

March 7, 2022 | Live Online Course

Zones of Regulation

The Zones of Regulation Comprehensive Training. A Concept to Foster Self-Regulation and Emotional Control.

About this Course

Course Description

In The Zones of Regulation Comprehensive Training, participants will be taking a deeper dive into the exploration of the competency of regulation and how it fits into a climate and culture of social emotional learning. This expanded version of our Basic Training webinar offers a more in-depth look into the neurological components, development of regulation, and compassionate mindset as the foundation to understanding and teaching The Zones of Regulation framework and curriculum.

Whether you are new to The Zones or are a seasoned practitioner, this training will provide you with a thorough understanding of the lessons and concepts within The Zones curriculum. The extensive exploration of regulation tools and strategies outlined in the training will help you teach with fidelity and efficacy.

In addition to highlighting the latest evolution of The Zones framework, participants can expect further student work samples, examples, and videos to illustrate strategies for adapting and differentiating the concepts to help learners, both neurodiverse and neurotypical, meet their goals across school, home, and community settings.

Participants will walk away with an in-depth understanding of the complexity of regulation and how The Zones simplifies teaching and learning this competency for both teachers/practitioners and learners alike.

Fee: \$190

- When: Monday, March 7, 2022
- Time: 9:00 AM - 4:00 PM EST
- Where: Live online course
- Speaker: Leah Kuypers, M.A. Ed., OTR/L
- Course Level: Introductory
- Target Audience: OTs, SLPs, COTAs, educators, social workers, administrators and psychologists working with children, behavioral therapists, parents

Meet the Presenter

Leah Kuypers, M.A. Ed., OTR/L

Leah Kuypers, M.A. Ed., OTR/L earned a Bachelor's degree in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a Master's in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in the school and clinical settings for the past 14 years, specializing in self-regulation and social learning. She has worked with students of all ages and challenges, including anxiety, ADHD, and ASD. She has authored a curriculum and app to teach self-regulation, The Zones of Regulation®.

Leah consults with families and schools, as well as provides trainings on self-regulation, challenging behavior and The Zones of Regulation to groups throughout North America.

Learning Objectives

- Describe the role sensory processing/modulation, emotional regulation, executive functioning, and social cognition play in self-regulation.
- State three (3) ways in which the Zones framework teaches students to self-regulate.
- Identify two (2) ways to integrate the Zones into practice and support generalization of skills across settings.
- Explain how to teach students to individualize their own tools for self-regulation.

Educational Credits

Hands on Approaches, Inc. is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.

Approved by AOTA for 0.55 CEUs.

This course is offered for 0.55 ASHA CEUs (Introductory level, Professional Area).

This course is approved for 5.5 CTLE credits.

Tentative Schedule

Introduction to Self-Regulation	105 Minutes
Morning Break	15 Minutes
Behavior and the Zones of Regulation Framework	75 Minutes
Break for Lunch	60 Minutes
Zones Curriculum	75 Minutes
Afternoon Break	15 Minutes
Applying the Zones of Regulation	75 Minutes