



Building an Emotion Regulation Toolkit

Learning the skills to effectively regulate emotions is a life long task that many of us continue to work on. Caregivers and providers may find themselves coaching individuals in emotion regulation without fully understanding the process themselves. In this training, providers and caregivers will have the opportunity to learn the foundation of effective emotion regulation and concrete strategies to utilize when teaching emotion regulation. To build a robust emotion regulation toolkit, participants will have the opportunity to attend the initial 2-hour foundational webinar, followed by 4 domain specific follow up webinars.

Course Objectives:

- Describe emotion regulation and challenges individuals with autism and related developmental disabilities may experience
- Explain 3 factors that impact emotion regulation
- Describe 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: max of 6 WA State approved clock hours available



WHEN

March 23, 2022
3:30 – 5:30 PM PT

WHERE

Webinar

COST (per person)

\$45 – register by February 23
\$55 – regular cost

*10% discount for groups of 5 or more



To register, visit <https://cvent.me/3P7dV3>.

Advance 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-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, March 29 th 3:00 – 4:00 PM PT	Learn strategies to develop routines and environmental supports/modifications to facilitate effective emotion regulation
Calming Strategies	Tuesday, March 29 th 4:15 – 5:15 PM PT	Learn strategies such as breathing techniques and progressive muscle relaxation to facilitate physiological (e.g. slow heart rate, relax body) regulation
Identification	Wednesday, April 6 th 3:00 – 4:00 PM PT	Learn strategies to help individuals develop recognition and understanding of emotional cues and social cues
Problem Solving	Wednesday, April 6 th 4:15 – 5:15 PM PT	Learn strategies to facilitate problem solving techniques to help individuals identify and respond to emotional overload and dysregulation

Cost: \$25 per person per follow-up webinar

Clock hours: WA State approved clock hours available

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