## 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**

**Live Seminar and Webcast Schedule**
(Times in Central)

**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.


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# 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

| FARGO, ND | SIOUX FALLS, SD | LIVE WEBCAST | OMAHA, NE |
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Featuring
Steven T. Olivas, Ph.D., HSP
Nationally-renowned speaker, behavior consultant & author


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Details Inside

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

Leaving 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.

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## 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**

**Seminar 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.

***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 changes*

## 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

## Live Webcast Details and Live Webcast Continuing Education Credit Information

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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 $49.99 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/74147

## 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 evaluation 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 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*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 on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.*

*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 reviewing 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 profession's standards.*

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**MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/ VOCATIONAL ADMINISTRATORS AND SUPERVISORS**: This program has been approved for 6.0 continuing education clock hours by the Minnesota Board of School Administrators. Those seeking clock hours must attend 100% of the seminar. No partial credit allowed.

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**MINNESOTA MARRIAGE & FAMILY THERAPISTS**: This course has been approved by the Minnesota Board of Marriage & Family Therapists for 6.25 continuing education credits.

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

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

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