

FAQ

Q: Can I do part of the workshop online?

A: Yes! Heather MacKenzie has developed learning modules that you can do online. The modules will help you get a firm base in concepts and strategies used in spark* and spark*EL. You can then branch into "Integrating self-regulation into everyday life" or become a "Certified spark* Practitioner".

Q: What do you expect of me when I do the online training?

A: You'll have to commit to completing quizzes, doing observations and practicing strategies. Each section must be completed before moving on to the next. For example, one part of the Pre-Training involves understanding more about learning in autism and then observing the learning preferences and strengths in children. Another part of the Pre-Training requires that you practice self-calming through mindful breathing.

After successfully completing the Pre-Training, you'll move on to components based on the spark* or spark*EL book. These provide enhanced information. There are quizzes and observations that you must complete before moving on.

Once the online Pre-Training and Training are completed, each person will be ready for the onsite workshop.

Q: Where do I find an Introduction to spark* and spark*EL.

A: We're offering an Introduction to the spark* model online. This will give you an overview of self-regulation and executive functions and the scientific evidence for self-regulation and the spark* model. We'll also focus on the important components of the spark* model and how we promote behavioral, cognitive and emotional self-regulation.

Q: Who leads the workshops?

A: Dr. Heather MacKenzie is a Canadian speech-language pathologist and educator who has spent a large part of her over 40-year career developing and implementing approaches for enhancing learning in children with special needs. She has a special interest in understanding autism. A major focus of her work with children has been on understanding them and how they approach learning and then using this knowledge combined with current research to optimize their development.



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spark*

spark* workshops
& certification
courses for your
agency

Do you work with children who:

- Become overwhelmed by too many options or large tasks?
- Have difficulty managing worry or disappointment?
- Give up easily?
- Are unaware of how their behavior affects or impacts other people?
- Are upset by new situations, people or activities?

The evidence-based
Self-regulation Program of Awareness & Resilience in Kids (spark*)

spark* Workshops

Introduction to spark*

This full-day workshop is an introductory course that reviews the theoretical framework, scientific evidence, and scope of application of the model promoting behavioral, cognitive and emotional self-regulation in children. This workshop is considered to include a thorough exposure to self-regulation.

Participant outcomes:

- Understand the importance of self-regulation in everyday life and the impact of spark*
- Learning how, when and where spark* teaches self-regulation
- Discover spark* skills and strategies that participants can use immediately

Audience:

Teachers, Child Care Staff, Support Workers, Health Professionals working with children with autism and other self-regulation difficulties.



Integrating self-regulation into everyday life

Full day workshop providing participants an understanding of the importance of self-regulation and independence in each child's life. We will learn about the "Language of spark*" and how to use it to activate children's thinking and problem-solving. The workshop will provide examples of how spark* approaches teaching body, cognitive and emotional self-regulation. Participants will have chances to practice activities and strategies.

Participant outcomes:

- Understand the importance of self-regulation in everyday life
- Learn how to teach and practice self-regulation in everyday life
- Discover spark* skills and strategies that participants can use immediately

Audience:

Teachers, education assistants, consulting therapists, school resource staff, school administrators

This workshop is based on the book *Self-regulation in Everyday Life* (MacKenzie, 2015).

Certified spark* Practitioner

This two-day workshop consists of six hours of training per day. The workshop includes lecture and small group hands-on activities. The instructor will guide participants through the learning activities aimed at building competencies in planning, implementing and evaluating spark* in their practice. Participants will practice each component of spark* and evaluate their teaching as well as receive feedback from the instructor and other participants.

Learner outcomes:

This workshop focuses on developing expertise in teaching spark* skills and strategies to children with autism. Participants successfully completing this course will be able to:

- Describe and demonstrate self-regulation and executive functions
- Relate current research on the impact of self-regulation and executive function skills in both typical children and those with special needs
- Explain structured lessons and the progression of skills to develop behavioral, cognitive and emotional self-regulation
- Implement general strategies to promote self-regulation in daily situations at school and at home