

## Outline

### The "Big 3" of Executive Function (EF): Impulse Control, Working Memory and Flexible Thinking

- Developmental processes to guide assessment and intervention
- Dysfunction patterns in ADHD, ASD, SPD, LD and mental health
- Impact on behaviors, reading/writing performance, and self-regulation
- Primitive brain vs. logical brain and their influence
- Trauma and risk factors

### Create Neuro Connections to Optimize EF Development

- Arousal states and opening the "window of opportunity for learning"
- Vision and learning: Consequences for attention and EF
- Seating postures and relationship to attention and self-regulation
- Sleep and influence on learning, self-regulation, memory and attention

### Assessment: From Essential Observations to Standardized Tools

- Easy to use process checklist to get to the core of EF needs
- Connecting the "Big 3" to attention and learning space
- Quick sleep tools to identify needs to maximize EF
- Identify the 3As and how they fluctuate throughout the day
- Video Case example:** School-aged child with ADHD and SPD

### Skill-Building Strategies That Get Big Results!

- Classroom-friendly strategies to address sensory arousal
- Self-talk process to promote metacognition, planning and self-management
- Mnemonics, chunking and storytelling to enhance recall and retention of information
- Systems-based approaches that help children manage materials
- Quick tips for implementing elements of martial arts, physical activity and yoga
- Video case examples:** Effectively implement skill building strategies

### Power Driver Interventions That Take Performance to the Next Level!

- Mindfulness: Metacognition in practice to WORK that memory techniques fail
- Self-regulation strategies with the "POWER! Batteries"
- The magic dust for building habits and routines
- Fun games to for time management and organization skills
- Brain hacks to increase mental shifting, enhance memory, and rev up learning
- Use activity analysis of evidence-based approaches to encourage EF development

### Connecting the Dots to Create the Optimal Learning Landscape

- Adaptive seating to promote learning and self-regulation
- Sleep strategies to share with parents
- Positive reinforcement and systems thinking to promote organized habits
- Utilize daily observation charts and goal attainment scaling to meet goals
- 504 and IEP accommodation design strategies
- Video Case Examples:** Implementing adaptation strategies

## Objectives

- Utilize the developmental patterns for the three foundational components of executive function (EF) to create lens for assessment and intervention.
- Develop mindfulness, physical activity, positive reinforcement and environmental interventions and assign as homework, classwork and activities of daily living (ADLs) for children and adolescents.
- Examine the neurological connections between attention, arousal, and memory that affect executive function performance in ADLs, academics and social participation.
- Establish the relationship between postural control, attention, vision and executive functions as it relates to assessment and treatment planning.
- Correlate the influence of sleep on executive function performance and the consequences of arousal challenges with sleep onset difficulties.
- Utilize goal attainment scaling as an intervention to improve client's self-management skills, habit formation and routinization.

**Target Audience:** Occupational Therapists • Occupational Therapy Assistants • Physical Therapists • Physical Therapy Assistants • Speech Language Pathologists • SPED Teachers and Staff • GEN ED Teachers and Staff • Counselors • Social Workers • Psychologists • School Administrators

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**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.



**FREE Worksheets**

**Anxiety Disorder Worksheets for Kids and Teens**

[pesi.com/anxietykidsws](http://pesi.com/anxietykidsws)

**Bring any Training On-Site!**

- Cost Effective for Groups
- Customizable
- Flexible

**CE credits included!**

[www.pesirehab.com/inhouse](http://www.pesirehab.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

# Next Level Executive Function Strategies

Performance Improvement Solutions to Help Kids and Teens Get Organized, Manage Time and Complete Tasks

**TIMONIUM, MD**  
Wednesday, November 13, 2019

**ELLICOTT CITY, MD**  
Thursday, November 14, 2019

**FAIRFAX, VA**  
Friday, November 15, 2019



**REGISTER NOW!** [pesirehab.com/express/74597](http://pesirehab.com/express/74597)

# Next Level Executive Function Strategies

Performance Improvement Solutions to Help Kids and Teens Get Organized, Manage Time and Complete Tasks

