

FACULTY

Elizabeth Sautter, M.A. CCC

Elizabeth Sautter, M.A. CCC, is a licensed speech and language pathologist and co-director/co-owner of Communication Works, a private practice offering speech, language, and social support in the San Francisco Bay Area. She has worked with pre-school to adult clients and their families since 1996 in private practice, schools, and hospitals, specializing in social communication, self-regulation, and executive functioning. She has co-authored two popular children's books with Kristen Wilson, *Whole Body Listening Larry at Home* and *Whole Body Listening Larry at School* (www.socialthinking.com) and a resource book for social/emotional learning, *Make Social Learning Stick! How to Guide and Nurture Social Competence Through Everyday Routines and Activities* (aacppublishing.com).

Elizabeth has worked with Leah Kuypers in the clinic setting, supporting clients and running group therapy. They have presented and written articles together as well as developed curriculum with Terri Rossman. Elizabeth conducts trainings for parents/caregivers and professionals and is thrilled to join Leah as a collaborative speaker for The Zones of Regulation. On a personal note, Elizabeth's relationships with her son, sister, and extended family members with special needs have made her work a lifelong endeavor.

Faculty Disclosure: Financial: Elizabeth Sautter receives an honorarium from Education Resources and from Kuypers Consulting inc. Non Financial: She has no relevant non-financial relationship to disclose. This presentation will focus exclusively on Zones of Regulation and will not include information on other similar products

LOCATION

April 5, 2019 - New Jersey
Englewood Hospital and Medical Center
350 Engle Street
Englewood, NJ 07634

NEW EDUCATION RESOURCES ONLINE COURSES

We've infused the excitement and clinical relevance of our live courses into new online courses

Earn additional CEUs while growing your skills at your convenience

Therapies in The School Series
Pediatric Toe Walking Series
Advanced Vestibular Series
Acute Care Series
Post Concussion Series

Courses include free downloadable handouts and access for an entire year.
Register directly online

Our Online Courses offer:

- Strategies to Implement in the Classroom
- Professional Development On Demand
- Convenient and Flexible Learning
- Cost Effective Continuing Education

It's the next best thing to attending live!

www.educationresourcesinc.com

Call the office for group and district special pricing: (800) 487-6530

FIRST-CLASS MAIL
AUTO
U.S. POSTAGE PAID
HOLLISTON, MA
PERMIT NO. 72



Education Resources, Inc.
Relevant Continuing Education for Therapists by Therapists
266 Main Street, Suite 12, Medfield, MA 02052

Out of my 16 years as a school social worker I can count on one hand the workshops I have attended that provided extremely meaningful AND applicable information in which research has effectively been bridged with hands-on material that I can turn around and USE right away with students in a meaningful, highly impactful way. THIS is one of those workshops."
School Social Worker,
Minneapolis Public Schools, MN

Please share this brochure with your colleagues

www.educationresourcesinc.com 508.359.6533

The Zones of Regulation

Created by Leah Kuypers, MA Ed., OTR/L

*A Framework to Foster Self-Regulation
and Emotional Control*

Presented by

Elizabeth Sautter, M.A. CCC

April 5, 2019 - Englewood, NJ

THE
ZONES OF
REGULATION®



Sponsored by

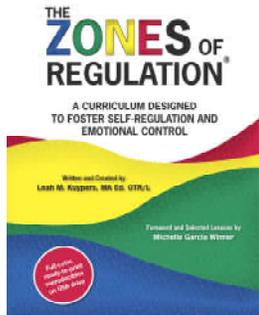
Education Resources, Inc.

Relevant Continuing Education for Therapists by Therapists

(508) 359-6533 or (800) 487-6530

www.educationresourcesinc.com

COURSE DESCRIPTION



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, stairstepped 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.

LEARNING OUTCOMES

Learner will demonstrate knowledge of self-regulation, including:

1. Describe the role sensory processing/modulation, emotional regulation, executive functioning, and social cognition play in self-regulation.
2. State three (3) ways in which the Zones framework teaches students to self-regulate.
3. Identify two (2) ways to integrate the Zones into practice and support generalization of skills across settings.
4. Explain how to teach students to individualize their own tools for self-regulation.

