

STOCKTON | SCHOOL OF UNIVERSITY | HEALTH SCIENCES

Zones of Regulation: A Concept to Foster Self-Regulation and Emotional Control

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Presented by Elizabeth Sautter, MA., CCC-SLP

Friday, May 18, 2018

9:00am-4:15pm

Campus Center Event Room

Agenda:

9:00 – 10:30	What is self-regulation? <ul style="list-style-type: none">• Development of self-regulation• Components of self-regulation
10:30 – 10:45	Break
10:45 – 12:00	When and Why is Self-Regulation Needed? Compassionate and Objective View of Behavior The Zones of Regulation Framework <ul style="list-style-type: none">• Assessment and Getting Started• Identifying the Zones in Self and Others
12:00 – 1:00	Lunch
1:00– 2:30	Zones Curriculum- <i>Lecture</i> <ul style="list-style-type: none">• (Continued) Identifying the Zones in Self and Others• Zones with Perspective Taking• Triggers• Exploration of tools for the Zones
2:30– 2:45	Break
2:45 – 4:00	Zones Content Continues- <i>Lecture</i> <ul style="list-style-type: none">• More Tool Exploration• Tracking and Monitoring• Tips for Red Zone• Ways to Implement and Working as a Team• Endnotes and Questions
4:00 – 4:15	Evaluations