- Brain hacks to increase mental shifting, enhance memory, and rev up learning
- The magic dust for building habits and routines
- Quick observational tools, classroom-friendly strategies, and home recommendations to help struggling students meet their potential
- Connecting the dots to create the optimal learning landscape

**TIMONIUM, MD**  
Wednesday, November 13, 2019

**ELLICOTT CITY, MD**  
Thursday, November 14, 2019

**FAIRFAX, VA**  
Friday, November 15, 2019



**REGISTER NOW!** [pesirehab.com/express/74597](http://pesirehab.com/express/74597)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# Next Level Executive Function Strategies

Performance Improvement Solutions to Help Kids and Teens Get Organized, Manage Time and Complete Tasks

Attend this experiential program and learn evidence-based cognitive, physical and environmental strategies to help kids and teens take their Executive Function (EF) skills to the next level!

Easily integrated into any classroom, clinic, or home, these strategies promote self-regulation to allow students to attend and recall what they are learning, and then to be able to expand into higher level executive functions throughout the day. Most importantly, you will learn how to use goal attainment scaling to take your performance building strategies to build habits and routines—the key to independence and success!

You will learn proven skill-building and power driver interventions that are quick, individualized, and easy to use! Leave the day being able to implement:

- A model of impulse control, working memory and flexible thinking as a lens for quick EF assessment and intervention
- Classroom-friendly strategies to address sensory arousal and attention to build self-regulation
- Performance focused interventions to promote organization, time management, and task completion
- Brain-based techniques to increase mental shifting, enhance memory, and rev up learning
- Strategies for sensory processing, arousal states, mindfulness and sleep to enhance recall, and increase retention of information
- Techniques to increase self-awareness, self-monitoring and problem-solving skills
- Environmental strategies to create an optimal learning landscape

This program will teach you a collaborative method of skill to performance building approaches, as well as adaptive and compensatory strategies as a “1-2 punch” to help kids and teens be proactive, socially and academically successful, with an end goal of independence! Your competence will translate to their confidence! **REGISTER NOW!**

## Speaker

**Nicole R. Quint, Dr.OT, OTR/L**, is a licensed occupational therapist with more than 15 years of experience specializing in working with children and adolescents struggling with executive functioning skills, sensory processing, behavior and social emotional learning. Her clinical practice includes work in the hospital, home health, outpatient, and school-based settings. An associate professor at Nova Southeastern University’s Department of Occupational Therapy, Dr. Quint provides instruction in both the masters and doctoral programs since 2009. She provides consulting services specific to advocacy in the schools, organizational conflict assessments, leadership, program development and evaluation, as well as innovative practice development. Her research focus includes adults with sensory processing disorder, autism and vision, and sensory-based interventions.

Dr. Quint has developed programs to promote sensory processing as a foundation for learning, social emotional learning and development to promote performance in all areas. She has an expansive presence in local, state and national conference platforms, including Region 7 South Occupational Therapy Group; Florida Occupational Therapy Association (FOTA); American Occupational Therapy Association (AOTA); Section on Pediatrics Annual Conference; Academy of Pediatric Physical Therapy Annual Conference (SoPAC, APPTA); as well as presenting at the Canadian Occupational Therapy Association Conference in 2018.

Dr. Quint heads the Making Sense of SPD Parent Support Group in Davie, FL, which works toward education, advocacy, and support for families living with SPD. She is the co-creator of It Just Makes Sense, a grant-funded professional development program for the occupational and physical therapists working in Broward County Public Schools, the sixth largest school district in the nation. Dr. Quint is completing her PhD in conflict analysis and resolution, focusing on conflict related to disabilities and systems, including special education, legal systems, and health care.

Speaker Disclosures:

Financial: Nicole Quint is an associate professor at Nova Southwestern University. She is a speaker who receives an honorarium for PESI, Inc.

Non-financial: Nicole Quint is a member of the American Occupational Therapy Association; Florida Occupational Therapy Association; and the Caribbean Occupational Therapy Association.

### What Should You Bring:

Squeeze ball or stress reliever

**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact **Cyndi Postlewaite** at [cpostlewaite@pesi.com](mailto:cpostlewaite@pesi.com) or call (715) 855-5253.

### 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.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

### Self-Regulation and Mindfulness

By Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a must-have resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success. Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.

