

# CERTIFICATE

## of Continuing Education

**Event:** The Zones of Regulation – A Framework to Address Self Regulation & Emotional Control, Leah Kuypers M.A. Ed., OTR/L



Self-Regulation – neurobiological underpinnings that involves the integration of

- Sensory Processing and Modulation, Executive Functioning, Emotional Regulation, Social Cognition

Self-Regulation abilities have a stronger correlation with school readiness than IQ or entry level math skills.

ACEs – Aversive Childhood Experiences An increase in ACEs correlates with increased risk of depression, mental distress, disability, and more

### **Sensory Processing and Modulation**

- Hidden Senses – Vestibular & Proprioceptive
- Sensory Preferences & Life Style Chart

### **Executive Functioning-** Connection with Self-Regulation

- Self-Talk, Impulse Control, Flexibility, Working Memory
- Situational Awareness STOP – Space, Time, Objects, People

### **Emotional Regulation –**

- Intrinsic & Extrinsic processes are responsible for regulation

### **Social Cognition & Theory of Mind**

- Ability to understand that others' thoughts, feelings, and experiences differ from yours
- Good thoughts vs. uncomfortable thoughts, Social Behavior Maps, Superflex

### **Zones of Regulation –**

- teaching tool, cognitive framework, a way to nurture development of skills, supportive in nature
- Four Zones of Behavior (what we are feeling on the inside)
- Blue (rest low state of alertness), Green (calm organized)
- Yellow (higher state, but still have cog. control), Red (fight or flight)

Shooting Star Event Center  
Mahnomen Minnesota

**Date:** October 5, 2017

**Number of Hours:** 6

**Brenda Ackerson, RLIF, Region 1 & 2**

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