



Building an Emotion Regulation Toolkit

Virtual learning, hybrid learning, the global pandemic, all of these events and more can make for a stressful environment. Even without these unique stressors, some individuals with autism spectrum disorders have difficulty with Emotion Regulation (ER). Teaching students to regulation their responses and emotions is not easy and take careful planning. In this workshop educators and care providers, will learn to build an ER toolkit with a thorough overview of ER and discussion of a variety of factors that increase or decrease an individuals ability to regulate their emotions.

Course Objectives:

- Describe emotion regulation and challenges individuals with autism and related developmental disabilities may experience
- Explain 3 factors that impact emotion regulation
- Learn strategies to develop an effective emotion regulation toolkit

Who should attend: Caregivers, providers, educators who work with individuals with ASD and/or emotion regulation challenges from preschool through high school.

Content level: Beginner to intermediate

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



WHEN

December 2, 2020
4:00 – 6:00 PM PT

WHERE

Webinar

COST (per person)

\$35 – register by November 4
\$45 – regular cost

*10% discount for groups of 5 or more

Early Bird
Discount

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

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	Monday, December 7 th 4:00 – 5:30 PM	Learn strategies to develop routines and environmental supports/modifications to facilitate effective emotion regulation
Calming Strategies	Wednesday, December 9 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	Monday, December 14 th 4:00 – 5:30 PM	Learn strategies to help individuals develop recognition and understanding of emotional cues and social cues
Problem Solving	Wednesday, December 16 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 November 4)

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

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