### 2,4,6,8 This Is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children

By Tracy Turner-Bumberry, LPC, RPT-S, CAS

Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That’s why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

### Executive Function Difficulties in Adults: 100 Ways to Help Your Clients Live Productive and Happy Lives

Stephanie Moulton Sarkis, PhD

Executive function difficulties may not go away with age-and inside you’ll find 52 worksheets, 40 handouts, and dozens of tips to make day-to-day living easier and more productive for adults. Written by executive function and ADHD expert, Dr. Stephanie Sarkis, this unique resource includes: Proven cognitive-behavioral strategies, Exercises to improve short-term memory, organization and focus, Techniques to enhance communication and social skills, Easy-to-follow instructions for mindfulness meditation, Effective accommodations for the workplace and college.

Questions? Call customer service at **800-844-8260**



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. *Limited seats available; advance online registration required.*

## 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” 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](mailto: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 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 education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**DISTRICT OF COLUMBIA COUNSELORS:** 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 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.

**VIRGINIA COUNSELORS:** 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 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.

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

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this 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 partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**MARYLAND PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

**VIRGINIA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**APPROVED PROVIDER**



**PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content 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 level, Professional area).

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesirehab.com](mailto:info@pesirehab.com).

## How to Register:

NEXT LEVEL EXECUTIVE FUNCTION STRATEGIES: PERFORMANCE IMPROVEMENT SOLUTIONS TO HELP KIDS AND TEENS GET ORGANIZED, MANAGE TIME AND COMPLETE TASKS

**ONLINE**  
[pesirehab.com/express/74597](http://pesirehab.com/express/74597)

**PHONE**  
**800-844-8260**  
Please have credit card available

**FAX**  
**800-554-9775**

**MAIL**  
PESI Rehab  
PO BOX 1000  
Eau Claire, WI  
54702-1000

**1 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 reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

\*Registrant’s e-mail is required to receive your certificate of completion and registration confirmation.

**2 Check location:** (*make copy of locations*)

**TIMONIUM, MD**  
**November 13, 2019** [74597TIM]  
Holiday Inn Timonium  
9615 Deereco Road • 21093  
(410) 560-1000

**ELLICOTT CITY, MD**  
**November 14, 2019** [74597ELL]  
Turf Valley Resort & Conference Center  
2700 Turf Valley Rd • 21042  
(410) 465-1500

**FAIRFAX, VA**  
**November 15, 2019** [74597FAI]  
Hilton Garden Inn Fairfax  
3950 Fair Ridge Dr • 22033  
(703) 385-7774

**REGISTER NOW**  
[pesirehab.com/express/74597](http://pesirehab.com/express/74597)

**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.

**TUITION OPTIONS**

- **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. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.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. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. *Advance registration required.* Cannot be combined with other discounts.

FOR OFFICE USE ONLY CP  
Fed ID # 26-3896894  
© 2019 PESI, Inc.

**3 Check tuition:**  
**TUITION** with seminar manual

**\$219.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
 single registration postmarked 3 weeks prior to seminar date  
 **\$249.99** standard

**ADD-ON PRODUCTS**  
Distributed at seminar—FREE SHIPPING!  
 **\$26.99\*** *Self-Regulation and Mindfulness* book  
 **\$24.99\*** *2,4,6,8 This Is How We Regulate* book  
 **\$29.99\*** *Executive Function Difficulties in Adults* book

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

**4 Indicate method of payment:**  
**ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

MC 16 digits  VISA 13-16 digits  AE 15 digits  Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**Turning "I Can't" into "I Can!" for Kids with Executive Function Deficits**

- \_\_\_ Seminar on DVD\* (video) \$219.99 (RNV063595)
- \_\_\_ Seminar on CD\* (audio) \$219.99 (RNA063595)
- \_\_\_ **Self-Regulation and Mindfulness** book\* \$26.99 (PUB085000)
- \_\_\_ **2,4,6,8 This Is How We Regulate** book\* \$24.99 (PUB085710)
- \_\_\_ **Executive Function Difficulties in Adults** book\* \$29.99 (PUB085200)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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

Product total \$ \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

PLEASE RETURN ENTIRE REGISTRATION FORM