

THE ZONES OF REGULATION®

A Concept to Foster Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs

Hosted By:
Stockton University

Date & Location:
Friday, May 18, 2018,
Stockton University
Campus Center
Event Room

Registration: \$175 Early Bird,
\$200 after May 4th

Course Hours:
9:00am-4:15pm
Continental Breakfast and
Lunch will be provided

Target Audience:

Speech & Language Pathologists,
Occupational Therapists, Regular
and Special Education Teachers,
Guidance Counselors, Case
Managers, Specialists, Social
Workers, Psychologists, Marriage
and Family Therapists, School
Administrators, Educational
Paraprofessionals, Behavior

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For more information on
The Zones of Regulation or
to order books, please visit
www.zonesofregulation.com

Self-Regulation is a skill everyone needs to manage the daily trials and tribulations. Sometimes we become incapacitated to cope, and with all the pressures on our youth, all too often we are seeing more self-regulation needs in this general population. Managing emotions and monitoring behaviors is a particular challenge for some. Self-regulation skills need to be taught and learned so that our youth have the capacity to manage everyday conflicts, preserve under stress and maintain a mentally healthy state of being.

The Zones of Regulation (2011) curriculum, comprises of lessons and activities designed by Leah Kuypers, M. A. Ed., OTR/L to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help the students recognize when they're in the different Zones (states of alertness/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, the students will be gaining an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and problem solving skills.

Zones trainings provide strategies to teach students to become more aware of and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.

Elizabeth Sautter, M.A. CCC, is a licensed speech and language pathologist and co-director/co-owner of Communication Works, a private practice offering speech, language, and social support in the San Francisco Bay Area. She has worked with preschool to adult clients and their families since 1996 in private practice, schools, and hospitals, specializing in social communication, self regulation, and executive functioning. She has co-authored two popular children's books with Kristen Wilson, *Whole Body Listening Larry at Home* and *Whole Body Listening Larry at School* (www.socialthinking.com) and a resource book for social /emotional learning, *Make Social Learning Stick! How to Guide and Nurture Social Competence Through Everyday Routines and Activities*. (aapcpublishing.com).

Learning Outcomes

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and it's impact on modulation
- Outline executive functions that frequent impact self-regulation
- Definition of emotional regulation
- Learner will develop insight into a systematic way to teach students to self-regulate
- Cite strategies to identify ones level of alertness and emotions and describe how social and contextual cues are used to decipher expected behavior
- Demonstrate strategies to use to adjust ones level of alertness/emotions to match the demands of the environment
- Learner will identify ways to integrate The Zones into practice and generalize skills across settings

To register for this workshop using ETTC Hours visit www.ettc.net.