate!

1400-1530 **Session 3** Round Table Discussions

1530-1600 *Coffee Break:* Conspire!

1600-1730 **Session 4** Panel and General Q&A

Session 1: Symptoms, diagnosis, and holistic approaches

Many professionals are blown away by both the overlap and unique needs of diagnosis at different stages of development. Hear from experienced experts of multiple fields about factors to consider in the diagnostic process for infants, children, and adults. Learn unique insights that can increase clarity about the need to release frenum, as well as factors to consider in finding the optimal timing for the release. Tine Greve will discuss assessing babies, screening for confounding factors, and preparing families for next steps. Kate and Justin Roche will team up to tackle the process for the challenging age group of toddlers, where proper preparation can be as important to outcomes as the procedure itself. Stefano Colasanto will share insights on the often-underrepresented population of adults, who are increasingly interested in considering how a release might improve their quality of life. This session will pull together all the factors of a thorough diagnostic process and proper pre-release care that will enrich the practice of all fields involved.

This session includes perspectives from lactation consultants, a midwife, a physician, an osteopath, a physio, and a dentist.

- Tine Greve: Assessing all factors in the needs of feeding for infants
- Justin & Kate Roche: Addressing the complex needs when treating toddlers
- Stefano Colasanto: Postural Symptoms of Tongue Tie and Expectations in adults

Session 2: Holistic treatment at different ages and stages

What does proper treatment of oral restrictions involve? Hear from these experts about how to get the most consistent results! Gain increased understanding of techniques for tissue guided release as well as post op care. Solveig Thorp Homsen will discuss how treatment can be strengthened through input from multiple fields working together. Jessica Altemara will discuss approaches to supporting parents following the release of babies, so as to achieve the most therapeutic effects. Anna Lichnowska is excited to fill your tool bag for working with toddlers through adult so that this diverse group of patients can experience the best outcomes, despite many nuances in what is needed. Ralf Dorneiden brings unique insight into the recovery process, including the muscular, neurological, and oral tissue shifts required to achieve needed changes in function following release. This session completes the process started in session 1 for holistic approaches that truly heal.

This session includes perspectives from a physician, a lactation consultant, a speech language pathologist, an expert in oral-myofunctional therapy, and an osteopath.

- Solveig Thorp Holmsen: Evolving diagnoses and technique through collaboration
- Jessica Altemara: Post op support and education for parents of babies
- Anna Lichnowska: Tools and therapies pre/post for optimal results
- Ralf Dorneiden: Addressing challenges with achieving change in function following release.

Session 3: Round Table Discussions

This dynamic, high energy session is focused on education and collaboration for all! Everyone can *participate* in multiple small group deep dives on specific topics. Lead by experts, these round table discussions invite all attendees to begin their journey toward being a true member of the ICAP community. Choose from several of the topics below to learn *and* share, while also getting to know our speakers better, during this unique, enriching session!

Creating Guidelines - Solveig Thorp Holmsen

Readiness for Release in Toddlers - Anna Lichnowska

Tongue Tie or Tension - Tine Greve

Self Efficacy as a Tool for Optimizing Outcomes - Jessica Altemara

The ins and outs of Airway - Stefano Colasanto

Tools for Release - Justin Roche

Tools for Improving oral function in Babies - Kate Roche

Participating in Expanding Research - Ray Tseng

Research Updates from Around the World - Sharon Smart

and more!

Session 4: Panel and General Q&A

Let's wrap up this amazing day with making sure YOUR needs have been met. Speakers will make themselves available to answer questions attendees may have throughout the conference. ICAP representatives will be available to get input about how the organization can even better serve professionals from around the world. Next steps toward evolving collaborative care can be defined together because, after an ICAP conference, everyone is always hungry for more!