# 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 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

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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November 12, 2019

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



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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 PROBLEMS

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

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.

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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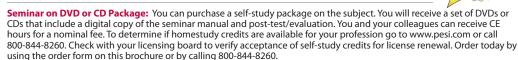
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Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. 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/74985

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