

Promoting Self-Regulation in Youth

Integrating Polyvagal Theory, Mindfulness, and Somatic Techniques

2 Part Series

Presenters Drs. Gayle Cicero & Jennifer Scaturo Watkinson

Part 2. December 4, 6:30 - 8:30 pm

Loyola University Maryland

4th Floor Program Room

When dysregulation disrupts the learning environment, understanding why it happens is only half the battle. This two-part, evidence-informed series bridges the preparation-practice gap by translating nervous system science into immediate, grounded intervention. Move past abstract theory and build fluency in supporting physiological and emotional regulation.

- Part 2: Embodied Integration — Experience somatic, breath, and mindfulness practices firsthand, learning how personal regulation precedes effective co-regulation.

By the end of this session, participants will be able to:

- **Apply** foundational somatic and mindfulness grounding techniques that support personal self-regulation.
- **Generalize** safe, trauma-informed student co-regulation interventions by adapting personal somatic practice sequences.

Presenters' Bios:

Dr. Gayle Cicero is a full-time clinical faculty member at Loyola Maryland. She is a licensed school counselor and a LCPC in the state of MD and often supervises those with a LGPC seeking an LCPC. She specializes in mindfulness practices and trauma and enjoys teaching students' practical ways to incorporate creative techniques to help clients experience deep presence in the counseling process.

Dr. Jennifer Scaturo Watkinson is a professor at Loyola Maryland and a licensed school counselor, licensed professional counselor and Board Certified Coach. Dr. Watkinson presents nationally and locally on topics associated with supervision, transformative practices, and expressive arts.

Register for event

Loyola University Maryland's School Counseling Program has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 4554. Programs that do not qualify for NBCC credit are clearly identified. Loyola University Maryland's School Counseling Program is solely responsible for all aspects of the program.

If you have questions, you may contact the program via Dr. Stephanie Durnford at 4501 N. Charles St. Baltimore, MD 21210 | phone: (410) 617-2389 | email: sdurnford@loyola.edu. Web: <https://www.loyola.edu/school-education/academics/graduate/school-counseling>



This will be a live event and participants will be provided an opportunity to ask questions.

An evaluation link will be provided on the day of the seminar, and all participants will be asked to complete the evaluation before being issued a certificate. Attendance will be taken at the beginning and end of the workshop. Loyola University is an approved provider for social work continuing education through the Maryland Board of Social Work Examiners. Each live, interactive webinar qualifies for 2.0 Category I CEs.