



**06/03/2024 14:00 - 15:30**

**Title:** Fostering Emotional Regulation

**Venue:** Online Training using Microsoft Teams (MS - Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams

**Trainer:** Skye Sergeant

## **SEND Training - The Bi-Borough Inclusion Service**

### **Fostering Emotional Regulation**

#### **Outline**

Sensory processing and regulation are essential components in our understanding of emotional regulation. Sensory and emotional regulation are commonly requested areas for Occupational Therapy advice and support across the Bi-borough. Through this training, we aim to assist participants to navigate through emotional regulation and sensory processing needs to better foster emotional regulation for pupils in the Bi-borough.

Many pupils require their supporting teachers to understand sensory differences and to foster emotional regulation. However, not all pupils with sensory processing challenges are known to the Occupational Therapy services, or they may not meet the threshold for targeted or specialist input. Our SEN OT team provides a variety of free online and in-person training courses, including this online course, to support teachers. The aim of this training is for participants to further their knowledge and understanding of emotional regulation and therefore a clear basic knowledge of the 8 senses and sensory processing is highly recommended to attend this course.

During the session, we will:

- Review emotional regulation
- Discuss emotional dysregulation with particularly emphasis on Autism
- Consider typical triggers during the day
- Identify interpersonal supports, consider their benefits and how you may already be using these in your school environment
- Consider supportive environments for interaction
- Link to the SCERTs model and discuss transactional supports commonly used (basic knowledge

of SCERTs model is recommended)

- Introduce and explore the Autism Level UP! approach and associated transactional supports

Our Advisory Occupational Therapist, Skye, will be available to answer specific questions related to the training content and implementation in school environments with expert Occupational Therapy knowledge in sensory processing and emotional regulation.

### **Description**

During the session, we aim to cover:

- Emotional regulation and dysregulation with particularly emphasis on Autism
- Typical triggers during the day
- Interpersonal supports and their benefits
- Supportive environments for interaction
- Link to SCERTs model and transactional supports
- Link to the Autism Level UP! approach and associated transactional supports

### **Outcome**

- Understand emotional regulation and dysregulation language
- Identify typical triggers during the day
- Identify interpersonal supports, their benefits and how you may already be using these in your school environment
- Identify supportive environments for interaction
- Link the above to the SCERTs model and transactional supports
- Have a general knowledge of the Autism Level UP! approach and associated transactional supports

### **Booking Information**

To book please visit:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1397>

## Programme

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Trainer: Skye Sergeant, OT

Code: SEND-0324-T001

Price per delegate:  
From £0.00 to £30.00

Sign up deadline: N/A