

**Time-Ordered Agenda for
Co-Regulation to Self-Regulation: Applied Framework and Strategies**

Instructor: Karin H. Warner, MOT, OTR/L

Time (Minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Introduction, Webinar Overview	Lecture
20	Self-Regulation/Emotional Regulation	Lecture, discussion
20	Biology of Regulation	Lecture
20	Co-Regulation Applied Framework	Lecture, demonstration
65	Self-Regulation Applied Framework	Lecture, discussion
15	Practical application of the Co-Regulation and Self-Regulation Framework	Case study, discussion
5	Q&A	Discussion
150	TOTAL RUN TIME	