$125 Registration Fee

Deadline for Registration: Oct. 21, 2016

Please register early as there will be a maximum of 120 slots available.

No cancellations after Oct. 21, 2016

MAKE CHECKS PAYABLE TO “PREP” AND RETURN TO:
PREP c/o Bonnie Lyon
1434 Rolkin Court, Suite 201
Charlottesville, VA 22911
blyon@k12albemarle.org

Target Audience:
This course is appropriate for professionals and parents who want to foster self-regulation for students who struggle with managing their emotions and sensory needs.

The ZONES of Regulation
Name: ______________________________
Address: ____________________________
City: ________________________________
State/Zip: ____________________________
Phone (Home): _______________________
Work Place: __________________________
Phone (Work): ________________________
Profession: ___________________________
*E-Mail: ____________________________

*Confirmation will be sent by e-mail

October 28, 2016
DoubleTree Hotel
Charlottesville, VA
About 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.

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.

For more information on The Zones of Regulation please visit www.zonesofregulation.com

Learning Outcomes:

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and its impact on modulation
- Outline executive functions that frequently 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

Location:

DoubleTree Hotel
990 Hilton Heights Rd.
Charlottesville, VA 22901
434-973-2121

Presenter:

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. Terri is the founder and owner of Princeton Speech-Language & Learning Center and the Social Village at PSLLC. She 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 card game with Kuypers and Elizabeth Sautter. Terri has joined Leah Kuypers to provide workshops on The Zones of Regulation across North America.

Participants will earn:
6.0 CEU’s upon completion