

# Resources: Fall 2018

By: Keenan Whitesides, PT, DPT, NCS and Kat Hamblin, PT, DPT

## What We're Watching

### SPEECHLESS



Image 1 Credit: Wikipedia

For two seasons, *Speechless* looks at the struggles and triumphs of an American family with a son with a disability. One of four kids, JJ DiMeo—played by Micah Fowler, who has cerebral palsy himself—is a teen growing up with a physical disability who uses a communication device to speak. The show is both humorous and serious in showcasing the daily issues facing this family.

### THE BRAIN BENEFITS OF DEEP SLEEP—AND HOW TO GET MORE OF IT



Image 2 Credit: ted.com

By now we are all familiar with the negative effects that not getting enough sleep can have on our health. But is there a way technology can help us, and our patients, sleep more? Dan Gartenberg, PhD is an adjunct associate professor at Penn State University and is developing a device that could help us stay in the deep-sleep phase longer, improving our brain's regenerative time.

## HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME



Image 3 Credit: ted.com

When pediatrician Dr. Nadine Burke Harris began researching childhood trauma as a risk factor for health problems, the potentially adverse effects throughout a given lifetime became shockingly apparent. In her TED talk, Dr. Burke Harris presents the latest findings on how childhood stress from abuse, neglect, or from parents struggling with mental health or substance abuse issues, can affect brain development. Dr. Burke Harris also offers evidence that the presence of childhood stress leads to increased risk for heart disease and cancer. She strongly advocated for healthcare providers to address this variable in their daily practices.

## What We're Listening To



Image 4 Credit: wiredondevelopment.com

## DESIGNING ENVIRONMENTS FOR NEUROPLASTICITY AND REHABILITATION

Interview with Cole Galloway, creator of the GoBabyGo movement

Cole Galloway is many things: a physical therapist, an inventor, a researcher, and a neuropsychologist. But most of all, he is a zealous advocate for creating physical environments in which patients with neuromuscular challenges can move. In this podcast, he presents evidence that independent mobility contributed to improve cognitive development and function—a finding that could have implications for treatment across the field of rehabilitation. Galloway explains why your clinic's environment can play a crucial role in creating the best learning experience for your patients.

## What We're Reading

### WHEN SOMEONE DEEPLY LISTENS TO YOU

A poem by John Fox



In a world that is moving faster and faster every day, finding time to slow down and engage with others has become a treasured rarity. Poet John Fox writes about the healing power of being listened to by someone who is honestly interested in this compelling poem.

## *About the Author*



Keenan Whitesides, PT, DPT, NCS, is a staff physical therapist at the Emory Brain Health Center after completing her neuroresidency at Emory University. Dr. Whitesides received her Bachelor of Science degree in Neuroscience and Behavioral Biology from Emory University, her Master's degree in Secondary Education from American University and her Doctor of Physical Therapy from Duke University. She has previously published some of her work in *The Intima – A Journal of Narrative Medicine*, an interdisciplinary, online journal of narrative writing from Columbia University. She considers writing and reflection an essential component of her practice.



Kat Hamblin, PT, DPT is a staff physical therapist at Tender Ones Therapy Services, working with children with neurodevelopmental disabilities. Dr. Hamblin received her Bachelor of Science degree in History, Technology, and Society from Georgia Tech, and her Doctor of Physical Therapy degree from Georgia State University. She has previously created digital work on the experiences of therapists working with children with vision and hearing challenges. She is passionate about reflecting on and sharing the human connection between healthcare providers and the people they serve.