

OSPI Private School Educators After-School Workshop Agenda



SHIFTED PERSPECTIVES

Inclusive by Design: Supporting Diverse Pathways to Regulation Through Interoception

Presented by Tabitha Ellison and Joanna Brodziak with [ShiftEd Perspectives](#)

Dates Tuesday, November 4, 2025 - live online session

Schedule 4:00 pm – 6:00 pm

When traditional social-emotional learning practices emphasize neurotypical norms and outward displays of emotion, many students are left out of meaningful support for regulation. This session invites educators to reimagine SEL through the neurodiversity paradigm and the lens of interoception. By shifting from compliance-based approaches to affirming regulation strategies, we can design classrooms where all learners have access to regulation. We'll explore interoception-based strategies that help students build the skills to navigate moments of dysregulation. Through interactive activities, participants will practice interoception techniques along a spectrum from abstract to concrete and apply UDL principles to reframe the use of common sensory tools in neurodiversity-affirming ways. Participants will leave with practical strategies to foster autonomy, navigate competing access needs, and strengthen student self-advocacy.

Schedule

4:00 pm - Welcome

- Introduction
- Review interactive agenda

Supporting Diverse Pathways to Regulation Through Interoception:

- Dive deeper in the neurodiversity paradigm to understand why common social-emotional learning practices fall short



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- Examine how addressing common barriers to learning lays the foundation for social emotional development
- Explore how to universally design opportunities for students to build interoceptive awareness to support regulation

5:45pm – Closing Session

- Final reflection and Q&A

General Questions

For more information please contact: title2a@k12.wa.us.

The Agency TTY number is 360-664-3631.

Request Accommodations

We strive to host inclusive, accessible events that enable all individuals, including individuals with disabilities, to fully engage and participate. If you have a disability and require special accommodations or assistance, email us at title2a@k12.wa.us, call us at 360-725-6340 or use the Agency TTY number 360-664-3631. Requests should be made by one of these means as soon as possible but at least five business days prior to the scheduled event, meeting, or webinar.

This is provided in compliance with the requirement in the Elementary and Secondary Education Act (ESEA) section 8501(a)(4)(A) to provide equitable services to private school educators.

Equity Hours Standards

Understanding Self and Others: Educators will reflect on their own assumptions and frameworks for behavior to better understand how students experience the learning environment through a neurodiversity-affirming lens.

Student, Family, and Community Engagement: The session emphasizes recognizing students and their families as participants in co-creating classroom culture, building from their lived experiences and needs.

Learning Partnerships: Educators will explore strategies for developing trust-based, inclusive relationships with students - especially those for whom traditional methods have failed.

Leading for Educational Equity: Participants will be introduced to approaches that remove systemic and environmental barriers to behavior and engagement, fostering equity and access for all students.