



JACKIE BURKE
psychology & consulting

TRAINING PROGRAM

Teaching Clients Self-Regulation Skills

Overview

Clinicians are recognizing more and more how important it is for clients to be able to regulate themselves as self-regulation underpins learning, therapeutic change, and mental wellness. But what exactly are self-regulation skills?

What This Program Will Teach You

This workshop will equip practitioners not only with a toolkit of proven regulation strategies, but also a foundation of theoretical knowledge from which they can build an extensive repertoire of tailored regulative strategies. Become a master regulator and see how much this optimises your effectiveness with clients.

Who Should Attend

Therapeutic service providers.

Duration

Full Day

Max Participants

25

Learning Outcomes

- An understanding of the latest research about how humans learn to regulate the self.
- A toolkit of skills to calm down and center the self, regulate emotions, foster optimum nervous system functioning.
- Skills to effectively teach clients how to regulate.

