






presents:

EMOTIONAL REGULATION: A BODY APPROACH

Self-regulation is an internal mechanism that helps children (and adults) to engage in behavior that is mindful, deliberate, and considerate. Regulation helps children who need to have the ability to control their impulses and to stop behaving or reacting negatively.

Join us as Dr. Sean Inderbitzen offers us tools to promote self-regulation for ourselves and our kids.

 Thursday March 21, 2024  5:00 pm – 6:15 pm  Valley Vineyard Church
910 Bridgewater Ave
Chippewa Falls, WI

You Will Learn:

- Movement 1 - exploring safety and lack of safety in the body. An object lesson and experience.
- Movement 2 - exploring safety in a body-up way. An experience of safety.
- Movement 3 - recognizing and cultivating safety in our own and autistic loved one. Discussion about tools and framing stimming as a somatic resource.
- Questions and lingering thoughts.

Pizza and childcare will be provided.

Taught by Dr. Sean Inderbitzen

Sean is a Licensed Clinical Social Worker and Motivational Interviewing Network Trainer. He teaches courses at UWEC Barron County Campus in the Psychology Department, and provides consultation on Autism to corporate clients. Sean enjoys providing therapy to youth and adults with co-occurring mental health and pervasive developmental disorders (Autism). Sean also is trained to work with PTSD patients from a Sensorimotor Psychotherapy approach.