

The Zones of Regulation

A Framework to Foster Self-Regulation and Emotional Control

Speakers:

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

Fall 2020 (exact date TBA)

Long Island, NY

Target Audience

OTs, SLPs, COTAs, educators, social workers, administrators and psychologists working with children, behavioral therapists, parents

Course Level

Introductory

Course Description

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.

Speaker

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 12 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® (www.zonesofregulation.com).

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.

For questions, contact:
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For more information on The Zones of Regulation please visit: www.zonesofregulation.com

Disclosure: Leah Kuypers receives a speaking fee for her presentation and is the owner of Kuypers Consulting, Inc. and the author of the book and apps for The Zones of Regulation. She has no relevant non-financial relationships to disclose.

Educational Credits

6 contact hours. Certificates will be awarded.

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This course is offered for up to 0.6 ASHA CEUs (Introductory level, Professional Area).

This course is approved for 6 CTLE credits.

Schedule

8:15 AM – 3:45 PM

Registration: 7:45 AM - 8:15 AM

8:15 Introduction to Self-Regulation

- What is self-regulation?
- Development of self-regulation
- Components of self-regulation
 - - - Sensory and think, pair, share on their sensory lifestyle
 - Executive Functioning
 - Emotional Regulation
 - Social Cognition

10:00 Morning Break (15 Minutes)

10:15 How we view Behavior

- Assessment and Data Collection

The Zones of Regulation Framework

- - - Integrating theories and approaches
 - Defining the four Zones
 - Introducing the Zones to students

11:30 Break for Lunch

12:45 Zones Curriculum

- Identifying the Zones in self and others
- Identifying triggers
- Zones and perspective taking
- Exploration of tools for the Zones
 - Sensory supports
 - Calming techniques
 - Thinking strategies
- Reflection on personal Toolbox

2:00 Afternoon Break (15 minutes)

2:15 Zones Content Continues

- When and how to use tools
- Stop, Opt and Go problem solving

Implementing the Zones

- Adapting to different population and settings
- Using with other approaches

Endnotes and Questions

3:15 End Notes/Questions

3:45 Finish

Learning Objectives

By the end of this workshop, learners will be able to:

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

Pricing Information

Early Bird Registration:

\$310.00

Standard Registration:

\$330.00

Group Discount (3 or more registrants - must register on the same day and each registrant must mention the others on her registration form):

\$380.00

School-Based Registration Package (includes materials to be used immediately for implementation, including Zones of Regulation book, printables (on USB) and full size poster)

Early Bird Registration:

\$395.00

Standard Registration:

\$415.00

