

Self-Regulation and Mindfulness: Neuroscience-Informed Strategies for Resilience and Healing



PRESENTER

Varleisha D. (Gibbs) Lyons
PhD, OTD, OTR/L, ASDCS,
FAOTA

*Globally recognized author
and speaker*



WHEN

Monday, December 7, 2026

8:00 am – 2:30 pm EST

*Please contact Theramoves with any
special needs requests at
least 2 weeks prior to the webinar*



WHERE

Live Web Conference



FEES

**\$219 Register
before November 11**

**\$239 Register
after November 11**

Group of 3+ 10% Savings- list group
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Coupon code **Team3Save10** at
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Group of 7+ 15% savings contact
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ACCREDITATION

5.5 contact hours

0.55 AOTA CEUs

0.55 ASHA CEUs

6.8 NBCOT PDUs

0.55 CEU for SLP in NY

5.5 CTLE contact/clock hours

5.5 NY PT contact hours, 0.55
CEUS

0.55 CEUs for NY social workers

CE Broker # 50-31070

Certificates will be Awarded

- Credits listed are offered by
Theramoves for full attendance.
- Attendance is tracked
automatically by the online platform
"zoom"
- Learning assessment will be
completed via an online post-course
quiz. Passing a multiple choice with
70% accuracy within 1 week is
required to receive your certificate of
completion.

LEVEL OF INSTRUCTION: Intermediate

TARGET AUDIENCE: OTs, OTAs, PTs, SLPs, special educators,
educators, social workers, principals, and mental health professionals,

INSTRUCTION METHODS: Lecture, slides, video, case examples

REFUNDS & CANCELLATIONS: A full refund, less \$75 administrative fee per course, will be given for cancellations received up to 3 days prior to the course. After that, no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. If this event is canceled, you will be refunded the cost of registration within 10 days. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

DESCRIPTION

This dynamic, evidence-informed course explores the integration of neuroscience, mindfulness, and self-regulation in clinical and educational practice. Participants will gain a deep understanding of how mindfulness practices and sensory-based strategies strengthen neural networks supporting emotional regulation, executive functioning, and adaptive behavior.

The course emphasizes practical strategies to address challenges commonly experienced by individuals with autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), sensory processing disorder (SPD), developmental trauma, and stress-related conditions. Attendees will explore how dysregulation manifests across the lifespan and how occupational therapy practitioners and allied professionals can apply self-regulation and mindfulness frameworks to improve attention, participation, and resilience. Through lecture, case studies, video demonstrations, and guided practice, participants will develop tools for integrating neuroscience-informed mindfulness and sensory regulation strategies into daily routines, therapy sessions, and classroom environments.

LEARNING OBJECTIVES

At the end of this seminar, the participant will be able to:

1. Explain the neurobiological mechanisms underlying self-regulation and mindfulness, including the role of the prefrontal cortex, amygdala, and vagus nerve.
2. Differentiate how dysregulation presents in populations with autism, ADHD, sensory processing disorder, and trauma histories.
3. Apply mindfulness-based techniques to support attention, behavioral flexibility, and emotional regulation.
4. Integrate sensory regulation tools and contextual strategies to improve participation in learning, therapeutic, and daily activities.
5. Evaluate the impact of combined mindfulness and self-regulation practices on resilience, stress reduction, and quality of life across the lifespan.



TheraMoves is an AOTA Approved Provider of professional development. Course approval ID # 14383 This distant learning -

interactive course is offered at 0.55 CEUs, an intermediate educational level, in the area of occupational therapy service delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Theramoves Services, LLC
Intermediate Level
0.55 ASHA CEUs



Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) Provider # 23490. This webinar will qualify for 5.5 approved (CTLE approval 23490)
Approved for Social Workers by the NY State ED Dept. #SW-0499
Approved for 5.5 contact hours by NYSED's State Board for speech-language pathologists
Theramoves Services, LLC. is recognized by the NY State Education Department, State Board for Physical Therapy as an approved provider for PT & PTA continuing education. This webinar qualifies for 5.5 contact hours 0.55 CEUs

AGENDA

8:00-8:15 Introduction

8:15-8:45 Neuroanatomy Overview

8:45-9:45 Neuroscience of Self-Regulation

9:45-10:00 Break

10:00-10:30 Introduction of Self-Regulation and Mindfulness Program

10:30-11:30 Assessment: SAM Tools & Contextual Sensory Investigation

11:30-12:00 Lunch

12:00-1:00 Integrating Self-Regulation and Mindfulness Strategies into Practice

1:00-1:30 Video Demonstrations & Group Discussion

1:30-1:45 Break

1:45- 2:15 Applied Strategies for Autism, ADHD, SPD, and Trauma Populations

2:15-2:30 Wrap-Up, Reflection & Q&A

PRESENTER'S BIO

Dr. Varleisha Lyons (Gibbs) is a globally recognized expert in social neuroscience, self-regulation, and innovative therapeutic interventions for individuals with neurodivergence, including autism spectrum disorders (ASD). A licensed occupational therapist with over two decades of clinical and academic experience, Dr. Lyons specializes in integrating neuroscience, technology, and evidence-based practices to improve outcomes for individuals across the lifespan.

As a sought-after speaker, author, and educator, Dr. Lyons has authored multiple peer-reviewed articles and books, including "Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder" and "Trauma Treatment in Action." Her latest work focuses on leveraging artificial intelligence, virtual reality, and the metaverse to enhance self-regulation and social participation for individuals with autism.

She is also a frequent presenter at international conferences, where she bridges the gap between neuroscience and practical application for professionals working with neurodivergent populations. Committed to advancing the field, Dr. Lyons continues to mentor clinicians and researchers in the application of innovative tools to support self-regulation and social participation, ensuring her work remains at the forefront of transformative care.

Disclosure: Financial: Dr Varleisha Lyons receives a speaker's honorarium from TheraMoves Services for the presentation. She has no non-financial relationships to disclose.