

Outline

How Dysregulation Manifests in Children and Adolescents

Levels of dysregulation
Mood swings vs dysregulation
Intentional behavior vs dysregulation
Special considerations
Treatment plan goals w/focus on intentional practice

ICD-10 Diagnoses with Higher Levels of Dysregulation (case examples)

Autism Spectrum Disorder
ADHD
Anxiety disorders
Bipolar disorder

Instant Regulator Activities for Client Focused Sessions

Finger breathing
Gong breath
Sensory ABC's
Jump in the Picture
Move to review

Target Audience

Play Therapists and Play Therapists in training • Child Psychologists
Social Workers • School Counselors
Therapists in inpatient hospital settings
Educators • Occupational Therapists and Occupational Therapy Assistants
Certified Autism Specialists

Art Interventions: Drawing, Coloring, Creating

Activate the whole brain for emotional, cognitive and sensory regulation
Uplift mood
Reduce anxiety, fear and depression
Improve focus and mindfulness
Creates healing through non-verbal expression

Play Therapy Interventions: Superhero, Improv, Role Play and Games

Relax and stabilize ADHD and bipolar
Release any excess energy
Provide a safe and sacred space for emotional expression
Increase confidence and motivation
Encourage creative thought, new ideas, and a sense of joy

Movement Interventions: Fine and Gross Motor

Experience competence to communicate and express emotion
Inspires self-confidence to tackle complex challenges
Move w/therapist to create trust and build rapport
Facilitates in getting the intense emotion out of the body

Speaker

Tracy Turner-Bumberry LPC, RPT-S, CAS, is the founder of KS Counseling LLC, a private practice located in St. Charles MO. She has over 15 years of play therapy experience working with children and teens in school, hospital and private practice settings.

Tracy is the author of *Finding Meaning with Mandalas-A Therapist's Guide to Creating Mandalas with Children* (2015). In addition to her thriving private practice, she conducts play therapy trainings both locally and nationally focusing on mindfulness, regulation and therapist self-care. She also supervises licensed professionals towards reaching their certification in play therapy.

She received her BS in Education from the University of Missouri-Saint Louis, and her MA in School and Professional Counseling from Lindenwood University in St. Charles, MO. She obtained her Registered Play Therapist-Supervisor certification from the Association for Play Therapy, and her Certified Autism Specialist certification from IBCCES.

Speaker Disclosure

Financial: Tracy Turner-Bumberry maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Tracy Turner-Bumberry is a member of the Association for Play Therapy.

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this is how we

Regulate!

**Play Therapy Interventions
for Dysregulated Clients**

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this is how we

Regulate!

**Play Therapy Interventions
for Dysregulated Clients**

Presented by Tracy Turner-Bumberry LPC, RPT-S, CAS

- Fun, interactive day filled with play, art and movement
- Dysregulation symptoms with Autism, ADHD, Bipolar and Anxiety
- Telltale signs of dysregulation in children and teens

IRVINE, CA

Wednesday, January 29, 2020

LIVE VIDEO WEBCAST

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Thursday, January 30, 2020

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2-4-6-8 this is how we Regulate! Play Therapy Interventions for Dysregulated Clients

Therapy interventions to reduce meltdowns, mood swings, anger outbursts and create sustained emotion regulation.

You will learn how play is a therapeutic and natural way for children who have limited verbal skills to express their needs and frustrations.

Play allows children to:

- Experience and express emotion
- Become more responsible for behaviors and develop more successful strategies
- Develop new and creative solutions to problems
- Reduce fear, anxiety and depression

As the great philosopher Plato says, “You can discover more about a person in an hour of play than in a year of conversation.”

Objectives

1. Assess key dysregulation issues in clients that affect their physical and emotional well-being.
2. Distinguish symptoms of dysregulation in Autism, ADHD, bipolar and anxiety disorders.
3. Assess “intentional practice” and explain its role towards creating sustained regulation in clients.
4. Practice “instant regulator” interventions to help create an immediate calm therapy environment.
5. Employ play therapy interventions that can easily be replicated to reduce client meltdowns and mood swings at home and school.
6. Utilize 3 strategies to reduce anger outbursts to sustain emotion regulation.



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2,4,6,8 This Is How We Regulate:
75 Play Therapy Activities to Increase Mindfulness in Children

By Tracy Turner-Bumberry, LPC, RPT-S, CAS - Seminar Presenter!

Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That’s why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.



ADHD, Executive Function, & Behavioral Challenges in the Classroom
Managing the Impact on Learning, Motivation, and Stress

By Cindy Goldrich, M.ED., ACAC & Carly Goldrich, BS, ED

Take advantage of the latest brain research and evidence-based best practices to get kids motivated, focused, organized, and performing closer to their real potential.

ADHD and executive function expert Cindy Goldrich and Special Education teacher Carly Goldrich combined efforts to create this powerful resource to help teachers and professionals understand and connect with students. These practical tools and worksheets are designed to help students become resourceful, accountable, optimistic, and perseverant.

Live Seminar & Webcast Schedule (Times listed in Pacific)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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Live Webcast Details and Live Webcast Continuing Education Credit Information

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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Play Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/76436.

Educators/Teachers: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

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