

Regulation vs. Replacement: Teaching New Skills through a Developmentally Informed Lens

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Session Description:

Regulation skills are important to support students learning on how to self-manage emotions. However, regulation skills are not always functional replacement behaviors. This presentation will review how adverse childhood experiences and trauma impact the learning and development of regulation skills as well as what skills are developmentally appropriate for students to engage in independently. Additionally, the presentation will review how to support the development of both regulation skills and replacement skills through a review of the four functions of behavior. Lastly, the presentation will expand on known evidenced-based practices and how to apply them to support both regulation and replacement skills to support student success.

Learning Objectives:

1. Understand how ACEs (adverse childhood experiences) and trauma impact student learning.
2. Review the literature on development, regulation, and replacement skills
3. Compare and contrast regulation skills and replacement behavior skills.
4. Understand how to utilize both regulation and replacement skills to support student success.
5. Identify at least two interventions to support development of regulation and replacement skills.

Kayla Lopez is a Board Certified Behavior Analyst (BCBA) located in Albuquerque, New Mexico where she currently works as an Educational Consultant and BCBA for University of New Mexico's Center for Development and Disability. She earned her Master's degree in Special Education from the University of New Mexico in 2017 and completed a graduate certificate in Applied Behavior Analysis (ABA) in 2019 also from the University of New Mexico. Kayla previously taught Special Education in both Albuquerque and Rio Rancho. After becoming board certified, Kayla worked for a local ABA agency where she supported clients and families in the home and community setting.