



Teaching Executive Functioning and Emotion Regulation Skills

Individuals with Autism Spectrum Disorder (ASD) often experience amplified emotional responses and poor emotional control. In this workshop participants will learn what emotion regulation (ER) and executive functioning (EF) are, why they are important, how deficits in EF and ER impact students' abilities to succeed, and strategies to teach and support individuals with ASD to better regulate their emotions and improve executive functioning skills.

Course Objectives: Learn

- What EF is and how it presents in children
- How to support students in the classroom to improve EF skills
- How to support parents/students at home to improve EF
- What ER and why it is important
- How to talk to individuals about their behavior and emotions
- Strategies to teach individuals with ASD to better regulate their emotions

Who should attend: Parents and providers interacting with individuals with ASD

Content level: Beginner to intermediate

Clock hours: OSPI clock hours (3 hours) available for an additional fee

Instructor: Kawena Begay, PhD, NCSP



WHEN

Wednesday, April 17, 2019
3:30 – 6:30 PM

WHERE

UWAC Seattle Campus
or
Live Webinar

COST

\$60 per person

To register, visit

<https://www.regonline.com/efer041719>

Advanced registration is required.

