

# Welcome to ICAP 2025!

*Tongue Tie Treatment, Collaborating for Change Across the Lifespan*



*Thanks to our Sponsors!*



NATIONAL TONGUE TIE  
CENTRE

Today is all about creating community for professionals passionate about oral restrictions!

It will be packed with actionable expert information and rich connections. 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!

900-930 **Opening**

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**



*Scan here to learn about your speakers!*

## Session 1: Symptoms, diagnosis, and holistic approaches

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. 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.

- Tine Greve: Assessing All Factors in the Needs of Feeding for Infants
- Justin & Kate Roche: 12 Weeks to 12 Years: Child Centered Approach to Care
- Stefano Colasanto: Postural Symptoms of Tongue Tie and Expectations in Adults

*\*Q&A in session 4*

## Session 2: Holistic treatment at different ages and stages

Gain increased understanding techniques for tissue guided release as well as post op care. This session completes the process started in session 1 for holistic approaches that truly heal.

- 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
- Anna and Stefano: Overview of Outcomes in Adults

*\*Q&A in session 4*

## Session 3: Round Table Discussions

Participate in 3 consecutive, 20 minute, small group explorations of specific topics. These round table discussions, led by experts, invite all attendees to experience the ICAP community's growth mindset. *Choose 3* of the topics below to learn *and* share, while also getting to know our speakers better, during this “speed-date with information” session!

**Creating Guidelines** - Solveig Thorp Holmsen, MD, MPH

**Readiness for Release in Toddlers** - Anna Lichnowska, Ph.D, SLP, OT

**Tongue Tie or Tension** - Tine Greve, Midwife, IBCLC

**Self Efficacy as a Tool** for Optimizing Outcomes - Jessica Altemara, IBCLC, RLC

**The Ins and Outs of Airway** - Stefano Colasanto, DDS, DO, Orthodontist

**Surgical Tools for Release** Justin Roche, MD, IBCLC

**Tools for Improving Oral Function in Babies** - Kate Roche, BSc, MISCP, IBCLC

**Participating in Expanding Research** - Ray Tseng, DDS, PhD

**Research Updates from Around the World** - Sharon Smart, SLP, PhD

## Session 4: Panel and General Q&A

Let's wrap up this amazing day with making sure *your* needs have been met. A panel of all the speakers will make themselves available to answer questions attendees may have from 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!

