



AEP Connections, LLC  
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## Zones of Regulation- Strategies to Foster Self-Regulation & Emotional Control in Students (Including Autism, ADHD, PDD-nos, Anxiety, Attention Deficits, Behavioral Issues, & More)

April 2, 2018

Orlando, Florida

**April 2, 2018 - Leah Kuypers, M.A. Ed., OTR/L**

### **Zones of Regulation: Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs**



Self-Regulation is a skill everyone needs to manage his/her daily tribulations. Sometimes we become incapacitated to cope, and with all the pressures on our youth, all too often we are seeing more self-regulation needs in this general population. Managing emotions and monitoring behaviors is a particular challenge for some. Self-regulation skills need to be taught and learned so that our youth have the capacity to manage everyday conflicts, preserve under stress and maintain a mentally healthy state of being.

*The Zones of Regulation* (2011) curriculum, is comprised of lessons and activities designed by Leah Kuypers, M.A. Ed., OTR/L to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help the students recognize when they're in the different Zones (states of alertness/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, the students will be gaining an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and problem solving skills.

Zones trainings provide strategies to teach students to become more aware of and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.

**This is a practical strategies seminar!** During this full day training you will learn dozens of functional, ready-to-use strategies for teaching students how to develop skills for self-regulation.

**Regular-education teachers (as well as special education teachers and support staff) will find the information presented invaluable. Strategies presented will allow regular education teachers to utilize approaches within their own classroom.**

#### **Learner Objectives:**

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and it's impact on modulation
- Outline executive functions that frequently impact self-regulation
- Understand and define emotional regulation
- 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
- Identify ways to integrate The Zones into practice and generalize skills across settings

**Who Should Attend?** Special Education teachers, Speech and Language pathologists, OT's, regular education teachers, administrators, psychologists, psychiatrists, social workers, TAG teachers, PT's, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities. This conference is open to anyone who wishes to attend. Please contact AEP Connections with questions.

**If you require special assistance please contact AEP Connections to inform them of your special needs by emailing: [info@aepconnections.com](mailto:info@aepconnections.com)**

If you have questions or concerns, please contact: Lisabeth at [lisa@aepconnections.com](mailto:lisa@aepconnections.com) or (920) 224-4794



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### Speaker Biography and Disclosure:



**THE ZONES OF REGULATION**

**Leah Kuypers, M.A. Ed., OTR/L** - Leah earned a BS degree in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a MA in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD. Leah created The Zones of Regulation® ([www.zonesofregulation.com](http://www.zonesofregulation.com)), a framework designed to teach self-regulation, and is author of the book by same name (2011, Social Thinking Publishing). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as offers workshops on the Zones to groups across North America. She currently resides in Minneapolis, MN with her husband, son, daughter and dog.

**Disclosure:** Financial: Leah Kuypers receives an honorarium for her presentation with AEP Connections, LLC. Leah is a paid autism trainer and also receives royalties for the books that she has written. Non-financial: Leah Kuypers has reported no conflicts of interest, financial, or non-financial relationships regarding this presentation.

#### Conference Location:

**HILTON ORLANDO/ALTAMONTE SPRINGS**  
 350 S. Northlake Blvd.  
 Altamonte Springs FL 32701

A courtesy block of rooms is available for **\$115/night at the Hilton** until March 3, 2018. Please refer to AEP Connections when booking for group rate.

**Hilton Orlando/Altamonte Springs: 407-830-1985**

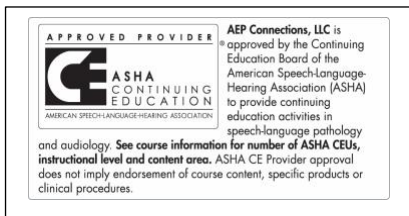
#### Daily Schedule:

##### April 2, 2018 - Leah Kuypers

7:00 – 8:00 AM - Registration 8:00 – 9:30 AM - Intro. to Self-Regulation 9:30 – 9:45 AM - Break 9:45 – 11:30 AM - How We View Behavior/The Zones of Regulation Framework 11:30 – 12:30 PM - Lunch-on your own 12:30 – 2:00 PM - The Zones of Regulation Curriculum 2:00 – 2:15 PM - Break 2:15 – 3:30 PM - The Zones of Regulation Curriculum/Content Cont.

#### **Professional Development Offered:**

- 1) **Graduate Credit Option** – 1-2 Credits through Marian University. Cost is \$260 per credit. Register for credits at conference. A syllabus is available at [www.aepconnections.com](http://www.aepconnections.com).
- 2) **ASHA CEUs**- each program (day) is offered for .6 ASHA ceu's (Intermediate level; professional area). Full attendance and a completed evaluation required for satisfactory completion of ASHA ceu's.
- 3) **Certificate of Attendance** - up to 6 clock hours/day
- 4) **NBCC:** "AEP Connections, LLC is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program." ACEP Number: 6680
- 5) **ASWB :** "AEP Connections, LLC (# 1332) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. AEP Connections, LLC maintains responsibility for the program. ASWB Approval Period: (1/27/15-1/27/16). Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 continuing education clock hours." License #1332
- 6) **AOTA**-Approved provider of continuing education by the American Occupational Therapy Association for 6 contact hours (0.6 CEUs) for one day. 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. AOTA provider#9435
- 7) **IBCCES** - International Board of Credentialing and Continuing Education Standards. Provider# CE143465



# REGISTRATION FORM- Florida 2018

## Zones of Regulation- Strategies to Foster Self Regulation, Emotional Control in Students

Conference Location: HILTON ORLANDO/ALTAMONTE SPRINGS  
350 S. Northlake Blvd., Altamonte Springs FL 32701

Online Registration is available for credit card transactions at [www.aepconnections.com](http://www.aepconnections.com)  
Check or Purchase Orders, please fill out information below and send via mail, email, or fax.

**Purchase Orders must accompany registrations.**

Name: \_\_\_\_\_ School District: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone (cell): \_\_\_\_\_

Email: \_\_\_\_\_

**\*Confirmations and communications will be sent by email. Please print email clearly.**

### Available Books for Pre-Order:

- \* Zones of Regulation (Leah Kuypers) - \$44.00
- \* Zones of Regulation Posters- (Set of three)- Dry Erase Posters- \$30.00
- \* The Incredible 5-Point Scale: The Significantly Improved Edition - \$19.00
- \* Social Behavior and Self-Management (Kari Dunn Buron) - \$20.00
- \* When My Worries Get Too Big! (Kari Dunn Buron) - \$17.00
- \* A "5" Could Make Me Lose Control (Kari Dunn Buron) - \$24.00
- \* A "5" Is Against the Law! Social Boundaries Straight Up! (Kari Dunn Buron) - \$20.00
- \* My Book Full of Feelings (Amy Jaffe & Luci Gardner) - \$28.00

### PREORDER SPEAKER BOOKS-

#### *Circle Choices*

Books available for pick-up  
at the conference

**\*All Day Pre-Order Books = \$190**

### **Registration Cost:**

**Early Bird (Until Feb. 16, 2018): 1 Day Conference \$145**

**Regular Pricing (After Feb. 16, 2018): 1 Day Conference \$175**

### **Registration:**

One Day Registration: April 2, 2018 \$ \_\_\_\_\_

PLUS Preordered Books \$ \_\_\_\_\_

TOTAL PAID \$ \_\_\_\_\_



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**CANCELLATION POLICY:** More than 30 days before the first day of the conference: Full Refund, less a \$25 processing fee. Less than 30 days, but more than 7 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections, LLC. Less than 7 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. Our refund policy applies to all registration payments including those by purchase order.