# Outline

# **Behavioral Overview**

# Etiology

Nature v. nurture

Hormones, neuropsychology, behaviorism

Gender differences "Eye of the beholder"

## DSM-5® Updates

ADHD

Oppositional defiant disorder

Conduct disorder

Autism spectrum disorders

Bipolar disorder

Childhood anxiety and depression

#### **Medication Interventions**

Psycho-stimulants

Mood stabilizers

Anti-depressants/anti-anxiety

Atypical anti-psychotics

Illegal/illicit substances and treatment effects

# **Tools for Helping Behavior Problems**

# **Quick Techniques to Manage Anger**

Time in!

Restitution

The peace table & empathy building

Actor/observer

Standing 8 count

Art of compromise

...And many more!

#### **Quick Techniques to Manage Depression**

Cut-n-paste

The mirror effect

Inside movie

Types of journaling

... And many more!

# **Quick Techniques to Manage Anxiety**

Ceiling fan breathing

Set the clock

Progressive relaxation

Top dog/underdog

... And many more!

### Quick Techniques to Manage Autism/Asperger's

Facial expressions and social cues Building a broader structure The burrito

Island of Solace

... And many more!

#### **Quick Techniques to Manage ADHD**

Noise to the system

Anticipation

Therapeutic games

... And many more!

#### **Techniques to Help the Client's World**

# Parents/Caregivers and Teachers/Schools

Intentional dialogue

The listening jar

Time out/quiet time

Token economies/response cost (and avoiding pitfalls)

The good behavior game

#### **Manage Therapist Frustration**

#### **Limitations of Research and Potential Risks:**

No "one size fits all" for any treatment modality Safeguards when implementing strategies Without appropriate training, use of interventions may pose a risk of harm to clients

# **Live Seminar Schedule**

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

A more detailed schedule is available upon request.

Questions? Call Customer Service: **800-844-8260** 

# **Objectives**

- 1. Utilize effective, clinical techniques for the treatment of behavior disorders in children.
- 2. Develop specific behavioral interventions that address the developmental stage of the child and adolescent.
- 3. Consider the efficacy of biologically-based interventions to address behavioral and emotional disorders in children.
- 4. Explore clinical manifestations among anxiety disorders, ADHD, mood disorders, ODD and Conduct Disorder as it relates to diagnosis.
- 5. Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.
- 6. Analyze the diagnostic symptoms of behavioral/emotional disorders in children and adolescents and establish how this informs your choice of intervention strategies.

# Target Audience

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Speech-Language Pathologists • Teachers School Guidance Counselors • Case Managers • Nurses • School Administrators • Educational Paraprofessionals Occupational Therapists & Occupational Therapy Assistants • Other Helping Professionals who Work with Children



REGISTER ONLINE pesi.com/webcast/66348

# Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit

www.pesi.com/inhouse

.O. Box 1000 au Claire, WI 54702-1000 division of PESI, Inc.

# OVER 75 QUICK, "ON-THE-SPOT" TECHNIQUES FOR CHILDREN AND ADOLESCENTS WITH

EMOTIONAL AND BEHAVIORAL PROBLEMS

Over 2/3 of seminar contains teachable and proven behavior-changing techniques

# **BURLINGTON, VT**

Wednesday, December 5, 2018

# **LIVE VIDEO WEBCAST**

Thursday, December 6, 2018

# MANCHESTER, NH

Thursday, December 6, 2018

# PORTLAND, ME

Friday, December 7, 2018

OVER 75 QUICK, "ON-THE-SPOT"
TECHNIQUES FOR CHILDREN
AND ADOLESCENTS WITH
EMOTIONAL AND



Over 2/3 of seminar contains teachable and proven behavior-changing techniques

BEHAVINRAI

PROBLEMS

#### Featuring

Steven T. Olivas, Ph.D., HSP

Nationally-renowned speaker, behavior consultant & author

# **BURLINGTON, VT**

Wednesday, December 5, 2018

# LIVE VIDEO WEBCAST

Thursday, December 6, 2018

# **MANCHESTER, NH** Thursday, December 6, 2018

PORTLAND, ME

Friday, December 7, 2018



www.pesi.com A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW: pesi.com/express/65982

REGISTER NOW: pesi.com/express/65982

# OVER 75 QUICK, "ON-THE-SPOT" TECHNIQUES FOR CHILDREN AND ADOLESCENTS WITH EMOTIONAL AND BEHAVIORAL PROBLEM

eaving nothing to the abstract, "75 Quick, 'On-the-Spot' Techniques for Children and Adolescents with Emotional and Behavioral Problems" will guide you through **\_** focused, clear and successful methods for treating children. Every professional who seeks to fill their toolbox with tested methods will leave this seminar with a wealth of fresh ideas and rejuvenated spirits.

