

# THE ZONES OF REGULATION®

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



## Hosted By:

Coastal Education Services  
&  
Pediatric Development Center

## Date & Location:

March 30, 2017  
Seasons Event & Conference  
Center  
155 Riverside St., Portland, ME

## Course Hours:

8:00 check in  
8:45-3:45 conference

## 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

## To Register:

[www.coastaleducationservices.com](http://www.coastaleducationservices.com)  
to register online or print a brochure

For more information on The Zones of Regulation or to order books, please visit  
[www.zonesofregulation.com](http://www.zonesofregulation.com)

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.

**Terri Rossman, M.S., CCC-SLP** 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 it's 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

