Practical and Effective Strategies to Improve Self-Regulation and Executive Function

Jocelynn B. Wallach, OT, MS, OTR

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Faculty

Jocelynn B. Wallach, OT, MS, OTR has worked as a pediatric therapist in hospitals, clinics, schools, and early intervention programs for more than 45 years. She has lectured nationwide and taught graduate courses on normal development, handwriting, sensory processing disorder, self-regulation and executive functioning. She has maintained and expanded her private practice of Capable Hands Pediatric Services. She has advanced her professional development by taking graduate courses in technology. Jocelynn, Nancy, and fellow colleague have recently published a book on self-regulation and executive functioning called "Declassify your Superpowers: How To Succeed In School And Be Happy", Interactive Guide to Unlock Self-Regulation and Executive Functioning Skills for Grades 2-8.

Disclosure: Financial: Ms. Wallach receives an honorarium from ERI for teaching this workshop. and the sale of her book. Non-Financial: She has no non-financial relationships to disclose.

Course Collaborator

Nancy Williamson, M.Ed., CCC/SLP, has more than 30 years of experience specializing in pediatrics in hospital and school settings. For the past 25 years, she has been employed in the Westwood Public Schools, maintained her private practice and been an associate with Capable Hands Pediatric Services. She has advanced her professional development by taking graduate course work in behavior management and technology.

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About this Live Webinar

Do you have students who have difficulty sitting still, initiating tasks, working through assignments to completion, or attending to the details of their work? Do they have difficulty applying active listening skills and memory strategies to support their learning and academic performance? This course will help you review, refresh and reframe your thinking and ability to assess and implement effective tools and strategies that address these challenges directly. This course is on the cutting edge, given the current focus on SEL (social-emotional learning). Children will need to develop calming strategies for self-regulation and executive functioning so that they can effectively interact with their peers. In addition, this course will provide strategies to improve children's independent work habits and sustained attention and motor output to progress successfully through developmentally appropriate skills. Participants will learn low and high tech tools to facilitate the development of self-regulation, attention, organization, and memory as well as environmental accommodations and modifications.

Objectives

- Relate Ayres Theory of Sensory Integration to self-regulation and executive functioning skills.
- Relate the components of self-regulation and executive function skills to success in life and school.
- Identify the developmental progression of self-regulation and executive functioning skills.
- Choose a self-regulation strategy to support executive function for an elementary student.
- Apply practical and effective methods to facilitate sustained attention, initiation, and/or task completion in the classroom or at home.
- Modify instructional materials to allow students with self-regulation and executive function weakness to access the curriculum.

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Schedule – Day 1 5:40 pm - 9:00 pm EST (US)

5:40-6:00 **Webinar Registration/Zoom Course Opens**

6:00-7:00 How Ayres Theory of Sensory Integration Relates to Current Concepts of Self-Regulation and Executive Functioning: Review, Refresh, Reframe

- Definition of Sensory Integration: Ayres Model

Understand How Executive Functioning Skills Contribute to a Student's Academic Success

- Components of Executive Functioning
  - Theory of Multiple Intelligences by Gardner
  - Universal Design for Learning
  - IDEA
  - Executive Skills in Children and Adolescents by Dawson & Guare

Neuroscience: The Connection between Self-Regulation and Executive Functioning

Understand the Normal Developmental Progression of Self-Regulation and Executive Functioning

- Analysis of video

Recognizing Sensory Processing and Executive Function Dysfunction

- Sensory Processing Disorder – Lucy Miller
  - Analysis of video

7:00-9:00 Executive Function Dysfunction

- Self-Assessment

Strategies and Intervention Planning for Social Emotional and Behavioral Challenges

- Case Study
- Lab

Schedule – Day 2 5:40 pm - 8:30 pm EST (US)

5:40-6:00 **Webinar Registration/Zoom Course Opens**

6:00-7:00 Examine Environmental and Skill Building Strategies for Academic Success

- Environmental Analysis

7:00-8:30 Intervention Planning: Skill Deficits

- There is an App for That
- Recognize Effective Treatment Practices and Ways to Track Progress: Data Collection
- Recognize Effective Treatment Practices
- Intervention Planning: Case Study
- Ways to Track Progress: Data Collection

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This course meets the criteria for 5.5 contact hours (0.55 CEUs) Intermediate Level.
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Please contact us with any special needs requests: info@educationresourcesinc.com or 800-487-6530. Education Resources Inc. 266 Main St, Suite #12, Medfield, MA 02052

Webinar Date and Time

October 7 and 14, 2026

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

Registration is for this 2-evening course. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.

Register at educationresourcesinc.com

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$189 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a $75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after deadline on a space available basis.

We encourage you to register online!

Self-Regulation and Executive Function/Jocelynn B. Wallach
October 7 and 14, 2026

Course Registration Form

Name:_____

Address:_____

City:_____ State: _____ Zip Code: _____

Home Phone: _____Work Phone: _____

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Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

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