"Presenter was engaging, professional, knowledgeable, humorous and 'real'. Lots of practical ideas for incorporating lessons into the classroom."
-Special Educator, SASAD, IL

"Wonderful presentation, very good presenter, loved the down to earth approach."
-Occupational Therapist, Cincinnati, OH

AUDIENCE

Speech & Language Pathologists, Occupational Therapists, Regular and Special Education Teachers, Counselors, Case Managers, Specialists, Social Workers, Psychologists, Marriage and Family Therapists, School Administrators, Educational Paraprofessionals, Behavior Therapists and Parents

SCHEDULE

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-10:15 Introduction to self-regulation
- What is self-regulation?
 - Development of self-regulation
 - Components of self-regulation
 - Sensory and think, pair, share on sensory lifestyle
 - Executive functioning
 - Emotional regulation
 - Social cognition
- 10:15-10:30 Morning Break
- 10:30-11:45 How we view behavior
- Assessment and Data Collection
- The Zones of Regulation Framework
- Integrating theories and approaches
 - Defining the four Zones
 - Introducing the Zones to students
- 11:45 -12:45 Lunch (on your own)
- 12:45-2:00 Zones curriculum
- Identifying the Zones in self and others
 - Identifying triggers
 - Zones and perspective taking
 - Exploration of tools for the Zones
 - Sensory supports
 - Calming techniques
 - Thinking strategies
 - Reflection on personal Toolbox
- 2:00-2:15 Afternoon Break
- 2:15-4:00 Zones content continued
- When and how to use tools
 - Stop, Opt, and Go problem solving
- Implementing the Zones
- Adapting to different population and settings
 - Using with other approaches
- End Notes/Questions

ANNUAL SCHOOL CONFERENCE

Therapies in The School November 21-22, 2019 - Framingham, MA

Join us for the 20th annual Therapies in the Schools conference. We'll explore new paradigms in which to view students and review the latest research regarding effective treatment strategies that can be applied the next school day. Engaging networking and brainstorming opportunities will be structured throughout the day to motivate therapists and help with the most challenging of cases.

This conference is exciting and valuable for therapists who are new to the school setting as well as seasoned therapists. Come see why therapists attend year after year and return to their school systems motivated and armed with new tools to help their students.

CEU INFORMATION

This course meets the criteria for 6 contact hours (0.6 CEUs). Application has been made to the NJ Board of Physical Therapy Examiners and the PA State Board of PT. This workshop meets the accepted standards for continuing competence in CT. Approved Provider by the NY State Board of Physical Therapy and the NY State Department of Education for 7.2 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043 for 6 contact hours (0.6 CEUs) Intermediate level. Occupational Therapy Process: Assessment, Intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.



Education Resources, 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.

National Board of Certification in Occupational Therapy Inc. (NBCOT) Professional Development Provider - 6 PDUs

The conference is offered for up to 0.6 ASHA CEUs (Intermediate level, Professional area).

Please contact Education Resources with any special needs requests

508-359-6533 info@educationresourcesinc.com

REGISTRATION

\$265.00 fee. Deadline for registration is **3 weeks prior to the course.** Registration will be accepted after deadline on a space available basis. Cancellation will be accepted until 2 weeks before the course, minus an administration fee of \$75. **NO REFUNDS WITHIN 2 WEEKS OF THE COURSES.**

Enrollment is limited, so register early!

Please make check payable and return to:

Education Resources, Inc., 266 Main St., Suite 12, Medfield, MA 02052
(508) 359-6533 or (800) 487-6530 Fax (508) 359-2959

Name _____ Discipline _____

Home Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____ Phone(Cell) _____

Facility Name (with city & state) _____

Email address (required) _____

How did you hear of this conference? _____

Course location attending: Apr/NJ

Cardholder's name & address as it appears on statement if different from above.

Signature (required for credit card registration) _____

Total Amount: \$ _____ Check enclosed Visa Discover MasterCard

Credit# _____ Exp.Date _____

CVV2 Code _____ (last 3 digits on back of card)