This workshop brings together decades of researched, studied and practiced integrative techniques to enhance integration, engagement, attending behavior and self-control skills. As well as promoting: 

•    Strategies to cultivate motivation, efficacy, resilience, and self-discipline. 
•  Enhanced strategies to engage the child in self-regulation and self-control skills.
•  Methods to calm, prevent outbursts and meltdowns, and interventions for attention problems. Step-by-step illustrated guides.

More than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Highlights include  

•   Strategies to cultivate motivation, efficacy, resilience, and self-discipline. 
•  Enhanced strategies to engage the child in self-regulation and self-control skills.
•  Methods to calm, prevent outbursts and meltdowns, and interventions for attention problems. Step-by-step illustrated guides.

SAVE BY INCLUDING THESE PRODUCTS WITH WORKSHOP REGISTRATION!

Growing Mindful Card Deck
By Mitch Albright, Ph.D. & Christopher Willard, Psy.D.

More than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Highlights include     

•   Strategies to cultivate motivation, efficacy, resilience, and self-discipline. 
•  Enhanced strategies to engage the child in self-regulation and self-control skills. 
•  Methods to calm, prevent outbursts and meltdowns, and interventions for attention problems. Step-by-step illustrated guides.

Benefits of Attending

•  Strategies to cultivate motivation, efficacy, resilience, and self-discipline. 
•  Enhanced strategies to engage the child in self-regulation and self-control skills. 
•  Methods to calm, prevent outbursts and meltdowns, and interventions for attention problems. Step-by-step illustrated guides.

Self-Regulation Interventions and Strategies: Keeping the Body, Mind and Emotions on Task in Children with Autism, ADHD or Sensory Disorders
By Teresa Garland, MOT, OTR/L

In this well-documented and deeply felt book Dr. Foxman shows that anxiety is preventable — or can at least be minimized — by raising children’s self-confidence and increasing social and self-control skills. Written for parents and anyone who wants to help the child provide guidance, tools, and strategies for parents and teachers to help children develop coping strategies, self-regulation skills, and good sleep, and exercise. This book has the answers to your questions. Throughout, there are concrete suggestions and guidance for parents. An appendix provides ideas for teachers and school administrators, and a special chapter for young people discuss how they can help themselves.
Strategies to Develop Healthy Habits
Using your mind to change your brain
The power of thought and visualization
Routines and steps to build habits
Method of enhancing neurogenesis and neuroplasticity

Yoga, Mindfulness and Meditation Principles
Mind-body-bread connection
Yoga poses for self-regulation
Intervention to build deeper self-awareness
The power of the pause

Breath and Regulation Techniques
Using breath to affect measurable
Increasing and decreasing heart rate and blood pressure
Supports movement and posture
Techniques for focus, delayed gratification and processing in the pause

Sensory Processing Strategies
Using the sensory systems to promote self-regulation and calm the sympathetic nervous system
A look at rhythmity and touch as factors in enhancing EF

Attention-Memory Connection
Learning requirements for memory
Emotion-motivation connection
Introspective movement to enhance processing
The driving force of optimism and hope

How multi-tasking is counter-productive
The driving force of optimism and hope

Efficiency and sequencing
Principles of Executive Function

Sensory Processing Strategies
Techniques for focus, delayed gratification and processing in the pause

Breath and Regulation Techniques
The power of the pause

Strategies for Healthy Social Connections:
Teaching tolerance and other awareness
Cuing and facilitation to promote participation, effectiveness
The power of relationship in therapeutic treatment
Using the whole self as a therapeutic tool:
Strategies for Healthy Social Connections:
Allowing time for processing, planning and self-correction

Treatment Strategies for Challenging Emotions
Decreasing stress to facilitate EF
Understanding fear, as the basis for many challenging emotions
Using the teachable-moment “failures”

Treatment Strategies for Challenging Emotions
Decreasing stress to facilitate EF
Understanding fear, as the basis for many challenging emotions
Using the teachable-moment “failures”

Questions?
Call customer service at 800-844-8260

• 3 developmental levels of regulation
• Neurotransmitters in the gut that affect mood
• Enteric nervous system: the “second brain”
• The Gut Brain
• Effects of Stress on EF
• Levels of the Whole Person

Principles of Executive Function
Attention and sustained focus
Engagement and initiative
Optimization and monitoring
Efficiency and sequencing
Memory storage and retrieval
Inquiry and analyzing
Solution and organization
Holararchical Model of EF