

EMOTIONAL REGULATION SKILLS 101

Thursday, March 7, 2024, 10:00 am – 11:30 am

DESCRIPTION: Children with developmental disabilities often experience difficulties identifying emotions in themselves and in others. Prior research has demonstrated that these difficulties can produce significant emotional regulation challenges. Difficulties with emotional awareness and regulation not only impact social relationships but can also inhibit the development of independent functioning across a variety of settings. In this webinar, we will review typical emotional awareness and regulation deficits among children with developmental disabilities. We will then discuss how to implement simple interventions that seek to improve their emotional awareness and regulation skills.

WHO SHOULD ATTEND:

Parents, family members, caregivers and professionals who want to enhance the lives of children, teenagers & young adults. We welcome anyone who strives to achieve the same goals.

LANGUAGE:

English (With Spanish& Mandarin Interpretation)

REGISTRATION IS REQUIRED

By web: [Click Here](#)

By Email familyconnect@adaptcommunitynetwork.org

By Phone: (718) 436-7979 Ext.704

ABOUT THE SPEAKER

Dr. Anton Shcherbakov is a Licensed Psychologist at the Center for Emotional Health of Greater Philadelphia, a private outpatient facility specializing in the evidence-based treatment of Anxiety Disorders, Autism Spectrum, Body Focused Repetitive Behaviors, and Obsessive Compulsive and Related Disorders. He is also a Board-Certified Behavior Analyst (BCBA) and the cofounder of ThinkPsych, a company which creates social-emotional products for children, teens, and adults.

He earned his Doctor of Psychology (Psy.D) degree at Rutgers University Graduate School of Applied and Professional Psychology (GSAPP). Dr. Shcherbakov has previously presented at local and national conferences on topics that include teaching social skills, emotional regulation, and treating OCD in individuals with ASD.

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