Zones of Regulation- Strategies to Foster Self Regulation, Emotional Control, Social Skills & Executive Functioning in Students
(Including Autism, ADHD, PDD-nos, Anxiety, Attention Deficits, Behavioral Issues, & More)

October 19-20, 2017
Chicago/Addison, Illinois

October 19, 2017 – Leah Kuypers, M.A. Ed., OTR/L

Zones of Regulation: Self-Regulation for Students who Struggle with Managing their Emotions and Sensory Needs

Self-Regulation is a skill everyone needs to manage his/her daily tribulations. Sometimes we become incapacitated to cope, and with all the pressures on our youth, all too often we are seeing more self-regulation needs in this general population. Managing emotions and monitoring behaviors is a particular challenge for some. Self-regulation skills need to be taught and learned so that our youth have the capacity to manage everyday conflicts, preserve under stress and maintain a mentally healthy state of being.

The Zones of Regulation (2011) curriculum, is comprised of lessons and activities designed by Leah Kuypers, M.A. Ed., OTR/L to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help the students recognize when they’re in the different Zones (states of alertness/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, the students will be gaining an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight on events that trigger their behavior, calming and alerting strategies, and problem solving skills.

Zones trainings provide strategies to teach students to 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.

This is a practical strategies seminar! During this full day training you will learn dozens of functional, ready-to-use strategies for teaching students how to develop skills for self-regulation.

Regular-education teachers (as well as special education teachers and support staff) will find the information presented invaluable. Strategies presented will allow regular education teachers to utilize approaches within their own classroom.

Learner Objectives:

Learner will demonstrate knowledge of self-regulation, including:

- Identify sensory processing systems, integration and it’s impact on modulation
- Outline executive functions that frequently impact self-regulation
- Understand and define emotional regulation
- Develop insight into a systematic way to teach students to self-regulate
- Cite strategies to identify ones level of alertness and emotions and describe how social and contextual cues are used to decipher expected behavior
- Demonstrate strategies to use to adjust ones level of alertness/emotions to match the demands of the environment
- Identify ways to integrate The Zones into practice and generalize skills across settings

Who Should Attend? Special Education teachers, Speech and Language pathologists, OT’s, regular education teachers, administrators, psychologists, psychiatrists, social workers, TAG teachers, PT’s, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities. This conference is open to anyone who wishes to attend. Please contact AEP Connections with questions.

If you require special assistance please contact AEP Connections to inform them of your special needs by emailing: info@aepconnections.com

If you have questions or concerns, please contact: Lisabeth at lisa@aepconnections.com or (920) 224-4794
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Practical Strategies to Teach Executive Functioning and Social Skills to Students

Many children with autism (and co-diagnosis) struggle with cognitive tasks that require: adequate working memory, (attending to task), motivation, initiation, self-control, and behavioral inhibition. All of these are inclusive in what is referred to as “executive functions”. Executive Functions are the key building blocks to learning! Until recently, not much has been known about how to address executive function disorder in children and adolescents with autism and ADHD. Many times, the child’s problems were considered to be ‘just poor behavior,’ but we do know that kids with autism spectrum disorder, ADHD, Asperger’s, and certain types of learning disabilities (including nonverbal learning disability) can all be impacted from executive function deficits. Poor executive functioning contributes to difficulties with academics, but also to social and emotional development. This seminar will address practical strategies to address the following (and many more!):

*Motivation
*Planning and Time Management
*Organizational Skills
*Defiance
*Anxiety
*Working memory
*Bluntness/Rudeness
*Theory of Mind

This seminar will provide you with strategies and lesson plans for teaching social skills to school-age students, many of which can easily be replicated the day after this seminar in your own classroom! This training will provide participants with concrete explanations regarding the social relation areas of difficulties experienced by students with ASD, followed by numerous, practical, instructional strategies, resources, and curriculums specific to social relations skill assessment instruction.

Come and learn practical strategies that will empower your student to succeed, while capitalizing on his/her strengths.

Learner Objectives:

- List and describe several executive function deficits
- Describe the two types of learner motivation as well as two ways to improve both so that students are able to initiate and follow through with tasks.
- Utilize practical strategies to support working memory deficits
- Implement strategies to improve student organization, time management, and planning skills.
- Create school-wide plans to involve typical peers in fostering social skills development
- Implement ready-made lesson plans to improve student interaction skills with peers using evidenced-based methods.
- Create action plans in your classroom to address attention skills.

Professional Development Offered:

1) Graduate Credit Option – 1-3 Credits through Marian University. Cost is $250 per credit. Register for credits at conference. A syllabus is available at www.aepconnections.com.
2) **ASHA CEUs for Speech & Language Professionals (up to 12 hours)**
3) Certificate of Attendance - up to 12 clock hours
4) NBCC: “AEP Connections, LLC is an NBCC-Approved Continuing Education Provider (ACEP®) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.” ACEP Number: 6680
5) ASWB: **AEP Connections, LLC (# 1332) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. AEP Connections, LLC maintains responsibility for the program. ASWB Approval Period: (1/27/15-1/27/16). Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 continuing education clock hours.” License #1332
6) IBCCES - International Board of Credentialing and Continuing Education Standards. Provider # CE143465
7) **APA – **AEP Connections is working on accreditation

** Working on ASHA accreditation.

We will update this information as soon as we have it
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Speaker Biographies and Disclosures:

Leah Kuypers, M.A. Ed., OTR/L - Leah earned a BS degree in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism and a MA in Education from Hamline University in St. Paul, MN. She has practiced as an OT/autism specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD. Leah created The Zones of Regulation® (www.zonesofregulation.com), a framework designed to teach self-regulation, and is author of the book by same name (2011, Social Thinking Publishing). In addition to working with students, she provides trainings and consultation to parents and professionals on self-regulation and challenging behavior, as well as offers workshops on the Zones to groups across North America. She currently resides in Minneapolis, MN with her husband, son, daughter and dog.

