

# PEPSA



## PROFESSIONAL DEVELOPMENT

# Free!

Partnership for Effective Programs for Students with Autism

### Coral Gables, FL

## CONSCIOUS DISCIPLINE

Presented by: Vicky Hepler Hosted by: UMNSU CARD

**October 3, 2016**

8:30 am – 3:00 pm  
Registration begins at 8:00 am

**University of Miami  
Newman Alumni Center**

6200 San Amaro Drive  
Coral Gables, FL 33146

### Registration Information:

**REGISTRATION IS  
MANDATORY**

**DEADLINE:** September 23, 2016  
Limited to first 95 participants

**Miami-Dade personnel:** Register online through the My Learning Plan website.

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

### For more information contact:

Jennifer S. Durocher at  
305-284-6557 or [jstella@miami.edu](mailto:jstella@miami.edu)

### Directions:

For directions click [HERE](#)

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

### About the Presenter

**Vicky Hepler** has been an early childhood educator teaching pre-K, kindergarten, first grade, and self-contained special needs classrooms for children with ASD for over 35 years. Her classroom is a nationwide model for conscious discipline implementation and has been featured in professional development videos. In addition to being a contributing author to Dr. Becky Bailey's book *Creating the School Family*, Vicky is the creator of the "I Love You Rituals" literacy packs designed to strengthen those connections that are vital for optimal brain development while supporting language and literacy instruction. Vicky graduated from Purdue University with a bachelor's degree in early childhood education. Her mission is to bring joy and enthusiasm to every child, every teacher, and every classroom.

### Training Description

Learn how to move from chaos to calm by using research-based strategies that create safe, connected learning environments that support the development of self-regulation for all children. Discover how implementing Conscious Discipline gives you the tools to create meaningful connections, manage conflict, and bring the joy back to teaching and learning.

### Training Objectives

Participants will be able to:

- Explain how internal emotional states dictate behavior as well as the basics of safety, connection, and problem-solving via the Conscious Discipline Brain State Model.
- Describe rituals and routines necessary to foster connection so students and staff feel emotionally safe enough to experience conflict as a teaching tool instead of a disruption to learning.
- Learn and practice the key elements needed to create willingness.
- Learn and practice specific strategies for teaching the five steps of self-regulation to children.



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)