

DEVELOPMENTAL RESOURCES ONE-DAY PROFESSIONAL SEMINAR



Earn up to 6 Contact Hours!

Helping Young People Learn **Self-Regulation**

*Teaching Impulse Control
to Students Grades K-12*

January 2017

Houston
St. Louis

January 30
January 31

**Register
Early
to Guarantee
Your Seat!**

Self-Regulation

Teaching Impulse Control to Students with Social-Emotional & Behavioral Issues

Self-Regulation includes a set of insights and skills students need for academic success, emotional control and healthy social interaction. When a young person is lacking in his/her ability to self-regulate emotions and behavior, negative outcomes are easily observable. Helping young people improve their Self-Regulation skills can help them to better handle anger issues, anxieties, impulsiveness, academic challenges, classroom behavior issues, self-esteem struggles, social troubles and more. Helping young people improve their Self-Regulation skills will enable teachers, counselors, social workers, administrators and other educators to see observable and sustained positive changes in young people.

In this one-day seminar, the presenter will provide recommendations and strategies for you to use with all students, and in particular, students who have behavioral and/or emotional self-control issues. Included will be practical insights, recommendations and learning activities that are based upon the evidence-based approaches used in cognitive-behavior psychology. The content of this seminar is consistent with the principles underlying the RTI/MTSS and Positive Behavior Supports movements. The presenter will provide creative, fresh and engaging approaches for individual students, small groups, classrooms and the whole school.

Who Should Attend

Classroom Teachers
Principals & Other School Administrators
Special Education Personnel
School Counselors
Social Workers (all levels)
School Resource Officers
Counselors & Therapists in Private Practice
Parent Advocates

What You Will Receive

To augment the PowerPoint presentation and hands-on activities, each participant will receive a complimentary resource packet with ideas, reproducible forms, activities and other suggested materials.

Agenda

- 8:00 – 8:30 Registration**
- 8:30 – 10:00 Teaching Self-Regulation to Today's Youth**
- How Self-Regulation Relates to Academic Performance, School Violence and Social/Emotional/Behavioral Problems
 - Research/Evidence-Based Support
 - Keys to Applying Self-Regulation Practices to Enhance Social/Emotional, Behavioral and Academic Success
 - Developing a Framework for Applying Self-Regulation
 - Building Blocks of the Self-Regulation Training System
- 10:00 – 10:15 Break**
- 10:15 - 12:00 Three Skill-Training Areas for Improving Self-Regulation**
- Assessing, Monitoring, Selecting and Implementing Strategies to Improve Self-Regulation in Individual Students
 - Working with More Challenging Cases of Students with Self-Control Issues
- 12:00 – 1:00 Lunch (on your own)**
- 1:00-2:15 Working with Student Self-Regulation in Small Groups**
- Session-By-Session Walk-Through of a Self-Regulation Training Curriculum
 - Additional Strategies and Variations to Address Specific Problem Areas Like: Anger, Anxiety, Defiance, Impulsiveness, Depression, Distractibility, Negative School-Attitude, Academic Discouragement
- 2:15 – 2:30 Break**
- 2:30-3:30 Tailoring Self-Regulation Strategies to Fit Individual Students**
- Using Current Technology to Enhance Self-Regulation
 - Helping Parents Improve Their Child's Self-Regulation Skills at Home
 - Additional Recommendations for Applying Self-Regulation Practices to Real Cases
- 3:30 – 4:30 Networking Group Discussion (optional attendance)**

Learning Objectives

In this seminar you will learn how to:

- Develop a level of understanding of the Self-Regulation framework sufficient for teaching it to students and presenting it to parents.
- Apply step-by-step strategies/activities to teach young people how to increase Self-Regulation including: Cooling the Flame, My Warning Signs, Melting Freeze, You Can't Make Me Laugh, Free Emotional Expression, Challenge Software Program, Defiance Trap
- Organize and implement strategies in a way that is most effective for addressing many social/emotional, behavioral and academic problem areas including: anger and oppositional behavior, depression & anxiety, academic performance, chronic impulsiveness, ADHD, motivation, learned helplessness, bullying & other school safety issues
- Access, monitor and report measurable outcomes from the application of Self-Regulation strategies presented in this seminar.

For maximum benefit, it is recommended you bring a team of 3 or more educators to this seminar.

