

Speaker

Terri holds degrees from Ithaca College and Boston University in Communication Sciences. She has practiced as a speech-language pathologist for over 30 years in schools, hospitals and clinical settings. She is the founder and owner of Princeton Speech-Language & Learning Center and the Social Village at PSLLC. Terri has an active caseload and works with students of all ages and with social learning and self-regulation challenges, including ADHD, ASD and anxiety. Terri has worked closely with Leah Kuypers, creator of The Zones of Regulation over the last few years as a sounding board of ideas and insights and most recently to co-author a Zones of Regulation therapeutic board game with Kuypers and Elizabeth Sautter. Terri has joined Leah Kuypers to provide workshops on The Zones of Regulation across North America. Terri has presented many workshops on a variety of topics to preschools, school districts, private schools, therapists and parent groups across the county, including at the 2015 International Social Thinking Providers Conference. She currently resides in Princeton, NJ, with her husband, and dogs.

Learning Outcomes

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and its impact on modulation
- Outline executive functions that frequent impact self-regulation
- Definition of emotional regulation
- Learner will develop insight into a systematic way to teach students to self-regulate
- 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 ones level of alertness/emotions to match the demands of the environment
- Learner will identify ways to integrate The Zones into practice and generalize skills across settings

Credits

A Certificate of Attendance for 6.0 hrs. will be given to all participants at the end of the conference.

Hotel Information

The Seasons Event and Conference Center is attached to the Ramada Plaza at 155 Riverside St, Portland, Maine. We have a special rate being offered if you tell them you are with the Coastal Education Services conference at the Seasons Event and Conference Center. Reservations can be made for March 29-30th.

Reservations must be made by March 8th for this rate.

Coastal Education Services
P.O. Box 3064
Kennebunkport, ME 04046

Sponsored by Coastal Education Services and Pediatric Development Center

THE
ZONES OF
REGULATION®



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

**Created by Leah Kuypers, M.A. Ed., OTR/L
Presented by Collaborative Trainer:
Terri Rossman, M.S., CCC-SLP**

Thursday, March 30, 2017

**Seasons Event and Conference Center
155 Riverside St., Portland, Maine**

Target Audience

Occupational Therapists, Regular and Special Education Teachers, Guidance Counselors, Speech & Language Pathologists, Case Managers, Specialists, Social Workers, Psychologists, Marriage and Family Therapists, School Administrators, Educational Paraprofessionals, Behavior Therapists, Parents

About Zones of Regulation

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.

About the Presentation

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.

Schedule

- 8:00-8:45 Check in & continental breakfast
 8:45 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
- 10:15 Morning Break (15 Minutes)
 10:30 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 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
 3:45 Finish

Rates/Registration Deadlines

# Registrants	Early Reg. On or Before March 10 th	Standard Reg. March 11 th & after
1	\$239.00 ea.	\$259.00 ea.
2 or more*	\$229.00 ea.	\$249.00 ea.

*Registration and Payment or Purchase Order must be received together.

Ways to Register!

1. **Register on our Website at: www.coastaleducationservices.com**
 Complete form on website and use shopping cart to check out.

2. **Register with form below**
Checks Payable to: Coastal Education Services
Mail to: Coastal Education Services
 P. O. Box 3064
 Kennebunkport, ME 04046

3. **Purchase Orders must be emailed to:**
coastaleducationservices@yahoo.com

Have Questions? Call Lisa Ottman at 207-286-5631 or Email: coastaleducationservices@yahoo.com

Registration fee must accompany registration form.
 Most credit cards accepted via website with PayPal.
 PayPal payments payable to: coastaleducationservices@yahoo.com

Registrant Name (As it will appear on Certificate and Name Tag)

Registrant Credentials (MS, OTR/L)

Billing Address (Street/P.O. Box)

Billing Address (Town/City, State, Zip Code)

Contact Phone # (to reach you directly in case of changes)

Email Address (for registration confirmation)

Employer

Amount Enclosed: \$ _____

Check # _____ PO# _____
REFUND POLICY: Substitutions may be made at any time. Cancellations must be received in writing (mail or email) no later than March 10, 2017. The fee will be refunded minus a \$25.00 processing fee. If written cancellation is received March 11, 2017 or later, a credit voucher for a future seminar sponsored by Coastal Education Services will be issued. Credit vouchers are transferable and do not expire. If the seminar is cancelled all efforts will be made to reschedule. If within 30 days the event is not rescheduled a full registration fee will be refunded. Returned checks will be charged a \$35.00 fee.