



The Department of Speech-Language-Hearing Sciences is proud to offer:

The 5 Keys to Successfully Supporting Behavior Regulation

Speaker: Kelly Mahler, OTD, OTR/L

Course Description:

This course takes a closer look at current trends in behavior assessments and traditional behavior-based supports, considering both their influence and the common concerns that come with them. From there, participants will explore affirming alternatives that go beyond surface-level behaviors and get to the root of regulation needs in children and adults across diverse learning profiles.

These alternatives are organized into the 5 Keys to Supporting Behavior Regulation:

1. Building Positive Relationships & Understanding the Whys
2. Meeting Sensory Needs
3. Increasing Predictability & Using Visual Supports
4. Providing Communication Supports
5. Interoception & Empowering Self-Regulation

Throughout the course, participants will gain practical strategies for each of the 5 Keys, offering meaningful ways to support behavior regulation.

Friday, November 7, 2025, zoom

9 am – 12:10 pm EST

Platform: zoom

Fee: \$50.00

Late registration & payment deadline 11/7/2024 8:30 am

A Zoom link will be sent 1 week prior to the workshop and after payment has been received. You must register and pay separately using the below link

[Registration Link](#)

[Payment Link](#)

Learner Outcomes

1. Describe at least one limitation of traditional behavior-based approaches and why this methods may not address underlying regulation needs.
2. Explain each of the 5 Keys to Supporting Behavior Regulation and how they impact the regulation process.
3. Identify at least one practical strategy for each of the 5 Keys that can be applied across diverse learners and settings.

Speaker Bio:

Kelly Mahler is an award-winning occupational therapist, author, and interoception groupie known for her boundless curiosity and empathetic approach. Holding a Doctorate in Occupational Therapy, she has served school-aged children and adults for over 22 years. Kelly is author of 12 resources including *The Interoception Curriculum*, now used in over 30 countries worldwide. She enjoys speaking internationally on interoception, neuro affirming practices, and playful strategies for inner exploration using a lens of curiosity, validation and empathy.

Kelly Mahler is being compensated for this workshop. This workshop was funded in its entirety by the CUNY Research Foundation.

Agenda:

9:00- 9:30am: Content- Intro-Current trends in behavior regulation

9:30- 10:40am: Content- 5 Keys

10:30-10:40am: Break

10:40-11:45 Content- 5 Keys

11:45-12:10pm: Questions

Cancellation & Refund Policy

There will be no workshop fee reimbursement. We reserve the right to substitute speakers due to circumstances beyond our control. We will make every effort to secure a speaker in the specified area; however, this may not always be possible because of the expertise required and the short notice available.

Participant & Completion Requirements

To successfully complete the course, participants must (1) complete the course and peer feedback as designated by the course provider (2) be in full attendance partial credits will not be given and (3) Actively participate in all required instructional components. Only those participants who fulfill all requirements as outlined above will be awarded ASHA Continuing Education Units (CEUs) and recognized as having satisfactorily completed this activity.

Contact Us

If any participant requires special assistance of any kind, they should contact the CE Administrator within 10 days of the event. Should a participant have a complaint regarding this workshop, they should contact the CE Administrator, either verbally or in writing, within 14 business days of the event.

Lehman College Speech-Language-Hearing Sciences Department

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