



Free!
virtual
workshop

Pacific Clinics Presents: Supporting Regulation and Belonging for Intellectual and Developmental Disabilities

This four-part workshop series helps participants better support individuals with intellectual and developmental disabilities. Participants will learn practical strategies to support connection, wellbeing and self-determination.

When: When: June 25, July 23
August 27, September 24

Where: <https://us02web.zoom.us/meeting/register/XOmoL6ZATum8HBh1zjktwA>

Time: 1:00 p.m. – 2:00 p.m.

Presenters:

Christie Byrd, LCSW#2449, is a Licensed Clinical Social Worker with 20+ years supporting diverse children, adults, families, and communities through trauma-informed, strengths-based care. She is the Clinical Coordinator with Pacific Clinics Neurodevelopmental Services. Christie specializes in trauma, ADHD, anxiety, grief, identity development, and anti-racist clinical practice, while mentoring and training emerging therapists.

Sabrina Thakur, LMFT #85605, is a Licensed Marriage and Family Therapist and Registered Play Therapist-Supervisor specializing in trauma-informed, neurodiversity-affirming care and disability justice. She is the Clinical Director for Pacific Clinics Neurodevelopmental Services in Southern California. Sabrina is a trainer and presenter on play therapy, trauma, and affirming care.

June 25

Beyond Behavior: Sensory-Informed Interventions for Regulation and Safety

This workshop explains how behavior is connected to feelings in a person's body. You'll learn how differences in sensory processing can affect emotions, focus and behaviors. Practical strategies will be reviewed to help people stay calm and regulated.

July 23

Communication as Connection: Supporting Authentic Expression Across Modalities

This workshop focuses on how communication is more than words. We review different ways people communicate, such as using devices, scripts and gestures. You will learn how to use different communication styles and create spaces where people can express themselves comfortably.

August 27

Shifting Perception: Understanding Neurodivergent Experience and Cognitive Processing

This session teaches how people with I/DD can experience the world in very different ways. It reviews body awareness, sense of time, flexibility in thinking, and how people understand social situations. You'll learn that behaviors often labeled as "noncompliant" or "rigid" may be differences in how someone processes information.

September 24

Supporting Social Connection Without Masking: Building Belonging and Community

This session rethinks what "social success" means. Instead of expecting people to act a certain way, it focuses on helping them build real, meaningful connections. You'll learn how to support friendships through shared interests, safe environments and respect.

Please contact Alondra Castillo @ Alondra.castillo@scdd.ca.gov or (909) 361-9714 with any questions or requests for accommodations.