



Building an Emotion Regulation Toolkit

Difficulty with emotion regulation (ER) is one of the most frequent challenges educators, providers, and parents face when working with individuals with Autism Spectrum Disorder (ASD) and other developmental disabilities. In this workshop, participants will begin to build their ER toolkit with a thorough overview of ER and discussion of a variety of factors that increase or decrease an individual's ability to regulate their emotions. In the 4 optional follow up webinars participants will have the opportunity to expand their ER toolkit by learning strategies specific to 4 areas of ER: prevention, calming strategies, identification, and problem solving.

Course Objectives:

- Learn the foundational information about emotion regulation
- Learn what factors impact an individual's emotion regulation
- Learn strategies to develop an effective emotion regulation toolkit

Who should attend: Teachers, providers, and parents who interact with individuals from preschool through high school with emotion regulation challenges. Special focus on individuals with ASD and other developmental disabilities.

Content level: Beginner to intermediate

Clock hours: WA State approved clock hours available for an additional fee



WHEN

August 24, 2020
4:00 – 6:00 PM PT

WHERE

Webinar

COST (per person)

\$35 – register by July 27

\$45 – regular cost

*10% discount for groups of 5 or more



To register, visit <https://cvent.me/VN5gde>.

Advanced registration is required.



Email us at
uwactrain@uw.edu



Visit us at
www.uwautism.org



Call us at
1-877-408-UWAC



Follow-Up ER Webinars

Are you attending our introduction webinar “Building an Emotion Regulation Toolkit”? Do you want the opportunity to learn specific strategies? The University of Washington Autism Center will be hosting 1.5-hour follow up webinars intended to help participants build their toolkits in four areas of emotion regulation. Attend as many of the follow up sessions as you want.

Topic	Date/Time	Description
Prevention	Tuesday, August 25 th 4:00 – 5:30 PM	Learn strategies to develop routines and environmental supports/modifications to facilitate effective emotion regulation
Calming Strategies	Wednesday, August 26 th 4:00 – 5:30 PM	Learn strategies such as breathing techniques and progressive muscle relaxation to facilitate physiological (e.g. slow heart rate, relax body) regulation
Identification	Thursday, August 27 th 4:00 – 5:30 PM	Learn strategies to help individuals develop recognition and understanding of emotional cues and social cues
Problem Solving	Friday, August 28 th 4:00 – 5:30 PM	Learn strategies to facilitate problem solving techniques to help individuals identify and respond to emotional overload and dysregulation

Cost: \$30 per person per follow-up webinar (\$20 if registered by July 27)

Clock hours: WA State approved clock hours available for an additional fee

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