

**Time-Ordered Agenda for
Self-Regulation Intervention Using Neuroscience, Sensory Processing Theory, and
Cognitive Behavioral Therapy Techniques
Instructor: Gwen Wild, MOT, OTR/L**

9:00 AM EST **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!**

10:30 – 10:45 AM EST 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

12:00 – 12:30 PM EST LUNCH

Intervention Process

- Proactive and reactive intervention approaches
- “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 PM EST 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

4:00 PM EST DISMISS