8:00 **WELCOME**

**Self-Regulation**

* Components of self-regulation
* Normal development and developmental hindrances
* Self-regulation models and their application to therapy
* Impact of self-regulation skills on academic performance, social skills, activities of daily living, emotions, and behavior

**Neurology of Self-Regulation**

* Role of the prefrontal cortex, anterior frontal lobes, and the insular cortex
* Neurotransmitters: impact on self-regulation
* Brain-based differences in ASD, ADHD, ODD, PTSD, chronic stress or trauma, and more
* Strategies to quickly change the neurochemistry in the brain
* **INTERACTIVE LAB: Change your own neurochemistry now!**

**10:00 – 10:15 BREAK**

**Assessment**

* The power of the interview: parent/teacher/client
* Easily accessible checklists
* Standardized tools

**Intervention Plan**

* Linking strategies and resources to the assessment results (no more one-size-fits-all!)
* Making follow-through easy
* Getting the team on-board
* Collaborative goal-setting

**11:30 – 12:30 LUNCH**

**Intervention Process**

* “Before-During-Reflection” model for empowering change
* Current trends and programs and their evidence-based results on self-regulation
* The role of rewards and consequences
* **INTERACTIVE LAB:** Strategies, strategies, strategies!!!

**2:00 – 2:15 BREAK**

**Case Studies**

* Video and narrative case-studies to see the process from start to finish
* Recognize the complexities and prepare to change directions as indicated

**3:30 DISMISS**