If you do not have a lot of experience working with children and teens, you will leave with a defined strategy for success. If you are a seasoned professional, you will learn new tricks and techniques to re-energize and revitalize your practice!

With nearly 25 years of clinical experience and a background in improvisational comedy, Dr. Steve is a strong proponent of "Edu-tainment." Namely, he uses charm, wit and humor to enhance your seminar experience, thus improving the retention and utilization of the specific skills covered. We change the world when we touch a child's life!

# Speaker

Steven T. Olivas, Ph.D., HSP, nationally-renowned speaker, author and behavior consultant, is a licensed psychologist in private practice in Middle Tennessee. He began his practice career in 1991 when ADHD was exploding onto the scene and has enjoyed working with the energy and spontaneous creativity of children ever since. Throughout his career, he has taught courses at nine colleges and universities, been a national public speaker, a regular columnist for a local newspaper and co-host of a popular radio show. He is the author of the book When Good Kids Go Bad: Effective Solutions for Problem Behaviors and the acclaimed book Bad Kids...or Bad Behavior?

For nearly 25 years, he has been helping clinicians, school systems and parents around the country understand and manage the kids and teens most likely to act out in impulsive and aggressive manners.

#### Speaker Disclosures:

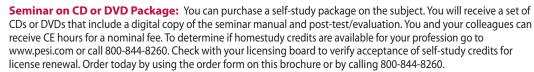
Financial: Steven T. Olivas is an author for Premier Publishing & Media and receives royalty payments. He is an author for Author's Corner Publishing and receives royalty payments. He is a speaker who receives an honorarium for PESI, Inc.

Non-financial: Steven T. Olivas has no relevant non-financial relationship to disclose



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar cuition) for veterans and active duty military personnel. Advance registration by phone required.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226

# SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION



When Good Kids Go Bad: Effective Solutions for Problem Behaviors

By Steven T. Olivas, Ph.D., HSP

Informative, artful, and fun, When Good Kids Go Bad takes readers inside the minds of our troubled kids and teens. Whether they are mildly irritating or well out of control, readers will leave armed with a broad range of proven techniques to curb negative behaviors and encourage positive ones. Therapists, parents, teachers, and all professionals interacting with these kids will have their questions answered and be given clear instructions on how to begin the road to behavioral and emotional change.



# **Oppositional, Defiant & Disruptive Children and Adolescents**

Non-Medication Approaches for the Most Challenging ODD Behaviors

By Scott D. Walls, MA, LIPC, CCMHC

A definitive guide to recognizing what factors cause defiant episodes in children & adolescents, and tips to help identify when and where these dfficult behaviors are likely to occur. Containing tools to increase positive behaviors, this is an ideal resource for therapists, educators



# **Letting Go of Anger Card Deck**

54 Cards to help teens tame frustration

#### By Jeffrey Bernstein

- Simple skills to successfully manage anger
- Tools to calm in emotionally tense moments
- Strategies to overcome anxiety
- Using anger in a healthy way
- Steps to create positive change

# Live Webcast Details and Live Webcast Continuing Education Credit Information

#### Join us on December 6, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/66348

# Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar valuation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within to days (if your hoard allows). Please see "live seminar schedule" for full attendance start and end times

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for viewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing educat instruction. Credit requirements and approvals vary per state board regulations. Please say the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MAINE COUNSELORS: This intermediate activity consists of 6.25 clock hours of continu education instruction. Credit requirements and approvals any per state board regulation. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will awarded at the end of the program to participants who are in full attendance and who

NEW HAMPSHIRE COUNSELORS: This intermediate activity consists of 6.25 clock ho continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

VERMONT COUNSELORS: This activity is approved by the Board of Allied Mental Health Practitioners (BAMHP) for 6.25 continuing education credits.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy, Hours are based on full attendance.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing ction. Credit requirements and approvals vary per state board regular this course outline, the certificate of completion you receive from he activity and contact your state board or organization to determine specific filing

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determin if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at nis course qualifies for 6.0 contact hours or .6 CEUs in the

Category of Domain of OT and Occupational Therapy Process, Partial credit will be issued for ment of AOTA CFUs does not imply endorseme course content, products, or clinical procedures by AOTA. Course Level: Interr

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association sponsor continuing education for psychologists PESI maintains responsibility this program and its content. PESI is offering this activity for 6.25 hours of ending education credit. Full attendance is required; no partial credits will be red for partial attendance.



