

Sensory Regulation and Trauma Informed Practice

Facilitator(s):	Kari Lotzien
Date(s):	<i>This is a multi-day event.</i> <ul style="list-style-type: none"> • Day 1: May 19, 2021 (4:00 pm to 6:00 pm) • Day 2: May 20, 2021 (4:00 pm to 6:00 pm) • Day 3: May 26, 2021 (4:00 pm to 6:00 pm) • Day 4: May 27, 2021 (4:00 pm to 6:00 pm)
Cost:	\$80.00
Location:	Virtual
Session Code:	21-IE-137-CARC

Target Audience

Teachers, educational assistants

About this Learning Opportunity

Sensory regulation is the ability to perceive and respond to the environment with the appropriate level of alertness. For some students it can be quite challenging to match the level of energy in their body with the task at hand. When a student's level of arousal runs too low they may seem disinterested, clumsy or miss social cues. When a student's level of arousal runs too high they may be easily distracted, have trouble focusing attention or may be fidgety in class. The impact of trauma can complicate this experience even further. This workshop is designed to educate, empower and to provide clear strategies to support our students.

- Learn the neuroscience of regulation and trauma and its impact on our students.
- Explore the difference between behaviour versus sensory needs.
- Develop a plan to create a sensory and trauma informed classroom for you and your students.
- Explore hands on tools and strategies to promote regulation, relationships and learning.

*** This course is a 4 part series. Each session will build on the one before so it is best to attend all sessions.**

This learning opportunity is being subsidized through funding from Alberta Education.

About the Facilitator(s)

Kari Lotzien has worked with children, families and schools for over 20 years as a paediatric occupational therapist. She is the founder of To the Stars Occupational Therapy and Wellness Centre and Be the Anchor Ltd. Kari has presented internationally at conferences and workshops on the topics of emotional regulation, trauma informed practices and has created amazing programs for parents and educators to learn how to "be the anchor" for the children we care about. She is down to earth, and provides clear strategies that can be implemented right away.