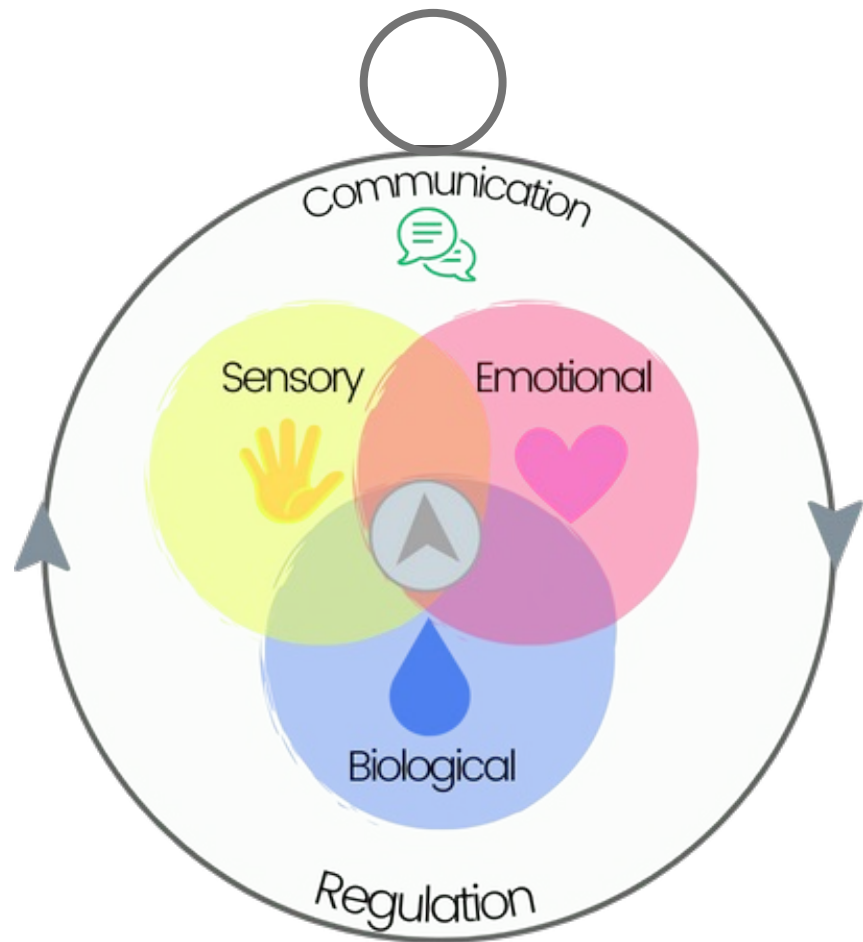


A Roadmap for Regulation.

Inspiring allied health professionals to better support self-regulation skills in early adolescence:
A pilot study



Self-regulation:

Involves understanding and communicating sensory, emotional, and biological needs.

Early Adolescence is a complex time when co-regulators shift from caregivers to peers.

Therapist training:

Need for evidence-based support for therapists supporting students and families.

Regulation Compass

© Regulation Roadmap



Regulation Mountain

© Regulation Roadmap



Mixed Methods Pilot Study

Objective:

- Test acceptability, useability, and effectiveness (i.e., change in therapist knowledge and confidence) of the training.

Method:

- 14 therapists completed “Regulation Roadmap” training, with 50% completing pre- and post-training questionnaires.



Therapist Outcomes

Improved Confidence and Knowledge:

- Significant improvement in confidence for intervention and knowledge of early adolescent self-regulation ($p < .005$).

Acceptability and Useability:

- 100% of responders agreed or strongly agreed that the training was useful and relevant to practice.



References



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Pilot study

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