About the Presenter

In case of an emergency, another equally qualified presenter will substitute.



Brad Chapin is a leading authority on Self-Regulation and a masters level psychologist with a passion for helping others learn the skills necessary for success and happiness. He is a best-selling author and nationally-recognized speaker in the area of Self-Regulation. He has served as the Director of Child and Adult Community Services for a large community mental health center where he supervised 65 mental health field staff. Currently, Brad is currently the Director of Clinical Services for Stormont-Vail Behavioral Health Services. Brad is the author of *Helping Young People Learn Self-Regulation* (with versions for teens and preschoolers) and *The Legend of the Regulators and the SECRET List*. He has also created the *Challenge Software* program and the *Self-Regulation Smart Guidance DVD*.

Program Information

PROGRAM FEES: The early bird discount fee is \$149. If form is postmarked or faxed after the early bird deadline, the advance registration fee will be \$169. Regular on-site registration is \$189 (including registrations received 3 business days prior to the seminar date). Online registrations and credit card transactions incur a nominal processing fee. The registration fee includes refreshments and materials but does not include meals, hotel or parking.

GROUP DISCOUNT: When 3 or more people register together from the same school district or agency, each participant is entitled to a \$25 discount off their registration fee. For 10 or more attendees registering together, each participant is entitled to a \$40 discount. For 20 or more attendees, call 1-800-251-6805 for pricing. **To receive a group discount, all participants in the group must register at the same time and have a group representative as the contact person.**

HOTEL ACCOMMODATIONS: In most hotels where the seminar is being held, a block of sleeping rooms has been reserved at a group discount. Please reserve your hotel room early and ask for the Developmental Resources or Difficult Students discount.

CONCERNS OR SPECIAL ACCOMMODATIONS: Should you have any concerns, call us at 1-800-251-6805. If you require special accommodations due to a disability, please fax us at 757-227-6804 or email pd@accutrain.com at least 2 weeks prior to the seminar, and note your request on your registration form.

CANCELLATION POLICY: All cancellations incur a \$20 administrative fee and must be received in writing or electronically seven days prior to seminar. **No refunds will be issued on cancellations received after that date.** Substitutions

are welcome at any time. Developmental Resources, Inc. reserves the right to cancel any seminar in the event of insufficient registration, in which case a full refund will be returned. If for any reason the seminar is not held, Developmental Resources' liability is limited to a refund of the registration fee paid.

CERTIFICATES: Certificates of Completion for this seminar, which indicate up to 6 Contact Hours of Continuing Education, will be available at the end of the seminar. Please note that Developmental Resources, Inc. is an approved Continuing Education Provider for:

ASSOCIATION OF SOCIAL WORK BOARDS: Developmental Resources, #1053, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Developmental Resources maintains responsibility for the program. ASWB Approval Period: (8/13/2016 – 8/13/2019). Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive up to 6 Clinical Social Work continuing education clock hours.

NATIONAL BOARD OF CERTIFIED COUNSELORS (NBCC #5602): Developmental Resources is an NBCC-Approved Continuing Education Provider (ACEP) #5602 and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

TX Board of Examiners of Marriage and Family Therapists (#260)
TX Board of Examiners of Professional Counselors (#1294)

Registrations with credit cards can also be securely processed online at www.dev-resources.com

Self-Regulation Registration Form*

*Please remember to mark the location you will be attending.

| Location | Date | Early Bird Discount Deadline |
|------------------------------------|----------------------|------------------------------|
| <input type="checkbox"/> Houston | (M) January 30, 2017 | (T) December 20, 2016 |
| <input type="checkbox"/> St. Louis | (T) January 31, 2017 | (T) December 20, 2016 |

| Registration Fee: | Early Bird | Advance | Regular |
|-----------------------------|------------|---------|---------|
| Individual | \$ 149 | \$ 169 | \$ 189 |
| 3-9 Attendees (see above) | \$ 124 | \$ 144 | \$ 164 |
| 10-19 Attendees (see above) | \$ 109 | \$ 129 | \$ 149 |
| Total Fee: _____ | | | |

Name (type or print) _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone: W(_____) _____ H(_____) _____

Position/Title: _____ Email _____

Payment, or Purchase Order number must be received before your registration can be processed. Please indicate method of payment:

Check (to Developmental Resources, Inc.) Purchase Order # _____

Card # _____ Exp. Date _____

Signature _____ CSC Code _____

To register, please fill out registration form and mail or fax to:

Developmental Resources | 208 Ash Ave., Suite 103 | Virginia Beach, VA 23452
Phone: 800-251-6805 | Fax: 888-372-6061 | Email: pd@accutrain.com

Reserve Your Space Now to Take Advantage of Early Registration Discounts!

ORLANDO

MARCH 3-5, 2017

CARIBE ROYALE



Girl Bullying & Empowerment Conference – Now in its 11th year, this event helps educators understand the latest research, while learning proven solutions for combatting female relational aggression and proven strategies for building positive, supportive relationships among girls. www.stopgirlbullying.com



Counseling Strategies & Resources Conference – A platform for research-based solutions to help counselors and other educators empower students on a social-emotional level. Well-known presenters and groundbreaking practitioners focus on the creative, practical side of counseling students K-12. www.innovativecounselors.com



#TrendingSC Forum – This brand new conference features innovative/cutting-edge trends in School Counseling. Some programs are high-tech and/or experiential, while others feature the latest in research-based practices to aid educators in understanding and reaching the needs of Generation Z students. Trending topics include mindfulness in education, intra-racial bullying, gender-based education, self regulation and more. www.trendingSC.com

ATLANTA

JUNE 21-24, 2017

RENAISSANCE ATLANTA WAVERLY



School Discipline Conference – A must-attend gathering for educators focused on improving academic performance by applying the most current innovations and research to behavior intervention and classroom management. Special focus is given to supportive, non-exclusionary discipline. www.sdiscipline.com



Wired Differently Conference – This conference provides critical insights for reaching and teaching the 20 percent of all students who are diagnosable with a mental, emotional or behavioral issue. Particular focus is given to working with these often high-potential students in inclusive settings. www.wireddiff.com



NextGen School Safety Conference – The 2017 conference will focus on a litany of K-12 safety topics such as preventing intruder episodes, brain research & student safety, crisis management, critical error reduction psychology, student safety, social media and behavior recognition. www.nextgenschoolsafety.com

LAS VEGAS

JUNE 27-30, 2017

CAESARS PALACE



School Discipline Conference – A must-attend gathering for educators focused on improving academic performance by applying the most current innovations and research to behavior intervention and classroom management. Special focus is given to supportive, non-exclusionary discipline. www.sdiscipline.com

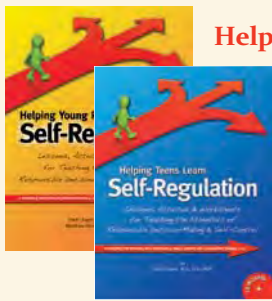


Girl Bullying & Empowerment Conference – Now in its 11th year, this event helps educators understand the latest research, while learning proven solutions for combatting female relational aggression and proven strategies for building positive, supportive relationships among girls. www.stopgirlbullying.com



Innovative Teaching Strategies Conference – A showcase for evidence-based and groundbreaking instructional practices from exemplary programs. This event assembles internationally recognized, together with practicing educators with promising, fresh approaches. www.innovativeteach.com

• **10% Discount When You Purchase Online – Use Coupon Code: 10DISC** •



Helping Young People/Teens Learn About Self-Regulation

\$39.95 (includes CD) Grades K-7
 \$39.95 (includes CD) Grades 7-12

Self-regulation includes a universal set of skills necessary for academic success, emotional control and healthy social interaction. With this single resource you will be able to address children's/teen's

anger problems, academic performance challenges, anxieties, school safety issues, self-esteem, social skills and much more. The strategies are creative and engaging in a way to create change quickly.



The Legend of the Regulators and the SECRET List

\$19.95 Grades K-4

This book introduces children to the concepts of healthy Self-Regulation. Self-Regulation skills have been shown to increase academic performance, positive social interaction, physical health, emotional wellness and performance in many areas of life. This adventure story

introduces the lessons from the Self-Regulation Training System.



Big Deals & Little Deals: And What to Do When They Happen to You

\$24.95 (includes CD) Grades PK-4

At long last, simple and clear-cut guidelines for helping children differentiate big deals - situations that require adult intervention and little deals - those things children are capable of handling on their own. Eliminate the need to give constant reminders to "Stop tattling." Instead, empower

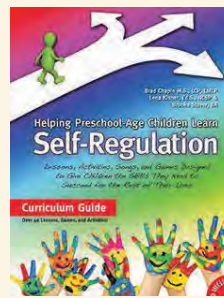
children by prompting, "Is it a big deal or a little deal?"



