



Davis™ Concepts for Life Workshop

A workshop specifically created for educators and support people of individuals over 8 who are struggling with focus, behaviour, relationships, self-regulation, executive functioning, or meeting developmental milestones.

Workshop: Davis Concepts for Life

Program Description:

Davis Concepts for Life is a program developed for individuals over 8 who:

- Are unable to regulate their stress, emotions, or energy level appropriately
- Find it difficult to remain focused
- Face behavioral challenges
- Struggle with maintaining positive relationships
- Have challenges with self-regulation or executive functioning
- Are unable to take responsibility for behaviors or tasks
- Find it difficult to be organized and create order

Workshop Purpose:

To provide the opportunity to gain sufficient knowledge and skills to actively support the development of individuals with reduced executive functioning, and social and emotional challenges.

Course Length: 5 days – 35 hours

Who should attend:

- Family members, educators and therapists of individuals over the age of eight, who experience challenges with executive functioning skills, stress and reduced focus, and/or who struggle with forming and maintaining relationships and managing their behavior.
- Adults who are not on the autism spectrum (or have no formal diagnosis of ASD) who:
 - struggle forming and maintaining positive relationships, or
 - wish to create meaningful change by exploring the mechanics that make up motivation and self-responsibility and then applying these to their daily life for self-development, or
 - experience challenges with executive functioning skills, stress, reduced focus and behavior management. In particular, this workshop will be of interest to individuals who have already tried conventional therapies, such as cognitive behavioral therapy, to address these challenges, with little or no results.

Workshop materials provided:

- Davis Concepts for Life kit - including workshop manual, concept definition booklet, plastilina clay, clay cutter, koosh balls, and a download of the Davis Auditory Orientation sound.
- Powerpoint notes

Learning Outcomes**Upon completion of the workshop you will:**

- Demonstrate an understanding behind the rationale for the Davis Concepts for Life program and how it helps those who are struggling with focus, behavior, relationships, self-regulation, executive functioning.
- Identify key life concepts and why they are best explored in a specific sequence.
- Describe and reflect on the technique of Concept Mastery using plastilina clay and gain experience on how to guide another or self through this process.
- Develop the ability to teach and actively create the following fundamental life concepts using the engaging hands-on method of modelling with plastilina clay:
 - *change, consequence, cause & effect, before & after, time, sequence, order & disorder*
 - *continue, survive, perception, thought, experience*
 - *energy, force, emotion, want, need, intention*
 - *motivation, ability, control, responsibility*
- Gain experience of how to create meaningful, positive learning experiences in the home, school or external environment to actively explore these life concepts.
- Describe how to help an individual to establish order in their physical environment.
- Explore how to facilitate social awareness by focusing on the different types of relationships and behaviors we have with others.
- Practice the Davis self-regulation strategies for yourself, to support you in remaining calm and relaxed while working with the individual.
- Demonstrate the techniques needed to guide another through the use of the Davis Self-regulation strategies, in order to help an individual to become more present in the world; develop accurate perceptions; gain an awareness of self; and develop the ability to regulate their focus, stress and energy levels
- Create a plan of how to implement the Davis Concepts for Life program so that it meets the needs of the individual.

Teaching and Learning Tools:

- Powerpoint presentations and guided discussions
- Videos
- Demonstrations and guided practice
- Q & A
- Group work

Evaluation:

- Self-assessment by participants of skills and knowledge gained throughout the workshop.
- Assessment of participant skills and knowledge by the course leaders

Note: This workshop does not include certification or licensing for commercial use of the Davis trademarks; such use requires extensive additional training.