



## Over The Moon Therapy

1215 E. 14th St. Tucson, AZ 85719 US

(520) 222-6722

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## OUR SERVICES



### Occupational Therapy Services-Sensory Integration Focus

OT sessions last 50 minutes. Sensory integration is both a neurological process and a frame of reference that occupational therapists can use when treating children. OT-SI seeks to help children integrate their nervous system more efficiently so that they can learn and participate more easily. When working in this frame of reference a therapist will seek to find a just right challenge for a client, they will help provide the child with the input their nervous system needs in order to have an "adaptive response" which is a fancy way of saying be successful with whatever they were trying to do! That might mean they swing on a swing so they get the input they need to sit up straight and tall or learn to use two hands together to push that swing on their own. It might mean engaging in play with dry beans or rice and putting together a light bright picture so they can know their hands better in order to do things like zip up their sweater on their own.

### Occupational Therapy Evaluation

Evaluations usually last between 1 and 1.5 hours and require the family to fill out a developmental history form and submit it to the therapist 48 hours in advance of the evaluation appointment. I will spend time playing with and getting to know your child and engaging them in fun activities that help me get a sense of how they process sensory information, how they move, and what they are drawn to in play. I will conduct some standardized testing to get a sense of more specific skills, but these are done playfully and are only a piece of the full assessment. Together we will decide if it makes sense to work together and what the focus of our work should be. I will send a written report with





### **In Network Insurance Coverage**

I am an in network provider for:

Blue Cross Blue Shield

CMDP

Health Net Federal Services/Tricare

United Healthcare

### **Occupational Therapy Services- DIR/Floortime Focus**

Therapy sessions last 50 minutes DIR/Floortime is another frame of reference that some occupational therapists use to treat children. Therapy that uses a floortime approach takes into account the unique nervous system that a child has and helps their caregivers and adults find ways to connect to the child and draw them into a shared world. From there the therapist and caregivers find ways to challenge the child to master 6 functional emotional developmental levels. These capacities form the foundation of all other learning and growth and are fundamental to learning how to stay calm and regulated and attend.

### **Private Pay Rates**

Occupational Therapy Evaluation \$250

Occupational Therapy Session (50 min): \$85

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