

Behavioral Health Education and Training Academy presents



Self-Regulation in Children & Adolescents

PRESENTER
Mark Katz, Ph. D.

DATE AND TIME:
October 27, 2016
8:30 am to 12:30 pm

LOCATION:
6505 Alvarado Road
Suite 205 (Upstairs Training Room)
San Diego, CA 92120

DESCRIPTION:

Children who struggle to control their behavior and regulate their emotions have higher probabilities of developing serious learning, emotional, behavioral, and health-related problems later in life.

In this half day training , participants will learn about the impact that trauma has on the development of self-regulation and the role of parents and caregivers in the development of self-regulation. Participants will have the opportunity to augment skills and learn new techniques to help children develop self-awareness and more effectively regulate their emotions.

AUDIENCE: CYF-BHS counselors, family and youth support partners, therapists, case managers, and other direct service providers working with children, youth, and families.

LEARNING OBJECTIVES:

Upon completion of this training participants will be able to:

- Engage parents and caregivers in promoting self-regulation in children
- Practice self-regulation skills with children and youth
- Demonstrate self-regulation techniques with children, youth, and families living with behavioral health challenges
- Implement self-regulation strategies in current practice

REGISTRATION: If you already have an account, [click here](#) to register. If you do not already have an account in the LMS you will need to open an account. Please see [Creating an Account](#) on our website for more details. Email BHETA@mail.sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

CONTINUING EDUCATION: This course meets the qualifications for 4 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0816, and CAADE Provider Number CP10-906-C0317 for 4 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content.

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Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work

