

The Roadmap to Regulation: Helping Children Cope with Big Emotions

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 a resident of the DC metro area.

Training Description

Target Audience: (parents)

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 for family members. This session will explore a targeted roadmap to identifying and regulating emotions. 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:

- Differentiate between co-regulation and self-regulation strategies.
- Implement strategies to increase emotional language and self-awareness in neurodiverse individuals.
- Consider critical elements to support functional problem solving in neurodiverse individuals.

Date:

May 1-31, 2022

Registration begins:

May 1 at 10:00 am

Location:

Online, pre-recorded webinar

Duration: 60 minutes

Registration Deadline:

May 31, 2022

Limited to first 500 participants

Register [here](#)

Registration is mandatory.

For more information contact:

Contact Name

paganom@fau.edu

or (561) 212-8058

Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.