

Outline

Work with the Whole Child:
Initial Considerations for Mental Health and Behavioral Issues at School
Why school staff needs to know about mental health
Frequently overlooked mental health and learning disabilities
What you need to know about medications... and why
Push-in vs. pull-out approaches

Decrease Impulsive Behaviors at School
Recommended for: ADHD, ASD
Tips for teaching self-control
How to front-end load consequences
Meet sensory needs to promote self-regulation
Movement-based solutions

Build Underdeveloped Social Skills:
The Key to Classroom Management
Recommended for: ASD, anxiety, depression
Practical strategies to cultivate social skills growth
Problem solving activities and scenarios
Implementing effective push-in approaches
Creative strategies for fostering connection
Technology and social skills - texting over talking?

Increase Flexible Thinking and Reduce Anxiety
Recommended for: ASD, anxiety, rigidity, OCD
Make transitions manageable
Change patterns of rigid thinking
Coping skills to deal with anger and anxiety
How to respond to shut-down behavior
Replacement behaviors

Objectives

- 1. Communicate how frequently overlooked learning disabilities can impact the success of students in the classroom.
- 2. Discover how movement-based strategies can meet the sensory needs of kids and promote self-regulation.
- 3. Explore how push-in approaches can be effectively utilized in the school setting to build underdeveloped social skills.
- 4. Develop a strategy for responding to shut-down behavior in kids and adolescents with ASD and anxiety.
- 5. Articulate how timers, must-do lists, and focus games can be employed to create a learning environment that promotes prioritization and attention with students who struggle to follow directions and stay on task.
- 6. Analyze how electronics are impacting today's students and learn to utilize strategies that help kids achieve digital balance.



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.*

Target Audience: Teachers • School Counselors • School Psychologist • Paraprofessionals • School Social Workers
School Administrators • Speech-Language Pathologists • Speech-Language Pathology Assistants • Marriage & Family Therapists
Nurses • Occupational Therapists • Occupational Therapy Assistants

Help Students Follow Directions and Stay on Task
Recommended for: ADHD, ODD
Motivate students to stay on task with timers
“Must-do” lists to promote prioritization
Increase attention span with focus games
Redirection strategies that get them back on task

Handle Disruptive, Argumentative and Defiant Students
Recommended for: ODD and conduct disorder
What adults should never say but usually do
3 simple steps to end in-class arguing
Give the perception of control with choice
Build self-regulation skills
School refusal strategies

Stop Electronic Addiction from Hijacking Your Classroom
Are my students addicted to technology?
The myth of multi-tasking
End in class texting
Electronic bullying

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.

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**CLASSROOM
MANAGEMENT
FOR MENTAL HEALTH
& BEHAVIORAL ISSUES**

**SUREFIRE SOLUTIONS TO HELP STUDENTS
WITH AUTISM, ODD, ADHD AND OTHER
CHALLENGES THRIVE AT SCHOOL**

**DRAMATICALLY REDUCE
PROBLEM BEHAVIORS
THAT IMPEDE LEARNING!**

FAYETTEVILLE, AR
Monday, November 11, 2019

FORT SMITH, AR
Tuesday, November 12, 2019

LITTLE ROCK, AR
Wednesday, November 13, 2019

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- Discover the keys to a creating a cooperative classroom
- 3 simple steps to quickly end the daily chaos of arguing and disruption
- Strategies to help students follow directions and stay on task

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CLASSROOM MANAGEMENT

FOR MENTAL HEALTH & BEHAVIORAL ISSUES

Imagine the students you find most challenging to work with...they may be aggressive, fail to comply, or refuse to do school work. Some are disrespectful in the classroom while others struggle to focus, control their impulsive behavior or fail to satisfactorily transition from one activity to another.

You've tried everything. You've looked everywhere for answers and you're starting to worry there's nothing else you can do. It's discouraging, stressful, and exhausting. No matter your level of skill or experience, students who fail to thrive despite your best efforts can drain your enthusiasm and determination.

This seminar will provide you with solutions to the biggest obstacles you face involving mental health and behavioral issues in your classroom and enable you to foster the fundamental positive change needed to help your most challenging students reach their full potential!

Better still, you don't need to be a behavioral expert to benefit from this class. The techniques, strategies and skills taught in this program are useful for your school's entire team – from teachers and special education staff to school psychologists, counselors and social workers.

Attend and learn how to:

- Increase flexible thinking, attention span and self-regulation
- Decrease distraction, impulsivity and defiance
- Build the underdeveloped social skills that are the key to classroom management
- Stop electronics from negatively impacting the classroom

Sign up today and leave with renewed passion for your work, knowing you have the skills and tools you need to help all students get down to the business of learning regardless of the challenges they face!

Speaker

JAY BERK, PhD, is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioral field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with ODD, ADHD, autism, anxiety and stress, depression, learning disabilities, Tourette's Syndrome and individuals who have multiple impairments. He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. Dr. Berk continually consults for several school districts. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as an alternative educational program.

Dr. Berk presents nationally on the topics of autism, disruptive behavior disorders, mental health issues in the classroom, ODD and social skills competency. In his workshops, he teaches professionals who work with children and adolescents, practical treatment and intervention strategies. He has been invited to present at hundreds of schools and conferences including being a repeated consultant to the Department of Education in Hawaii. As a past consultant to the United Nations, Dr. Berk authored a manual for UNICEF that was used by teachers working with children throughout Bosnia during the war. He has also worked in London, England with defiant teenagers; Kristiansand, Norway with traumatized youth; and the American Red Cross with trauma response.

Speaker Disclosures:

Financial: Dr. Jay Berk maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Jay Berk is a member of the American Psychological Association.

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.

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.pesi.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.

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Social Skills for Kids

Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication

Janine Halloran, LMHC

This rich resource includes reproducible, step-by-step plans for how to play, alternatives to each activity, and debriefing questions to reinforce learning.



Melt Anxiety and Relax Card Deck for Kids

44 Strategies Using Art, CBT and Mindfulness

Jennifer L. Abel, Ph.D. & Barbara Danin, LMFT

The Melt Anxiety & Relax Card Deck for Kids provides 44 fun, easy, and effective practices to help anxious and worried young minds. Using the best strategies from CBT, Mindfulness and Art Therapy, kids can learn how to regulate their thoughts and emotions, and find ways to express themselves in a healthy way. Best for ages 4-12.

BONUS! 12 tips and strategies for caregivers to help relieve anxiety and worry.

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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.

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

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Oklahoma Alcohol & Drug Counselors: PESI, Inc. is an Oklahoma Board of Licensed Alcohol and Drug Counselors approved provider #20190032. This activity consists of 6.25 clock hours of continuing education instruction.

Oklahoma Counselors: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

Oklahoma Marital & Family Therapists: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

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

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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.



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.

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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.



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ADA NEEDS

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

WALK-INS

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.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.

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Cannot be combined with other discounts.



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___ **Melt Anxiety and Relax Card Deck for Kids** \$17.99 (PUB086025)

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