

# Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders

*By Rondalyn Whitney PhD, Wendy Pickren MS*

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Building strong skills for self-regulation and improving quality of life for families is the focus of this revolutionary book on sensory-sensitive learning for children who struggle with common activities of daily living.

Using a metaphor of building a house, Rondalyn Whitney and Wendy Pickren guide you through strategies to balance the scales of sensation with collaboration, critical reasoning and problem solving. Activities, recipes, case studies, unique worksheets and journal logs incorporate a WISER approach to resolving disruptions in functional development and creating optimal outcomes.

"This book is an excellent resource for parents of children with self-regulation issues and the professionals who take care of them. It presents dozens of practical strategies for helping children with many kinds of dysregulation, from autism to Sensory Processing Disorder to ADHD. Therapists will appreciate the well-presented basic theoretical framework, but it is the careful and clear explanation of direct interventions that parents can do at home that is invaluable."

**Sanford Newmark, MD**, UCSF Osher Center for Integrative Medicine, Author of *ADHD Without Drugs: A Guide to the Natural Care of Children with ADHD*

"With so many great ideas and on-the-spot solutions, this book is bound to become a marked-up, dog-eared reference for both established professionals and young therapists and teachers. Here in one book are techniques for helping a child calm, attend, and stay on task along with essential theoretical background to gain new insight and expand professional skills for working with children with autism, ADHD and sensory disorders."

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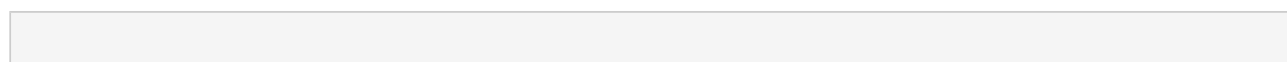
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## **Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders** By Rondalyn Whitney PhD, Wendy Pickren MS Bibliography

- Sales Rank: #833961 in Books
- Published on: 2014-04-01
- Original language: English
- Dimensions: 10.00" h x .32" w x 7.00" l, .60 pounds
- Binding: Paperback
- 140 pages



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#### **About the Author**

Rondalyn Varney Whitney, PhD, OT/L, is a senior occupational therapist, researcher and professor. she writes prolifically on the barriers of optimal quality of life for families living with a disability, sensory processing and social participation. She is the author of the acclaimed book *Nonverbal Learning Disorder: Understanding and Coping with NLD and Asperger's* Wendy Pickren, MS, OTR/L, is a co-founder of IT TAKES THE VILLAGE, a collaborative interdisciplinary treatment team providing occupational therapy, psychological counseling, speech therapy, and psychological and educational testing for children and families needing extra help.

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