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**Physical,
Occupational,
&
Speech
Therapy**

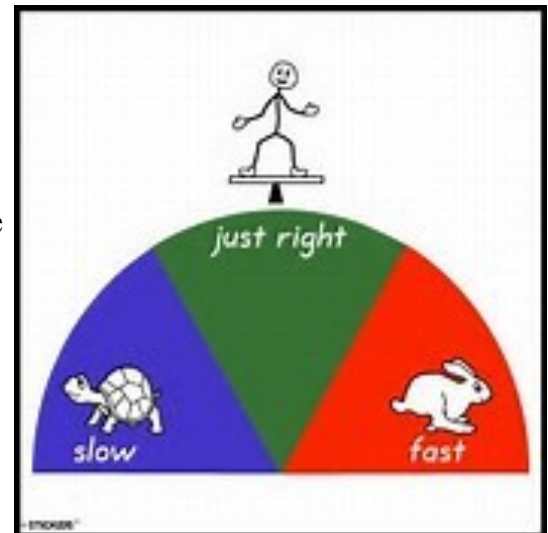
*providing
one-on-one
individualized care
for adult and pediatric
clients*

The ALERT Program for Self-Regulation

"How Does Your Engine Run?"[®] The Alert Program[®] for Self-Regulation (Williams & Shellenberger, 1996)

The occupational therapy team at PTS is committed to helping children and families with a variety of challenges.

One of the areas of difficulty that is frequently reported is difficulty with self-regulation, organization of behavior, and modulation of energy/arousal level. The Alert Program is one of many techniques employed to address these challenges. The program is a structured approach to teaching self-awareness of arousal levels and implementation of sensory activities into the daily routine to improve self-regulation and sensory modulation.



- 1) Instruction in arousal level concept:
1 of 2 analogies is utilized – car engine or bunny/turtle
- 2) 3rd person labeling is utilized to improve understanding and provide real-life examples of what the levels look like
- 3) Exploration of sensory activities that alter arousal levels, including exploration of each sense individually (without self-labeling)
- 4) Parents/caregivers start to label child at extreme high/low levels (easier to understand than ‘just right’ arousal level)
- 5) Child begins to self-label with guidance and assistance
- 6) Sensory strategies are provided at each step along the way to assist with self-regulation and organization of behavior
- 7) The occupational therapists at PTS specialize in addressing sensory processing challenges that negatively impact adaptive and independent function.

Reference: *How Does Your Engine Run?*[®] A Leader's Guide to the Alert Program[®] for Self-Regulation (Williams & Shellenberger, 1996)

*Call today for an appointment if you have questions about
your child's ability for self-regulation*

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