Disclosure: Financial: Leah Kuypers receives an honorarium for her presentation with AEP Connections, LLC. Leah is a paid autism trainer and also receives royalties for the books that she has written. Non-financial: Leah Kuypers has reported no conflicts of interest, financial, or non-financial relationships regarding this presentation.

Rebecca Moyes, M.Ed. - is currently the regional coordinator for autism training and consultation at the Pressley Ridge School for Autism. She has worked extensively in the field of autism for over 18 years as a teacher and a private consultant/advocate for children with disabilities. Rebecca has written 5 books in the field of autism to address social skills, challenging behaviors, sensory disturbances and special education laws, one of which was nominated for the ASA Literary Education Work of the Year, and another received the I-Parenting Media Book of the Year. Rebecca holds a master’s degree in teaching and curriculum design and development with an emphasis on special needs children. She has studied applied behavioral analysis and participated in Pennsylvania’s verbal behavior project and served as a member of Governor Ridge’s autism task force.

Disclosure: Financial: Rebecca Moyes receives an honorarium for her presentation with AEP Connections, LLC. Rebecca is a paid autism trainer and also receives royalties for the books that she has written. Non-financial: Rebecca Moyes has reported no conflicts of interest, financial, or non-financial relationships regarding this presentation.

This is a two-day event. Day one and day two are complimentary to each other and each day is independent of the other.

Registration for one day only is accepted.

If you have questions or concerns, please email: info@aepconnections.com or call (920) 224-4794

Conference Location:
Medinah Banquet Hall
550 N. Shriners Dr.
Addison, Illinois 60101

A courtesy block of rooms is available for $108/night at the Hilton Garden Inn-Addison (located across the parking lot from Medinah Banquets) until September 25, 2017. Please refer to AEP Connections when booking for group rate.

Hilton Garden Inn phone number: 630-691-0500

Daily Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00 AM</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00 – 9:30 AM</td>
<td>Speaker -Content</td>
</tr>
<tr>
<td>9:30 – 9:45 AM</td>
<td>Break</td>
</tr>
<tr>
<td>9:45 – 11:30 AM</td>
<td>Speaker -Content</td>
</tr>
<tr>
<td>11:30 – 12:30 PM</td>
<td>Lunch on your own</td>
</tr>
<tr>
<td>12:30 – 2:00 PM</td>
<td>Speaker -Content</td>
</tr>
<tr>
<td>2:00 – 2:15 PM</td>
<td>Break</td>
</tr>
<tr>
<td>2:15 – 3:30 PM</td>
<td>Speaker -Content</td>
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</tbody>
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**REGISTRATION FORM - Illinois 2017**

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Online Registration is available for credit card transactions at www.aepconnections.com

Check or Purchase Orders, please fill out information below and send via mail, email, or fax.
*Purchase Orders must accompany registrations.*

Name: ___________________________________________ School District: ____________________________

Address: ___________________________________________ City: ____________________________

State: _____ Zip Code: ____________ Phone (cell): ________________________________

Email: __________________________________________________________

*Confirmations and communications will be sent by email. Please print email clearly.

### Recommended Books:

- Zones of Regulation (Leah Kuypers) - $44.00
- Zones of Regulation Posters (Set of three)- Dry Erase Posters- $27.00
- The Incredible 5-Point Scale: The Significantly Improved Edition - $19.00
- Social Behavior and Self-Management (Kari Dunn Buron) - $20.00
- When My Worries Get Too Big! (Kari Dunn Buron) - $17.00
- A "5" Could Make Me Lose Control (Kari Dunn Buron) - $24.00
- A "5" Is Against the Law! Social Boundaries Straight Up! (Kari Dunn Buron) - $20.00
- My Book Full of Feelings (Amy Jaffe & Luci Gardner) - $28.00
- Visual Techniques for Developing Social (Rebecca Moyes, M.Ed)- $14.95
- Building Sensory Friendly Classrooms (Rebecca Moyes, M.Ed)- $19.95
- Addressing Challenging Behavior (Rebecca Moyes, M.Ed)- $29.95
- Executive Function Dysfunction (Rebecca Moyes, M.Ed)- $19.95
- Incorporating Social Goals (Rebecca Moyes, M.Ed)- $29.95

### Registration Cost:

<table>
<thead>
<tr>
<th>Early Bird (Until Sept. 8, 2017):</th>
<th>1 Day Conference $145</th>
<th>2 Day Conference $195</th>
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</thead>
<tbody>
<tr>
<td>Regular Pricing (After Sept. 8, 2017):</td>
<td>1 Day Conference $165</td>
<td>2 Day Conference $225</td>
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### Registration:

**One Day Registration: Circle Choice**

Thursday 10/19 **or** Friday 10/20

**OR**

Two Day Registration: (October 19 & 20, 2017)

**PLUS Preordered Books**

**TOTAL PAID**

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**PREORDER SPEAKER BOOKS**

<table>
<thead>
<tr>
<th>Circle Choices</th>
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<tbody>
<tr>
<td>Books available for pick-up at the conference</td>
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</tbody>
</table>

*All Day One Books = $185*

*All Day Two Books = $110*

*All Books = $285*

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**AEP Connections, LLC**
3524 N. Winterset Dr.,
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www.aepconnections.com
info@aepconnections.com

**CANCELLATION POLICY:** More than 30 days before the first day of the conference: Full Refund, less a $25 processing fee. Less than 30 days, but more than 7 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections, LLC. Less than 7 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. Our refund policy applies to all registration payments including those by purchase order.