Board of the American in speech-language pathology and audiology. See course

information for number of ASHA CEUs, instructional level and conten area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate

\* Please note that Speech-Language Pathologists who participate in the live webcast will ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a pro-SOCIAL WORKERS: PES, Inc. Provider #:106\_, Is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PES, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers participal workers who complete the approgram evaluation. awarded at the end of the program to social workers who complete the program evaluatio

NEW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 6.0 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program

Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours Full attendance is required, no partial credits will be offered for partial attendance.

VERMONT SOCIAL WORKERS: Please contact our customer service department for the mos

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizatic Save your course outline and certificate of completion, and contact your own board or

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

# **How to Register:**

pesi.com/express/65982

800-844-8260

Please have credit card available

800-554-9775

ONLINE

FAX

MAIL

Presenter!

OVER 75 QUICK, "ON-THE-SPOT" TECHNIQUES FOR CHILDREN AND ADOLESCENTS WITH EMOTIONAL AND BEHAVIORAL PROBLEMS

# Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

Mail Code: See mail code box on address panel on revel	rse side
Name	Profession
Employer Name	
Employer Address	
City	County
State	Zip
Home/Cell Ph ( )	
Dept. Ph ( )	
*E-mail address	
*Registrant's e-mail is required to receive your	rertificate of completion and registration confirmation.

Check location: (make copy of locations)

**BURLINGTON, VT December 5, 2018** 65982BUR

PO BOX 1000

Eau Claire, WI

54702-1000

Hilton Burlington 60 Battery St • 05401 • (802) 658-6500

**MANCHESTER, NH December 6, 2018** 65982MAN

Manchester Downtown Hotel 700 Elm Street • 03101 • (603) 625-1000

**LIVE VIDEO WEBCAST** 

**December 6, 2018** PLW65982 Broadcast LIVE to your computer!

PORTLAND, ME

**December 7, 2018** 65982POT Fireside Inn & Suites

81 Riverside St • 04103 • (207) 774-5601

**REGISTER NOW** pesi.com/express/65982

#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar

- FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.
- \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more: Call 800-844-8260 for discounts.
- Discounted Student Rate: As part of its mission to serve educational needs. PESI. Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

call 800-844-8260 for details Advance registration required. Cannot be combined with other discounts.

Fed ID # 26-3896894

# **6** Check tuition: **TUITION** with seminar manua

\$199.99 - choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date **\$229.99** standard

# **ADD-ON PRODUCTS**

Distributed at seminar—FREE SHIPPING!

- \$19.95\* When Good Kids Go Bad book
- \$24.99\* Oppositional, Defiant & Disruptive Children and Adolescents book
- \$16.99\* Letting Go of Anger Card Deck

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual **\$199.99** registration (+ tax in HI, MN, NM, PA, WI)

**\$20.00** IL ISBE Certificate Processing Fee For more information on this fee contact cepesi@pesi.com

# Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.

☐ Check enclosed payable to **PESI**, **Inc.** □ VISA □ AE □ Discover Novus 13-16 digits 15 digits Card # Card Exp. V-Code #\*

(\*MC/VISA/Discover; last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

# AN'T ATTEND THE SEMINAR

Over 75 Quick, "On-the-Spot" Techniques for Children and Adolescents with Emotional and Behavioral Problems

Seminar on DVD\* (video) \$199.99 (RNV041280)

Seminar on CD\* (audio) \$169.99 (RNA041280) When Good Kids Go Bad book\* \$19.95 (PUB044310)

Oppositional, Defiant & Disruptive Children and

Adolescents book\* \$24.99 (PUB084010)

Letting Go of Anger Card Deck\* \$16.99 (PUB085305) Product Shipping is \$6.95 first item + total

\$2.00 each add'l item Shippina \*Residents add applicable state and local taxes except in AK, DE,

Subtotal \*\*Tax TOTAL