Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center

Promoting Emotional Regulation in Children: Evidenced-Based Practices and Internet-Based Resources

Presented by Laura Cruz, Ph.D.

Wednesday, March 3, 2021
9:30 am - 11:30 am

Location: Zoom Remote Video Conference
Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

https://www.surveymonkey.com/r/2GRW55R

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on March 2, 2021

Description:

A child's ability to monitor and modify their emotional reactions is directly related to their ability to maintain positive relationships and engage in adaptive behaviors (Supplee et al., 2011). Given the impact of emotional regulation on daily functioning, this introductory-level training will highlight the importance of fostering these skills in children. The training will also explore various practical strategies derived from evidence-based practices that can promote emotional regulation in children. Lastly, internet-based resources that can be used by various practitioners engaging in remote service delivery will be highlighted.

Learning Objectives:

1. Define emotional regulation
2. Explain the importance of promoting emotional regulation in children
3. Identify Evidenced-Based Practices (EBPs) to promote emotional regulation in children, including internet-based resources that can be used remotely.

Presenter:



Laura Cruz, Ph.D. earned her Bachelor's of Science degree in psychology at the University of Florida (Gainesville, Florida) and her Specialist of Education degree in school psychology at Florida International University (Miami, Florida). After completing her school psychology internship with Miami-Dade County Public Schools and working as a school psychologist in various counties throughout the state of Florida, Dr. Cruz completed her doctorate in combined counseling and school psychology, with a specialization in child clinical psychology at Florida State University (Tallahassee, Florida). She completed her doctoral internship at Jackson Behavioral Health Hospital (Miami, Florida) in the crisis stabilization unit and Statewide Inpatient Psychiatric Program (SIPP) for children and adolescents. Later, Dr. Cruz went on to complete a postdoctoral fellowship at the University of Miami, Mailman Center for Child Development, specializing in Parent-Child Interaction Therapy (PCIT). At the Youth Services Department of Palm Beach County, Dr. Cruz serves as a licensed psychologist providing education and training to staff/community, clinical supervision to trainees, and clinical services to youth and families in both English and Spanish. Dr. Cruz also serves as adjunct faculty at Nova Southeastern University in their School Psychology specialist and doctoral programs. She has completed training and certification in PCIT and has expertise in the areas of behavioral parent training, treatment of disruptive behaviors, neurodevelopmental disabilities, and best practices in assessment.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2021).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2022).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact Cristal Montepeque at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

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For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
    - **Everyone** – All participants will see the message in their Chat pane.
    - **Organizer(s) only** – All organizers will see the message in the Chat pane.
    - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send.**

Please click the link below for more help:

https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting