

Eighteenth Annual

THERAPIES IN THE SCHOOL

November 16-17, 2017

Framingham, Massachusetts

Pre-Conference: November 15, 2017

The Zones of Regulation®

A Framework to Foster Self-Regulation and Emotional Control

This year's conference focuses on collaborative approaches to supporting instruction in the classroom with related services, the functional but struggling child, how to support fine motor skills, and what is realistic for the moderate to severely involved child.

In addition, the conference will highlight mindfulness, movement and music, therapeutic implications of our current knowledge of how the brain works, motor issues in ASD, and visual processing as it affects learning.

We hope to see you at this year's conference.

Limited Availability so Reserve Early!

sponsored by:



Education Resources, Inc.

Relevant Continuing Education for Therapists by Therapists

(508) 359-6533 or (800) 487-6530

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WEDNESDAY NOVEMBER 15 2017 PRECONFERENCE

The ZONES of REGULATION A Framework to Foster Self-Regulation & Emotional Control

The Zones 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.

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

Leah has practiced as an OT/autism specialist, specializing in self-regulation and social learning. She created The Zones of Regulation®, a framework designed to teach self-regulation, and is author of the book by the same name (2011, Social Thinking Publishing). She provides trainings and consultation to parents and professionals, and offers workshops on the Zones to groups across the country. She often presents with Michelle Garcia Winner.

OBJECTIVES

- 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 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.
- Develop insight into a systematic way to teach students to self-regulate.
- Identify sensory processing systems, integration and its impact on modulation.
- Outline executive functions that frequently impact self-regulation.

SCHEDULE

8:00-8:30	Registration/Continental Breakfast	12:00-1:00	Lunch (on your own)
8:30-10:00	Introduction to self-regulation <ul style="list-style-type: none"> •What is self-regulation? •Development of self-regulation •Components of self-regulation <ul style="list-style-type: none"> •Sensory and think, pair, share on sensory lifestyle •Executive functioning 	1:00-1:30	Zones curriculum continued <ul style="list-style-type: none"> •Zones and perspective taking •Exploration of tools for the Zones <ul style="list-style-type: none"> •Sensory supports •Calming techniques •Thinking strategies •Reflection on personal Toolbox
10:00-10:15	Morning Break	1:30-2:15	Zones content continued <ul style="list-style-type: none"> •When and how to use tools •Identifying triggers •Stop, Opt, and Go problem solving
10:15-11:00	Continue discussion on self-regulation <ul style="list-style-type: none"> •Emotional regulation •Social cognition •How we view behavior 	2:15-2:30	Afternoon Break
11:00-11:30	The Zones of Regulation Framework <ul style="list-style-type: none"> •Integrating theories and approaches •Defining the four Zones 	2:30-3:15	Implementing the Zones <ul style="list-style-type: none"> •Adapting to different population/group discussion •Using with other approaches •Assessment and data collection •Multi-disciplinary collaborative approach
11:30-12:00	Zones curriculum <ul style="list-style-type: none"> •Introducing the Zones to students •Identifying the Zones in self and others 	3:15-4:00	Case Study

THURSDAY NOVEMBER 16 2017

- 8:15-8:45 Registration/Continental Breakfast
- 8:45-9:00 Welcome and Introduction - *Carol Loria*, Conference Chairperson
- 9:00-10:30 How Can The Team Support Motor Needs and Educational Needs Simultaneously in the Mildly or Moderately Challenged Child
Melissa Gerber, Josephine Bardabelias
- 10:30-10:50 Break
- 10:50-12:20 Balance for Functional School Performance and Participation
Nechama Karman
- 12:20-1:45 Lunch (on your own)
- 1:45-5:00 **Concurrent Workshops 1:** *Afternoon breaks will be scheduled for each workshop. (Indicate your first and second choices on the registration form)*
- A. Aligning Strategies to Support Motor Needs with Educational/Curriculum Goals
Melissa Gerber, Josephine Bardabelias
 - B. Breathing and Postural Control: Why is this Relationship so Important for School-Based Practice
Nechama Karman
 - C. How to Assist Children with Executive Function Dysfunction as a Related Service Provider
Jocelyn Wallach, Nancy Williamson
 - D. Access, Accessibility and APPS to enhance Participation for Students with Complex Physical and Medical Needs
Chris Marotta

FRIDAY NOVEMBER 17 2017

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-10:00 Reducing Anxiety and Related Problem Behaviors in the Classroom
Jessica Minahan
- 10:00-10:20 Break
- 10:20-11:50 What School Based Therapists Need to Know about Reflex Integration: Impact on School Performance, Participation, Motor Skills and Stress
Janine Wiskind
- 11:50-1:00 Luncheon (provided)
- 1:00-4:15 **Concurrent Workshops II** *Afternoon breaks will be scheduled for each workshop. (Indicate your first and second choice on the registration form)*
- A. Strategies to Reduce Anxiety and Related Problem Behaviors in the Classroom
Jessica Minahan
 - B. Strategies to Promote Integration of Primitive Reflexes through Small Group Work, Individual Work, Consultation with Adaptive PE and Classroom Teacher
Janine Wiskind
 - C. Update on Technology to Address Cognitive Deficits and Executive Skills
Karen Jacobs
 - D. Using Evidence to Help Guide Decisions on Goals, Dosage, Frequency, Priorities and Interventions for Motor Issues in Autism
Jennifer Colebourn, Julie Goff

