



CW is offering a FREE workshop on Emotional Regulation:

Tools to Foster Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs

Zones of Regulation (ZoR)

Leah Kuypers, M.A. Ed., OTR/L

When:

Thursday July 9th
7:00–8:30pm

Where:

Aurora School
Auditorium
40 Dulwich Road
Oakland, CA 94618

R.S.V.P.

(510) 639-2929
shannon@cwtherapy.com



4400 Keller Avenue, Suite 200
Oakland, CA 94605
Phone: (510) 639-2929
Fax: (510) 639-2977
zones@cwtherapy.com

Learn about evidence based strategies that help students 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.

Teaches clients:

- How to identify their level of arousal and sensory needs
- Which calming strategies work for them
- The impact of calming strategies and when to use them
- Problem solving solutions

Therapeutic Audience:

Zones of Regulation (ZoR) Strategies are applicable to elementary regular education and all levels of special education students (early childhood through high school depending on cognitive abilities and maturity level). The ZoR program is geared to students on the autism spectrum, those with ADHD/ADD, social and developmental cognitive delays, anxiety, emotional disorders and other neurobiological disorders. Strategies can be adapted to support students with lower cognitive functioning.

Target Audience:

Parents, regular and special education teachers, occupational therapists, psychologists, social workers, speech language pathologists, instructional aides, behavior consultants, and other interested professionals.