

S.E.L.F.-REGULATION LAB NEWSLETTER

Issue 12 | Volume 1
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Outline

Latest Research News

- Melissa's presentation
- Maddy's presentation

Latest Community Events

- Dr. G's Parenting Workshop
- The National Women's Shelter Network Conference

Summer Treatment Program

SELF Regulation Lab Enrichment Fund



Message from our director

Hello families!

As 2023 comes to a close, we want to provide an update about what the S.E.L.F.-Regulation Lab has been up to.

The AHEAD grant and research study has officially ended. We want to thank all of the families who participated in the AHEAD Study (ADHD Heterogeneity of Executive Function and Emotion Regulation Across Development). We are also completing our Nutrition grant during the spring of 2024. Although the lab is wrapping up these research projects, we are still providing services to families through the STP PreK program and Parent-Child Interaction Therapy (PCIT).

The S.E.L.F.-Regulation lab loves to hear from our families. Please keep us updated on what you've been up to! With your permission, we would like to highlight the amazing things our families are up to on our lab Instagram page. You can contact us via email, phone, or Instagram direct messages with your children's amazing accomplishments.

We hope that you all have a wonderful holiday season, and wish you a happy start to the new year.

Dr. Paulo Graziano
Director of the S.E.L.F.-Regulation Lab

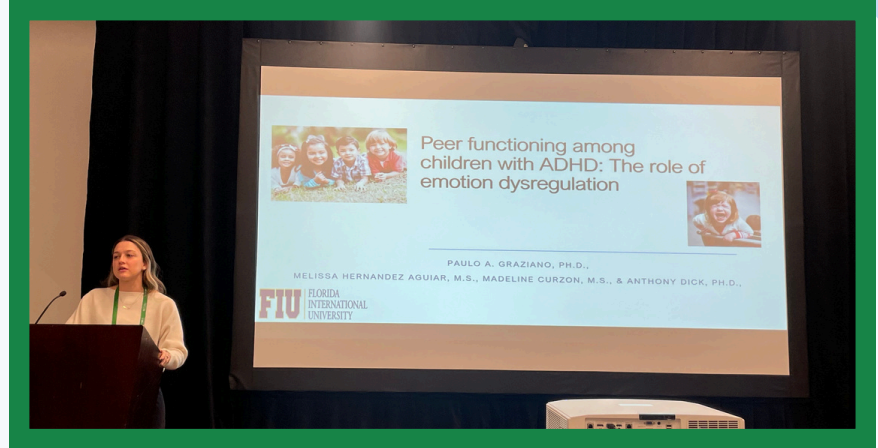
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LATEST RESEARCH NEWS

Fourth-year doctoral student Melissa Hernandez Aguilar and third-year doctoral student Maddy Curzon presented the lab's research at the ABCT (Association for Behavioral & Cognitive Therapies) Conference in Seattle, Washington.

Peer Functioning Among Children with ADHD: The Role of Emotion Dysregulation



Research Questions:

- How do children with ADHD differ from their typically-developing (TD) peers in social and emotional functioning?
- How does emotion dysregulation related to children with ADHD's peer functioning?

Key Definitions:

- **emotion dysregulation:** difficulty regulating one's emotions (e.g., yelling, tantrums, impulsivity)
- **emotional lability:** rapid and/or intense changes in mood
- **Callous/unemotional (CU) behaviors:** unemotionality, lack of concern for others, and/or lack of remorse or guilt

Results:

Those with ADHD were reported to have significantly greater:

- Emotion Regulation problems
- Emotional Lability
- Callous-Unemotional behaviors

Those with ADHD responded to social provocation scenarios with more:

- angry emotions
- happy emotions
- aggressive responses

... and less:

- sad emotions
- prosocial responses

Implications:

- Greater evidence that emotion dysregulation is a core impairment among young children with ADHD
- Early interventions can target emotion regulation skills and empathy to improve social functioning and peer acceptance.



LATEST RESEARCH NEWS

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Early Intervention for Families Experiencing Homelessness: A Randomized Pilot Trial Comparing Two Parenting Programs

Research Questions:

- Can parenting interventions be feasible & accepted within a shelter setting?
- How do PCIT & CPP compare in improving parenting skills as well as parent & child symptoms?

Key Definitions:

- **Parent-Child Interaction Therapy (PCIT):** a manualized behavioral parent training intervention that incorporates live parent coaching.
- **Child-Parent Psychotherapy (CPP):** a treatment that integrates attachment, cognitive behavioral, social learning, & psychodynamic theories to improve parent & child functioning.

Results:

- There was high clinical severity among the children (3-5x the national average).
- PCIT & CPP groups saw improvements in:
 - positive parenting verbalizations
 - parenting stress
 - post-traumatic stress symptoms
- The PCIT group reported greater improvements in parent verbalizations, parenting stress, & externalizing behavior problems compared to CPP.
- Both PCIT & CPP groups reported high rates of treatment satisfaction.

Implications:

- There is high clinical severity, demonstrating a need for services.
- Parenting interventions can be successfully implemented in a shelter setting.
- PCIT may be a more comprehensive & transdiagnostic service for sheltered families with preschool children.



LATEST COMMUNITY NEWS



As part of the S.E.L.F.-Regulation Lab's commitment to community research, Dr. G presented information and research for parents at three local preschools. Dr. G's parenting workshop focused on promoting behavioral and social-emotional functioning in preschoolers. He also provided parenting tips according to 50 years of research on ADHD and early childhood development. Thank you Cadence Academy for welcoming Dr. G!

In collaboration with Lotus House, the nation's largest women and children's shelter, Dr. G presented research at the first National Women's Shelter Network Conference. He explained the efficacy of evidence-based parenting interventions employed in a shelter setting. Dr. G also provided guidance to other womens shelters across the nation on how they can establish connections with universities to conduct their own research.



We are beginning the recruitment of families and staff for the 15th year of STP PreK

STP PreK Eligibility

- have a child who is 5 years old before Sept 1, 2024.
- live in Miami-Dade county
- experience behavioral, attention, and/or emotion difficulties at home and/or at school
- be available able to attend a 7-week camp from June 18 - August 1
- parents must be able to commit to once weekly, 2 hour parent training sessions on Tuesdays.

Staff Qualifications

- we are looking to hire counselors, lead counselors, and teachers
- must be willing to commit to employment June 3rd (June 10th for teachers)-August 2nd, 7:30am-5:30pm
- have an interesting in working with young children
- pass a background check
- for more qualification information, [click here](#)

For more information, please call 305-348-9506
or send us an email at selfreg@fiu.edu

This holiday season, we celebrate all that our families have given to us. Should you, your family, your company or loved ones be looking to give this holiday season, please consider giving to the



SELF- Regulation Lab Enrichment Fund

The purpose of the SELF-Regulation Lab is to address these challenges, and through gifts made to the SELF-Regulation Enrichment Fund, the Lab will be able to cover community programming costs.



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