

**Time-Ordered Agenda for
Childhood Trauma and Self-Regulation Deficits
Instructors: Jerrod Brown, PhD**

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
30	Define self-regulation and learn about its building blocks and various dimensions.	Lecture, case study, discussion
30	Identify red flag indicators, warning signs, and consequences of self-regulation deficits.	Lecture, case study, discussion
30	Examine how toxic stress, adversity, and complex trauma can impede the development of self-regulation.	Lecture, case study, discussion
30	List ways to promote and develop self-regulation skills in children. Analyze the benefits of self-regulation throughout a variety of occupation-based activities.	Lecture, case study, discussion
120	TOTAL RUN TIME	