

# PEPSA



## PROFESSIONAL DEVELOPMENT

# Free!

Partnership for Effective Programs for Students with Autism

### Panama City, FL

## STRONGER TOGETHER: UNDERSTANDING AND CAPITALIZING ON THE RELATIONSHIP BETWEEN SELF-REGULATION & EXECUTIVE FUNCTION WITH INDIVIDUALS ON THE AUTISM SPECTRUM

Presented by: Elana Himmelfarb Hosted by: FSU CARD

**November 7, 2016**

8:30 am – 4:00 pm  
Registration begins at 8:00 am

**FSU Panama City  
Holly Academic Center**

4750 Collegiate Drive  
Panama City, FL 32405

### About the Presenter

**Elana Himmelfarb** is an autism consultant, learning specialist, and transition coordinator in a private practice in Atlanta, GA. Elana specializes in clinical work, strategic planning, and family support for individuals on the autism spectrum. Her consulting work focuses on collaboration with educational organizations, businesses, and private programs serving individuals with autism and similar challenges surrounding relating and communicating. Through clinical consultation, training, program design, curriculum development, community outreach, and workplace disability support, Elana works with organizations to educate and empower staff to comprehensively address their clients' needs.

### Training Description

The intention of this seminar is to outline the dimensions of self-regulation and executive function, the relationship between these two vital functions, and strategies for strengthening both. Topics will include: defining and exploring regulatory capacities, self-regulation and co-regulation; addressing the challenges that arise surrounding attaining and maintaining self-regulation (individual, relational, environmental); techniques to strengthen regulatory capacities; defining and exploring executive function; and addressing the challenges that arise surrounding executive function breakdowns (individual, relational, environmental).

### Training Objectives

Participants will understand:

- Regulatory capacities, self-regulation and co-regulation.
- The dimensions of executive function.
- The role executive function plays in working with individuals on the autism spectrum.
- The relationship between self-regulation and executive function, including breakdown points and interventions (strategies, accommodations, collaborative work).

### Registration Information:

**REGISTRATION IS  
MANDATORY**

**DEADLINE: November 4, 2016**  
Limited to first 150 participants

Register online at  
[www.doepartnership.org/trainings.html](http://www.doepartnership.org/trainings.html)

For more information contact:  
Karen Williams at  
[karen.williams@med.fsu.edu](mailto:karen.williams@med.fsu.edu)  
or 850-215-4330

### Directions:

For directions click [HERE](#)

### Credits:



Florida State University Center for Autism & Related Disabilities is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

*"Stronger Together" is offered for  
.60 ASHA CEUs*

*(Introductory Level, Professional Area)*

*Disclosure: Elena Himmelfarb:*

*Financial - Presenter is being paid a speaking fee from Florida State University  
Non-Financial - No relevant non-financial relationships exist*

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



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B. [www.DOEpartnership.org](http://www.DOEpartnership.org)