

THE ZONES OF REGULATION

Registration Form

Registration fee \$265. Deadline for registration is two weeks prior to course. Registrations will be accepted after deadline on a space available basis. Cancellation accepted up to two weeks prior to course minus a \$75 administrative fee. No refunds after deadline. Make check payable and return to: Education Resources, Inc. 266 Main St., Suite #12, Medfield, MA 02052. Online registration encouraged.

Name: _____ Discipline: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Phone: _____ Work Phone: _____

Email: _____

How did you learn of this course? _____

Cancellation/Refund Policy: Education Resources, Inc. reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us or received confirmation that the course will be held. ERI is not responsible for any expenses incurred by participants if the course must be canceled.

I have read and accept ERI's refund policy.

Total Amount: \$ CHECK VISA MC DISCOVER

Credit # _____ Exp. Date _____

CVV2 Code _____ Signature _____

Creator of the Zones Leah Kuypers

Leah Kuypers earned a Bachelors of Science in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a Master of Arts in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD.

Leah created The Zones of Regulation® (www.zonesofregulation.com), a framework designed to teach self-regulation, and is author of the book and two apps by same name (2011, Social Thinking Publishing; 2013, 2016 Selosoft, Inc). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as conducts workshops on the Zones to groups across the world. She resides in Minneapolis, MN with her husband, son, daughter and dog.

FIRST CLASS MAIL
AUTO
U.S. POSTAGE PAID
HOLLISTON, MA
PERMIT NO. 72



Welcome to
life-changing learning.

THE
ZONES OF
REGULATION®

A Framework to Foster Self-Regulation
and Emotional Control

Leah Kuypers, MA Ed., OTR/L

March 6, 2020

LeBonheur Children's Hospital Research Tower
Memphis, Tennessee

The ZONES of Regulation®

The Zones of Regulation is a framework and curriculum designed to foster skills in self-regulation, including emotional control, sensory regulation, and executive functions. It is a systematic, cognitive behavior approach that uses four colors to help students visually and verbally self-identify how they are functioning in the moment given their emotions and state of alertness. The model incorporates Social Thinking® concepts to help students use perspective taking, to identify how they are thinking and feeling, and understand how their thoughts and behavior impact those around them. Through using the curriculum individuals become more self-aware and learn tools they can use to regulate to a more expected state. The Zones of Regulation curriculum is published by Social Thinking Publishing (www.socialthinking.com). It can be used effectively in home, school, and clinical settings, as well as in conjunction with previously taught regulation strategies.

The Zone of Regulation presentation provides teachers, therapists and parents with hands-on knowledge on the nature of self-regulation and strategies for improving self-regulation and emotional control in individuals of all ages. The presentation addresses topics such as: the brain's involvement, typical development, sensory processing, emotional regulation, and executive functioning. Audience participants will learn an explicit, stair-stepped method and tools to guide students in utilizing The Zones framework across situations and environments to regulate sensory needs, impulses, and emotional states to social demands.

Visuals and student work samples are highlighted to illustrate numerous learning activities. A variety of tools (sensory supports, calming techniques, and thinking strategies) are explored to help students recognize their internal emotions, sensory needs, and thinking patterns in each zone, when shifting from one zone to another, and then to self-regulate within zones. Participants explore ideas on how to teach, when, why, and how to use tools effectively. The Zones of Regulation presentation also incorporates core concepts from Michelle Garcia Winner's Social Thinking® framework to help teach students about perspective taking so they better understand how being in the different zones impacts the thoughts and feelings of other people around them.

Learning Outcomes for Presentation:

- 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.

Schedule

8:00-8:30 Registration/Continental Breakfast

8:30-10:15 Introduction to self-regulation

- What is self-regulation?
- Development of self-regulation
- Components of self-regulation
 - Sensory and think, pair, share on sensory lifestyle
 - Executive functioning
 - Emotional regulation
 - Social cognition

10:15-10:30 Morning Break

10:30-11:45 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

11:45 -12:45 Lunch (on your own)

12:45-2:00 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

2:00-2:15 Afternoon Break

2:15-4:00 Zones content continued

- 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

End Notes/Questions

ERI Rewards

Your ERI experience is more rewarding than ever.

- First Course Discount
- Group Discounts
- \$100 off your 4th Multi-day Course
- And more

Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Credits

This course meets the criteria for 6 contact hours (0.6 CEUs). Application has been made to the TN Physical Therapy Association. The AR, the MS, and the MO Board of Physical Therapy recognize other state board's approvals. This course satisfies CE Requirements in Alabama.

Approved provider by the NY State Board of Physical Therapy for 7.2 contact hours (.72 CEUs).



Approved provider of continuing education by the American Occupational Therapy Association #3043 for 6 contact hours (0.6 CEUs)

Intermediate level. Occupational Therapy Process: Assessment, Intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.



Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

The conference is offered for up to 0.6 ASHA CEUs - (Intermediate level, Professional area)

Please contact Education Resources with any special needs requests
508-359-6533 info@educationresourcesinc.com

THE ZONES OF REGULATION®

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