

Self-Regulation: It's a state of mind

Monday 30th November – Tuesday 1st December 2026

Aerial UTS Function Centre

University Technology - Building 10, Level 7

235 Jones Street, Ultimo – Sydney

9:00am – 4:30pm

Self-regulation is a person's ability to monitor, adjust and manage their energy levels, attention, emotions, thoughts and behaviours so that they are able to engage productively and appropriately within their environment. The processes involved in self-regulation can be divided into three broad areas:

- **Sensory Regulation:** the ability to obtain and sustain the appropriate level of alertness in order to respond appropriately to the sensory stimuli present.
- **Emotional Regulation:** the ability to respond to social rules with a range of emotions through appropriately initiating, inhibiting, or modulating their behaviour /emotional responses.
- **Cognitive Regulation:** the ability to monitor and manage self-control, demonstrate appropriate attention, persistence and mental flexibility to engage in cognitive processes required for problem solving.

Self-regulation is a learned, developmental skill and is a key building block which underpins a child's ability to mature emotionally, cognitively and socially. It directly influences a child's occupational performance in self-care, academic and social participation. Increasingly, occupational therapists are asked to provide an understanding of challenges to self-regulation experienced by children and offer suggestions for strategies which may enhance their participation across the tasks they want and need to do.

Workshop Objectives – this practical workshop will assist participants to

- Develop an understanding of self-regulation, including its development and factors influencing its effective use
- Use an occupational performance framework to understand an individual's self-regulation challenges
- Design strategic interventions that provide tools for children to develop their self-regulation capabilities and enhance their participation across environments

This workshop is suitable for occupational therapists.

About the Presenter



Associate Professor Chris Chapparo PhD, MA, DipOT is widely recognised on an international level for her contributions to occupational therapy through teaching, research and community service activities. Dr Chapparo has co-authored the Occupational Performance Model (Australia). Dr Chapparo has interests in cognition, management of sensory/ motor problems in children and adults and occupational therapy theory. Dr Chapparo is a founding member of Sensory Integration International and the Australian SI Faculty and she is a neurodevelopmental therapy instructor. Her research interests lie in the areas of children's information processing and social participation.

Videoconferencing/Online Format

Zi Mei Events is committed to provide high quality professional development, opportunities for participants. Due to the content and multi-day format of this workshop we have decided that a face to face presentation is the best option for this particular workshop. Unfortunately the ability to link to this workshop via an online format or to record this workshop is NOT an option.

Registrations for this two day workshop are now open on our website www.zimei.com.au. Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au