# 

# 

# Group Objectives

* Increase emotional awareness and self-regulation through instruction and play based therapy activities
* Improve peer interactions and social problem solving skills
* Offer participants the necessary tools and strategies to manage their emotions in an appropriate manner

*Format*

Small groups of 4-5 children will meet once a week for 8 weeks. Group sessions will be 60 minutes. Parent/guardian participation is mandatory for the last 5 to 10 minutes of each session to meet with the group leader for discussion and review of handouts.

**Ages:** 6-8 and 9-11

**Dates/Times:** Every Wednesday from 7/1/15-8/19/15 Ages 6 to 8 (5-6PM) Ages 9 to 11 (6:30-7:30PM)

**Cost:** $50 per session

**Location:** 22 West Padonia Road,

Suite A-203, Lutherville, MD 21093

**Contact Dr. Theresa Scott at 717-965-1952 for more information about the group and to schedule an intake.**

**Emotion Regulation Group**

**The Zones of Regulation ™**

**Theresa Scott, Psy.D., LLC**

**www.drtheresascott.com**

# 

# By John Bordeaux · October 3, 2009 ·

# 

# **The Program**

# Based on the work of Leah Kuypers, M.A.Ed., OTR/L, The Zones of Regulation curriculum is an evidenced-based curriculum geared towards helping youth gain skills in becoming more self-aware of their actions, which will lead to increased emotional control and problem solving skills. Using a cognitive-behavioral approach, the curriculum learning activities will improve children’s ability to recognize when they are in different states called “zones”. Participants will learn how to use strategies to stay in a zone or move from one zone to another. Calming techniques, cognitive strategies, and sensory support will be explored to assist participants in developing a toolbox of methods that they can choose from to self-regulate.

# Gr Group participants will also gain an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behavior, insight about events that trigger their behavior, and problem solving skills. Executive functioning skills are addressed in order to increase flexible thinking, impulse control, and understanding the big picture.

# 

# **Who Can Benefit**

Children who struggle with emotional and behavioral challenges such as Autism Spectrum Disorder, ADHD, Non-Verbal Learning Disability, Oppositional Defiant Disorder, Anxiety, and other emotional problems.