LOCATION AND ACCOMMODATIONS

Sheraton Framingham Hotel* 1657 Worcester Road (Route 9) • Framingham, MA

A limited number of rooms have been reserved at the Sheraton Framingham Hotel, **until October 16, 2017** at a rate of \$135.00 per night plus tax.* You may call the hotel directly at 508-879-7200. Mention Education Resources to receive the discounted rate.

We urge you to make your hotel reservations as soon as you receive course confirmation. Please call our office to confirm your acceptance before making non-refundable airline reservations.

*Conveniently located only 18 miles west of Boston and just off the Massachusetts Turnpike (I-90).

CEU INFORMATION

The Preconference meets the criteria for 6 contact hours (0.6 CEUs) The Therapies Conference meets the criteria for 12 contact hours (1.2 CEUs, PDUs). Participants who require Massachusetts PDPs can bring their Certificate of Attendance to their respective districts for approval. Approved by the New York State Board of Physical Therapy and by the New York State Education Department for 7.2 contact hours for the preconference and 14.4 contact hours for the Therapies Conference.



Approved provider of continuing education by the American Occupational Therapy Association #3043 for 6 contact hours (0.6 CEUs) for the PreConference and 12 contact hours (1.2 CEUs) for the Therapies Conference. Intermediate level. Occupational Therapy Process: Evaluation, Intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

National Board for Certification in Occupational Therapy Inc. (NBCOT) Professional Development Provider - Preconference - 6 PDUs Therapies- 15 PDUs



Education Resources, Inc is approved by the Continuing Education 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 Preconference is offered for up to 0.6 ASHA CEUs and the Therapies Conference for up to 1.2 ASHA CEUs (Intermediate level, Professional area).

PROGRAM OBJECTIVES

Participants will be able to:

- Discuss collaborative techniques to support differentiated instruction in the classroom
- Select and utilize effective research based treatment techniques, embedded interventions and shared goals.
- Recommend methods that reflect current mandates and best practices for the provision of integrated related services.
- Discuss strategies to treat children within a school setting from the mildly to the moderately to severely

TESTIMONIALS

I have attended several Therapies in the School Conferences during my professional career. Each one has been unique, but all share one factor; they all have the same effect on me - to reignite the passion that I have to learn about the field of speech-language pathology and school based therapies, the nuances of working in an educational environment, the latest in cutting edge research, pedagogy. - Aylson Marcello, SLP

Excellent! I am a new PT in school setting. Gave me great strategies to connect with all of my kids (pre-school-high school) Thanks! - Elizabeth Welch, PT

The Therapies in the School Conference is consistently one of the best year to year. Not only are the speakers and topics up to date, the facilities are well thought out. Kathy, OT

REGISTRATION SCHOOL CONFERENCE

Deadline for registration is **October 25, 2017**. Registration will be accepted after deadline on a space available basis. Groups of 3 or more will be eligible for a discount, and must register together. To receive a refund (minus a non-refundable \$75 administrative fee), cancellation must be received by October 25. No refunds after October 25. Enrollment is limited, so register early!

Please make check payable and return to:

Education Resources, Inc., 266 Main St., Suite 12, Medfield, MA 02052
(508) 359-6533 or (800) 487-6530 (outside MA). Fax (508) 359-2959

- Preconference Only Nov 15th _____ **\$265** Group Rate: \$249
 Preconference + Therapies 1 Day _____ **\$495** No Group Rate
 Preconference + Therapies 2 Days _____ **\$675** Group Rate: \$660
 Therapies 1 Day only _____ **\$265** No Group Rate
 Therapies 2 Days _____ **\$475** Group Rate: \$460

Name _____ Discipline _____

Home Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____ Phone (Cell) _____

Facility Name (with city & state) _____

Email address(needed for confirmation and directions) _____

How did you hear of this conference _____

Workshop Selections For November 16-17

Please write (1) for your first choice and (2) for your second choice of workshops for each day. Sessions do fill. First choices will be allocated on a space available basis

Day 1 _____ **A** _____ **B** _____ **C** _____ **D**

Day 2 _____ **A** _____ **B** _____ **C** _____ **D**

Payment Information

Cardholder's name & address as it appears on statement if different from above. _____

Signature (required for credit card registration) _____

Total Amount: \$ _____ Check enclosed Visa Discover MasterCard

Credit Card # _____ Exp. Date _____

CVV2 Code _____ (last 3 digits on back of card)

"This course was excellent. I have been treating for eleven years and this course gave me a renewed passion for my job. The information was very pertinent and new for the field. It was great for any school therapist. It's nice to have a course designed for the job I do!"

Kathryn Biel, physical therapist