



## **Self-Regulation in Children: Putting Research into a Playful Practice**

**During this innovative workshop, we will examine the latest self-regulation research and discuss playful and practical steps to promote children's self-regulation. Through case examples, we do talk about the modern day pressures kids face today, family culture, trauma, and creative coping strategies.**

### **Learning Objectives:**

- Describe the benefits of children's and parents' ability for self-regulation
- Identify at least two ways to support children's self-regulation
- Summarize environmental stressors that may impact children's and parents' self-regulation

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**Dates:** Wednesday, February 16th, 2022

**Time:** 10 a.m. to 11:00 a.m. (Pacific Time). Please log in and check in 5 minutes prior to the event.

**Location:** Virtual Workshop via Zoom (Live only - no recording provided)

**Cost:** \$10

**About the Instructor:** Karrie Lager, Psy.D. is a California Licensed Psychologist (PSY20588) and the founder of the group practice Healthy Focus Psychological Center, Inc. Dr. Lager is recognized by UC Davis as a PC-CARE provider and trainer and a PCIT therapist and trainer of trainers. She is passionate about training and presenting on the art and science of parent-child coaching and child psychology. In addition to parent-child coaching, Dr. Lager provides individual and family therapy incorporating CBT, mindfulness, and trauma-informed practices. As a way to make a larger impact, Dr. Lager provides consultation and training for therapists to grow a thriving private practice so that they may best serve the community.

**1 CE Credit:** Healthy Focus Psychological Center, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. Healthy Focus Psychological Center, Inc. maintains responsibility for this program and its content.

The California Board of Behavioral Science (BBS) recognizes APA sponsored continuing education programs for license renewal for LCSWs and MFTs.

Social workers, marriage and family therapists and mental health counselors please check with your state board if they accept continuing education programs from APA approved sponsors.

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## Schedule:

- 9:55-10:00 a.m. Check-in
- 10:00-10:10 a.m. Introduction and Overview of children's and parents' self-regulation
- 10:10-10:20 a.m. Co-regulation and cultural considerations
- 10:20-10:30 a.m. The impact of parenting practices and environmental stressors
- 10:30-10:50 a.m. Supporting children's developing self-regulation with case examples
- 10:50-11:00 a.m. Wrap up and Q&A

Pacific Time Zone

**Training Level:** This is an introductory workshop for psychologists and mental health therapists

**Registration:** Register here at least 1 day prior to the event.

**Payment Method:** Participants may pay by credit card at the time of registration.

**To Request Accommodations:** Please contact us at least 7 days before the program.

**Virtual Link:** We will email you a link to the virtual event. If you do not see an email from A Healthy Focus, please check your junk folders or reach out to us at [hello@ahealthyfocus.com](mailto:hello@ahealthyfocus.com)

**Training Level/Intended Audience:** Introductory training/psychologists and mental health therapists

**Attendance Policy:** Please note that this is a LIVE event only. Participants must attend the program in its entirety. Participants that arrive late, leave early, or return late from breaks will not receive any offered continued education. There is no partial CE credit. Please log on 5 minutes prior to the event.

**Cancellation/Refund Policy:** Registration must be cancelled on or before 1 business day prior to the start of the program date to receive a full refund.

For those interested, we will provide a link to check out our upcoming workshops and resources. There is no other commercial support and no conflicts of interest for this program.

For additional information or assistance with registration, please contact:  
Karrie Lager, Psy.D. phone: 818.230.1050 email: [hello@ahealthyfocus.com](mailto:hello@ahealthyfocus.com)

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