Self-Regulation in Children
Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

- Discover what can cause self-regulation to fall apart
- Build and enhance self-regulation in any setting
- Come away with:
  - sensory therapy techniques
  - self-management and video modeling programs
  - sensory diets
  - first-person stories
  - energy regulation techniques
  - and much more!

OUTLINE

1. Summarize characteristics of sensory modulation disorder, ADHD and autism and how they overlap.
2. Illustrate specific treatments for SPD that can be duplicated at school or home.
3. Describe a sensory diet using readily-found items.
4. Tell elements of successful first-person stories and transitional activities.
5. Describe ADHD interventions to be used with or without meds.
6. Apply a simple self-management and video modeling program.
7. Describe how clinic-based therapies can reduce symptoms of SPD and ADHD.

OBJECTIVES

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How Self Regulation Affects a Child’s Physical, Mental and Emotional Wellbeing
Overlap of systems
Overlap with sensory processing disorder, ADHD, autism, giftedness, anxiety and related conditions

Sensory Processing Disorder (SPD)
Vestibular, proprioceptive, and sensory modulation characteristics
What can go wrong
Making it right: case studies and videos
The big therapies: Interactive Metronome®, brushing, sensory diets, and MeMoves™

Creating a Sensory Diet
Designing and implementing sensory diets

ADHD
Parker’s guidelines for giving meds
Greenspan’s strategies for avoiding meds
Cognitive strategies, attention strategies and mindfulness meditation

Self-Management
As a powerful behavior program for ADHD
Case study on breaking “stimming” habits

Utilizing Video
Role play & video modeling
Teaching functional skills
Catching child “being good”

Transform Your Practice for
$1 A MONTH

Be inspired by top experts!
Kabat-Zinn • Siegel • Gottman
1-Year Subscription to Psychotherapy Networker Magazine – $12

Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends
For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a $30 cancel fee. Substitutions are permitted at any time.
Children with Sensory Processing Disorders, ADHD or Autism have much in common. They characterize their child’s sensory issues into one of several profiles that they can then use to find the best adaptations and changes to their everyday routinest.

Self-Regulation and Strategies:
Keeping the Body, Mind and Emotions on Task in Children with Autism, ADHD or Sensory Disorders

By Teresa Garland, MOT, OTR/L

Keeping children calm, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. Featuring more than 20 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Each chapter provides rich background and theoretical input to help the reader better understand the issues our children face.

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