

REGISTRATION ~ King of Prussia, PA
Please complete one form per attendee.

PAYMENT: \$175/attendee

ON-LINE: www.MapleLeafCenter.com

PHONE: (802) 446-3601 (credit card)

FAX: (802) 446-3802 (purchase order or credit card)

MAIL: Check payable to Maple Leaf Center, Inc.
Maple Leaf Center, 270 Olde Pine Lane, Wallingford, VERMONT 05773

Psychologist SLP Teacher Administrator
 OT PT Behavior Parent
 Other (please specify): _____

Name (First/Last): _____

Address: _____

Phone: _____

Email: _____

Seating will only be reserved once your FULL payment has been received (PO, Check, Cr. Card).

REFUNDS: Requests for refunds must be made in writing. A full refund, less a \$25 service charge, will be made for requests postmarked or emailed by Friday, October 23rd, 2015.

Maple Leaf Center is not responsible for any presenter's or participant's statements, acts, materials, or omissions. Videotaping and audiotaping is prohibited. If you have any special dietary needs or if you require special accommodations due to a disability, please contact our office at 802-446-3601.

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ZONES OF REGULATION
A Concept to Foster Self-Regulation and Emotional Control
MapleLeafCenter.com

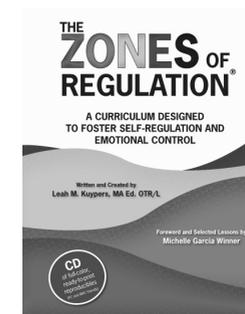
Maple Leaf Center
270 Olde Pine Lane
Wallingford, VT 05773

ZONES OF REGULATION

A Concept to Foster Self-Regulation
and Emotional Control

KING OF PRUSSIA, PENNSYLVANIA
November 6, 2015

Social Thinking/Michelle Garcia Winner Author



Leah Kuypers, M.A., Ed., OTRL

TARGET AUDIENCE

Occupational Therapists,
Speech-Language Pathologists, Physical Therapists,
Teachers, Guidance Counselors,
Social Workers, School Administrators,
Behavior Therapists, and Parents



MAPLE LEAF CENTER, INC.
www.MapleLeafCenter.com

LEAH KUYPERS, M.A., Ed., OTRL

Leah Kuypers earned a B.S. in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and an M.A. in Education from Hamline University in St. Paul, MN. She has practiced as an OT/Autism Specialist in both 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 by the same name (2011, Social Thinking Publishing). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as offers workshops on the Zones to groups across North America. She currently resides in Minneapolis, MN with her husband, son, daughter and dog.

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.

DISCLOSURE:

Financial: Presenter for Maple Leaf Center, Inc. and receives presenter fee.

Author for Social Thinking Publishing and receives royalty payments.

Non-financial: No relevant non-financial relationship exists.

SCHEDULE

8:00 Sign-in

8:30 Introduction to Self-Regulation

- What is self-regulation?
- Development of self-regulation
- Components of self-regulation
 - o Sensory and think, pair, share on their sensory lifestyle
 - o Executive Functioning

10:00 Morning Break (15 Minutes)

10:15 Continue discussion on self-regulation

- o Emotional Regulation
- o Social Cognition
- How we view Behavior
- The Zones of Regulation Framework
 - o Integrating theories and approaches
 - o Defining the four Zones

11:30 Break for Lunch

12:30 Zones Curriculum

- Introducing the Zones to students
- Identifying the Zones in self and others
- Zones and perspective taking
- Exploration of tools for the Zones
 - o Sensory supports
 - o Calming techniques
 - o Thinking strategies
- Reflection on personal Toolbox

2:00 Afternoon Break (15 minutes)

2:15 Zones Content Continues

- When and how to use tools
- Identifying triggers
- Stop, Opt and Go problem solving
- Implementing the Zones
 - Adapting to different population
 - Using with other approaches
 - Assessment and Data Collection
 - Multi-disciplinary collaborative approach
- Endnotes and Questions

3:30 Certificates of Attendance

CONTINUING EDUCATION/CERTIFICATES

A Certificate of attendance will be provided to all participants who sign in AND out, verifying full attendance.

Maple Leaf Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Maple Leaf Center maintains responsibility for this program and its content. This conference offers **6 ce's**.

Maple Leaf Center 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. This program is offered for .6 CEUs (Introductory level; Related area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures.



Maple Leaf Center, 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.

LOCATION

DOUBLETREE HOTEL ~ PHILADELPHIA-VALLEY FORGE

301 W. DeKalb Pike
King of Prussia, PA 19406
(610) 337-1200

Directions available at MapleLeafCenter.com

A limited number of rooms have been reserved for the night before the conference. Call (610) 337-1200 and ask for the Maple Leaf Center rate.

Safe travels, we're looking forward to seeing you!

