

# Regulation, Sensory Processing and Safety

This brief, interactive discussion focuses on increasing understanding on the interconnected nature of sensory processing, regulation and sense of safety in relation to the autistic experience. A discussion of concepts will be supported by interactive discussion, reflection, and opportunities to develop strategies for individual use in the home.

## LEARNING OBJECTIVES:

- Explain the importance of regulation in engagement, participation and function
- Classify 5 types of regulation
- Explain the developmental nature of regulation throughout the lifespan
- Compare the different sensory subtypes impact on regulation
- Describe at least 3 regulation strategies that can be applied in clinical practice or in natural environments (home, school, workplace, community)



**UPCOMING 2022 COURSE DATES:**  
**September 29, 2022 | 6:00 PM-7:30 PM MDT**

## STAR Voice You'll Hear From:



Mim Ochsenbein, MSW, OTR/L  
Director of Education

Mim Ochsenbein, MSW, OTR/L has been a practicing pediatric occupational therapist for over 25 years. She received her BSc in Occupational Therapy from the University of Southern California (USC) in 1996 and her MSW from the University of California-Los Angeles (UCLA) in 2012. She has received advanced training in sensory integration (SIPT certification, STAR ProCert1, STAR ProCert2), listening therapy (Therapeutic Listening, iLs), feeding therapy (SOS), DIR, mental health (DC:0-5 Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood), and infant massage (CIMI). Her work in occupational therapy with children and youth has occurred in a variety of settings including early intervention, school based, clinic based, mental health and private practice. As a social worker, she provided case management, program development, and program management. She has been in her current role at STAR Institute since 2017.



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