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 & Webcast Schedule

(Time listed in Eastern)

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.

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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



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Steven T. Olivas, Ph.D., HSP

Nationally-renowned speaker, behavior consultant & author

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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

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



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When Good Kids Go Bad: Effective Solutions for Problem Behaviors By Steven T. Olivas, Ph.D., HSP

Presenter!

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

- · Using anger in a healthy way
- Steps to create positive changes

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