



Professional Development Opportunity!

The Self-Regulation Training System

**Empower Your Staff with Evidence-Based Strategies
to Teach Social Emotional Skills**



Self-Regulation skills can be taught. Rather than trying to modify behavior and/or removing the stimuli that results in unacceptable behavior, Self-Regulation training gives students control over their responses.

Self-Regulation is a universal set of skills necessary for academic success, emotional control and healthy social interaction.

THE Self-Regulation Training System

HELPING CHILDREN AND TEENS NAVIGATE EMOTIONS AND BEHAVIORS SUCCESSFULLY!

As the term "Self-Regulation" suggests, this training focuses on teaching students how to regulate their own emotions and behaviors. The Self-Regulation Training System is a simple, organized method for teaching children and teens these skills.

When a young person is lacking in the ability to control emotions and behaviors, negative outcomes are easily observable. Giving students the tools to improve their Self-Regulation skills can help them better handle:

- > Academic challenges
- > Classroom behavior issues
- > Anger issues
- > Self-esteem struggles
- > Anxiety
- > Defiance
- > Social difficulties
- > Impulsiveness

Would you like your teachers, counselors and administrators to master creative, fresh and engaging approaches to use with individual students, small groups, classrooms and the entire school? In this one-day training workshop, they will be given recommendations and strategies to use with all students and, in particular, with those who have behavioral and/or emotional self-control issues. Your staff will leave with practical insights, recommendations and learning activities that are based upon the evidence-based approaches used in Cognitive & Behavior Psychology.

Get Results by Targeting the Core

- > Address a Broad Spectrum of Behaviors and Performance Issues with One Program
- > Get the Most out of Your Efforts
- > Effective for All Ages



Who Can Benefit?

- > Classroom Teachers
- > Principals & Other School Administrators
- > Special Education Personnel
- > School Counselors
- > Social Workers (all levels)
- > School Resource Officers
- > Counselors & Therapists in Private Practice
- > Parent Advocates

Keep it Simple, Organized & Focused on Skill Development

"We can really over-complicate issues when it comes to addressing behavior problems!" – Brad Chapin, LCP, MLP


IT'S ALL ABOUT Skills!

- > If a child doesn't do math well, we teach.
- > If a child doesn't read well, we teach.
- > If a child doesn't behave well, we _____.

3 Skill-Training Areas


Physical Regulation Skills

- Identifying warning signs
- Learning how to calm the body




Emotional Regulation Skills

- Identifying and expressing feelings
- Instilling a sense of responsibility



Cognitive Regulation Skills

- Healthy vs unhealthy thoughts
- Understanding motives for behaviors



REDUCTION OF OFFICE DISCIPLINE REFERRALS BY

83%

(Based on a pilot study of fourth grade classrooms)

Statistically significant increase in Self-Regulation skills after just 12 lessons (6 contact hours)!

Data collected on more than 5,000 students from Pre-K through High School.

"Thanks for the fantastic presentation today. Everyone I talked to really enjoyed and benefited from it."
 – Guidance Counselor

“Thanks so much for coming out and working with us yesterday. I’ve received so much positive feedback! I am hoping to have you come again.” – Self-Regulation Coordinator, Special Education

“This training was great! I have a number of students in mind that would benefit from this curriculum and the strategies.” – District Administrator

“With this training, we will be able to address almost all of the emotional and behavioral issues in our building. And, we will be able to improve our test scores and school safety.” – School Principal

About the Creator

A leading authority on Self-Regulation, Brad Chapin, LCP, MLP is a masters level psychologist with a passion for helping others learn the skills necessary for success and happiness. He is a best-selling author and nationally-recognized speaker in the area of Self-Regulation. Currently, Brad is the Director for Children’s Services at a regional mental health center.

Brad created the Self-Regulation Training System from a practical, research-based foundation. His strategies have helped thousands of people develop skills necessary for success in job and academic performance, relationships and overall wellness.

Brad’s first book, *Helping Young People Learn Self-Regulation*, is in its second printing. He has since published *Helping Teens Learn Self-Regulation* and *The Legend of the Regulators and the SECRET List* as well as several additional resources for helping students learn Self-Regulation skills.

