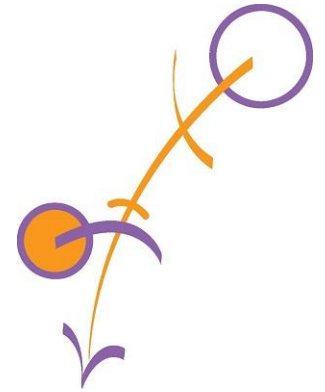


SHADE CONSULTING AND COUNSELLING PRESENTS

Regulation and Caveman Brains: An Accessible Approach – Self Advocates Version



Description

Understanding our brains makes understanding regulation easier. Regulation and the Caveman Brain is a simple, accessible approach to teaching neurodivergent and disabled individuals more about their brains and how regulation and dysregulation work.

Learning Goals

In this workshop you will

- learn how to describe what you might do, think, or feel when you are using your caveman brain.
- choose one regulating activity you can practice on your own or with help at home.
- learn how to tell others what happens to you when you're using your caveman brain and how they can help.



Format

This workshop is 90 minutes. It can be offered online or in-person.



Dr. Margaret Newbury Jones has worked in the disability community for her whole career. She is known for her outstanding, interactive workshops. She works as a trauma counsellor, sexuality educator, and trainer with SHADE Consulting and Counselling.

Interested in this workshop for your organization?
Contact us to discuss your needs and for a quotation.

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