

The Roadmap to Regulation: Helping Children Cope with Big Emotions – For Educators

Presented by: Laura K. Sibbald, M.A., CCC-SLP, ASDCS, CYMHS

Hosted by: FAU CARD

About the Presenter

Laura K. Sibbald, MA, CCC-SLP, ASDCS, CYMHS is coauthor of the Trauma-Informed Social-Emotional Toolbox for Children & Adolescents (PESI, 2020) and the Parenting Toolbox (PESI, 2018). She was an invited speaker and moderator at PESI's 2021 Autism Symposium, where she also had the privilege of interviewing the keynote speaker Dr. Temple Grandin. She is an active member of MSHA and ASHA committees, and is currently the chair of the Alumni Advisory Council for the Speech-Language Hearing Science Department at George Washington University. Laura graduated from GWU in 2011 with a Master's in speech-language pathology. She is the Associate Director of Neurodiversity Initiatives at Chestnut Hill College in Philadelphia, PA.

Training Description

Target Audience: (Mental/Behavioral Health Therapists & providers, Educators, Clinicians, Professionals)

Healthy coping skills promote a calmer state of mind and allow for participation in a variety of desired activities, without the worry of anxiety taking over. While it may seem relatively simple for a child to employ a technique such as deep breathing, this is frequently not the case, and can lead to high levels of frustration. Understanding the connection between coregulation opportunities and the development of self-awareness will prepare participants to engage in specific tasks with their students in order to facilitate self-regulation. Participants will explore a targeted roadmap of neurodiversity affirming practices that support communication and dynamic learning in the educational setting, including the concept of Double Empathy. Participants will build a toolbox of evidence-based strategies focused on co-regulation, emotional vocabulary, self-awareness, and problem solving.

Training Objectives

Participants will be able to:

- Explore dynamic learning strategies for co-regulation and self-regulation.
- Review the concept of Double Empathy and its application to facilitating communication competency.
- Consider evidence-based resources and strategies designed to increase emotional language, self-awareness, and problem-solving.

Date:

September 1-30, 2022

Registration: Open

Location:

Online, pre-recorded, 60-minute webinar

Registration Deadline:

September 30, 2022

Limited to first 500 participants

Register [here](#)

Registration is mandatory. Once registered, you will receive a link to view the presentation online.

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