

## **Regulation: Strategies for Development & Support (2 hours)**

This brief, interactive discussion focuses on increasing understanding on the interconnected nature of sensory processing, regulation and sense of safety in relation to the autistic experience. A discussion of concepts will be supported by interactive discussion, reflection, and opportunities to develop strategies for individual use in the home.

### Learning Objectives:

- Explain the importance of regulation in engagement, participation and function
- Classify 5 types of regulation
- Explain the developmental nature of regulation throughout the lifespan
- Compare the different sensory subtypes impact on regulation
- Describe at least 3 regulation strategies that can be applied in clinical practice or in natural environments (home, school, workplace, community)