

A Framework for Teaching with Declarative Language & Co-Regulation

Skill Building

What you work on with your learner is always up to you. And it is possible to work on more than one thing at a time. But it will be helpful to identify & break down one area at a time, so you know what you are going for, and can observe and feel progress over time.

- This includes:**
- Deciding which skill you want to work on with your learner
 - Finding Competent-Authentic-Contingent Roles within that skill
 - Adjusting Your Level of Support as you go



Within each area, we use Declarative Language & Co-Regulation in different ways, but each interacts with, and complements, the other.

In-the-Moment Tools

While working to build new skills, we need tools in the moment to help our learners regulate when emotions are escalating, to set thoughtful limits when this is called for, and to help with positive forward momentum when under time constraints.

- These include:**
- Declarative statements that mirror or validate
 - Silence & processing time
 - Identifying Competent - Authentic-Contingent Roles in the moment
 - Thoughtful limit setting
 - Declarative statements that model self-advocacy
 - Declarative statements & Co-Regulatory actions that support interoceptive awareness

Constructing a Thoughtful Narrative Over Time

We are creating a narrative with our learner that will develop over time. This means, we are planning ahead when possible, reflecting back to decide how & when to change things up, & making a point to store important memories in the present. Often we will include our learner in this process, but sometimes it is OUR planning & reflection that is most important.

- This includes:**
- Our understanding and use of Episodic Memory to help spotlight patterns
 - Using DL + processing time to remember together, plan ahead as a team, and store important memories in the present
 - Using DL to build self-awareness, which will lead to self-advocacy
 - Using CR to establish memories as a team across the past, present & future
 - Using DL + CR to strengthen your emotional connection over time