



Minot State University 2020 NSSLHA Conference

DATE:

Friday, March 27, 2020

PRESENTER:

Hanna Bogen Novak, M.S., CCC-SLP

**TITLE OF PRESENTATION:**

Fill Your Toolbox: Metacognitive Strategies to Support Executive Functioning and Regulation

PRESENTATION DESCRIPTION:

Successful communication occurs when the survival and emotional parts of the brain are well-regulated, and the critical thinking areas of the brain are available for learning and engagement. Difficulties with self-regulation, emotional-regulation, and executive functioning are often present for individuals receiving speech and language therapy, and as such SLPs benefit from understanding the development of these skills to support more effective global communication. In order to facilitate independent initiation of supports and strategies, therapists must help clients develop metacognitive thinking skills to engage their executive functioning for social and academic success. Whether learning about the brain and impulses, building a mindfulness practice, improving emotional-regulation skills, reflecting on strategies and outcomes, or taking stock of personal strengths, interests and challenges, metacognitive thinking skills can be woven into all types of therapy sessions.

Participants in this session will use a brain-based lens to learn about metacognition, executive functioning, and regulation as they relate to successful communication and learning. Attendees will build their toolboxes of strategies to support clients' development of impulse inhibition, strategic thinking, emotional-regulation, motivation, and overall self-awareness. Presented strategies will apply to a variety of ages, diagnoses, and therapy contexts to demonstrate that metacognitive thinking skills benefit all clients.

ABOUT THE PRESENTER:

Hanna Bogen Novak is a Speech-Language Pathologist and Social-Cognitive Specialist based in Los Angeles, CA. With a professional lens of Interpersonal Neurobiology, Hanna has a primary focus on pediatric therapies that support self-regulation, social communication, executive functioning, and speech and language deficits. She provides therapy to clients birth through young adult through her private practice and as the Director of Speech and Language Services at The Center for Connection. Hanna consults and collaborates with schools, therapy teams, parent groups, and professionals across the United States to support greater understanding of her areas of expertise. Additionally, she is co-creator of The Brain Talk Curriculum: www.braintalktherapy.com.

Registration Form
27th Annual NSSLHA Conference

Name: _____

Address: _____

Phone Number:: _____

Email: _____

Date: _____

I have enclosed:

___ \$75.00 Early Bird Registration (Due by March 1, 2020)

___ \$100.00 Registration Fee (if applying after March 1, 2020)

___ \$25.00 for students from different university

___ \$10.00 lunch catered by Olive Garden

Total \$ _____

*Please make checks payable to NSSLHA

*No refunds after March 10, 2020

*Conference free to all MSU faculty and students (online RSVP)

*Please return registration form and fee to

Minot State University
Dept. Of Communication Disorders, NSSLHA
500 University Ave W
Minot, ND
58707

*Please contact nsslhaconference2020@outlook.com if you have any questions.