Self-Regulation in Children & Adolescents

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.