Hunter and His Amazing Remote Control

\$19.95 Grades K-6

This is a unique approach to teaching children self-control whether or not they have ADHD. It includes an activity guide, an illustrated story-book and reproducible remote control covers with buttons for behavior control. Students create their own "amazing remote controls."



Helping Preschool-Age Children Learn Self-Regulation

\$39.95 Grades PK-K

With this one resource, you will be able to address School Readiness, Anger Problems, Anxiety, School Safety, Self-esteem, Social Skills and much more. The authors have developed this guide with a focus on how to help you "Do More with Less." The strategies are creative and designed to engage young children in the process

to create change quickly. Includes a CD with reproducibles worksheets.



Teaching Self-Regulation to Children Through Interactive Lessons DVD

\$49.95 Grades K-6

This CD includes 10 highly interactive lessons designed to teach students the skills, strategies, and behaviors they need to regulate their own physical, emotional, and cognitive processes. The included facilitator's guide explains each lesson in detail with a script and optional extension activities. Empower your students with the skills they need to manage their own behavior!



Self-Regulation Training Board

\$34.95 Grades PK-6

The Self-Regulation Training Board is a great tool for any classroom, school office or home. It provides a very concrete, practical way for children to learn and practice their Self-Regulation skills. The 11 x 17 board and the movable pieces are laminated.



Impulse Control Activities & Worksheets for Elementary & Middle School Students

\$39.95 Grades K-5

\$39.95 Grades 6-8

Teachers, school counselors, social workers and psychologists can benefit from the tools found in these books - tools developed to assist students with better impulse control. Expanding on existing evidenced-based practices for decreasing impulsivity, lessons provide specific, engaging activities and worksheets to use with groups or individuals.



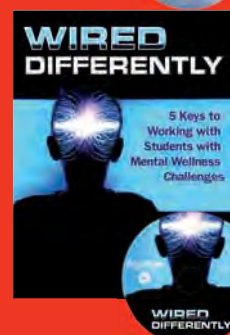
JUST RELEASED!
Preventing Suicide – You Can Make A Difference!

Also available via AccuTrain On-Demand

Regular DVD Price \$295 – Introductory Price \$195

Grades 3-12

Suicide is one of the leading causes of death among students in North America – and the numbers, unfortunately, are increasing. Surprisingly, almost half of the students who try to commit suicide will make their first attempt in elementary or middle school. Other than parents or guardians, educators provide the primary adult interaction and influence for many young people, and therefore can play a pivotal role in identifying students who may need help.



JUST RELEASED!
Wired Differently: 5 Keys to Working with Students with Mental Wellness Challenges

Also available via AccuTrain On-Demand

Regular DVD Price \$295 – Introductory Price \$195

Grades K-12

Current studies show that approximately 20 percent of all students are diagnosable for a mental, emotional or behavioral health issue. This brand-new DVD/On-Demand program will help administrators, teachers, paraprofessionals and other staff understand how to support and teach this often high-potential portion of the student population – while avoiding an unmanageable classroom environment. This 20-minute video-based program employs real-life scenarios to introduce educators to 5 keys for working with students who are diagnosable for various disorders including anger disorders, ADHD, bipolar disorder, anxiety disorders, trauma (including PTSD), Asperger's and mild autism, and oppositional defiant disorder.



Helping Young People Learn Self-Regulation

Grades K-12

— Earn up to 6 Contact Hours! —

| Metro Area | Seminar Dates | Seminar Hotel | Hotel Reservations | Early Bird Discount Deadline |
|------------|-----------------------------|--|--------------------|------------------------------|
| Houston | January 30, 2017 Monday | Crowne Plaza Houston Brookhollow 12801 Northwest Frwy, Houston, TX 77040 | 713-462-9977 | December 20, 2016 Tuesday |
| St. Louis | January 31, 2017 Tuesday | DoubleTree St. Louis at Westport 1973 Craigshire Rd., St. Louis, MO 63146 | 314-434-0100 | December 20, 2016 Tuesday |

Please post for other staff members.



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