## Outline

### **Behaviors that Make Us Crazy**

Tantrums Running out/away Noncompliance Nagging Refusing to work/help Yelling/screaming Bullying Panic/anxiety reactions Lack of follow through Not following directions

### Disorders

**Oppositional Defiant Disorder** ADHD Mood disorders Anxiety disorders Attachment issues/disorder, conduct disorder, autism spectrum disorders

### Assessment

The Functions of Behavior Fear-based (Fight, Flight, Freeze or Submit) Escape Attention Sensory Pain Control

### **Mental Health Disorder or Behavior** Problem The power of skilled observations

The interview Comparison to the group The FBA-Incredibly powerful assessment tool The art of choosing a diagnosis (if you have to at all!)

### **Limitations of the Research and Potential** Risks

### **Treatment Strategies Part I**

Proactive Behavior plans Motivational incentives Set the stage for success Remember the initial goal Appropriately address the functions of the behavior

Reactive Corrective measures It's like playing chess in a tornado

### **Treatment Strategies Part II** Specific Strategies for the Following

Behavioral Challenges: Tantrums Running out/away Noncompliance Nagging Refusing to work/help Yelling/screaming Bullying Panic/anxiety reactions Lack of follow through Not following directions

### **Treatment Strategies Part III** Specific Strategies for the Following

Disorders: ODD ADHD Mood disorders Anxiety disorders Working with unsafe behaviors

### **Treatment Strategies Part IV Special Populations & Circumstances**

Asperger's disorder Divorce, separation Abuse and neglect Parent misbehavior Foster care

### 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.

## **Objectives**

- 1. Utilize clinical strategies to reduce the frequency, duration and severity of behavioral episodes that challenge therapists, educators, professionals and parents.
- 2. Implement both proactive and reactive strategies for oppositional, defiant and disruptive behavior in children and youth
- 3. Discriminate between the clinical presentation of behavioral episodes and psychiatric symptoms to inform treatment.
- 4. Communicate how a skilled observation of behavior informs your treatment approach.
- 5. Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.
- 6. Effectively develop a behavior intervention plan and safety plan across all settings including home and school.

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# **OPPOSITIONAL, DEFIANT** & DISRUPTIVE CHILDREN **AND ADOLESCENTS**

Non-medication Approaches to the **Most Challenging Behaviors** 

**MEMPHIS, TN** 

**MEMPHIS, TN** Monday, December 2, 2019

**BRENTWOOD, TN** Tuesday, December 3, 2019

## **CHATTANOOGA, TN**

Wednesday, December 4, 2019

**PES** 

## **OPPOSITIONAL, DEFIANT & DISRUPTIVE CHILDREN AND ADOLESCENTS** Non-medication Approaches to the **Most Challenging Behaviors**

• Effective strategies for ODD, ADHD, anxiety, autism, attachment and mood disorders

 Strategies for tantrums, noncompliance, bullying and other challenging behaviors

• Take away specific, strategy-driven techniques

 Improve treatment with better assessment of the look-alike disorders

 Positive alternatives for your most challenging kids



## **BRENTWOOD, TN** Tuesday, December 3, 2019

## **CHATTANOOGA, TN**

Wednesday, December 4, 2019



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## **OPPOSITIONAL, DEFIANT** & **DISRUPTIVE CHILDREN** | Non-medication Approaches to the AND ADOLESCENTS | Most Challenging Behaviors

Children and adolescents with ODD, ADHD, Asperger's, anxiety, mood and disruptive disorders provide constant clinical and parenting challenges. Attend this seminar and learn new, effective non-medication strategies for your clients' most challenging behaviors including:

- Tantrums
- Refusing to work/help Yelling/screaming

Bullying

- Running out/away
- Noncompliance
- Nagging

- Lack of follow through
  - Not following directions

Panic/anxiety reactions

You will walk away with immediate strategies for out-of-control behaviors and techniques for emotional regulation along with long-term treatment strategies to help kids at home and school. Robert Marino is a clinical expert and has worked with the most challenging kids both in clinical and school settings. Through the use of case studies and action-oriented handouts, you will leave this seminar with solutions to turn your most challenging kids around.

## **Speaker**

**Robert J. Marino, M.S., NCSP, ABSNP,** is a nationally certified school psychologist with an advanced certificate in school neuropsychology. He has been working as a school Psychologist for over 30 years and has experience in the assessment and programming for children from infant through high school age. Robert specializes in cross battery assessment and the assessment of children with emotional regulation difficulties.

Robert divides his time between assessment and consultation with preschool programs and his role as school psychologist in an elementary school setting. He conducts assessments, consults with school staff and parents, and develops specialized programs for children with a broad range of identified needs. In 2002, Robert was given the "Outstanding School Psychologist" award by the Maryland School Psychologist Association, primarily for his extensive work with traumatized children in the Romanian orphanage system.

Robert developed the mentor program for new psychologists in one of the largest school districts in the nation, and has also supervised numerous interns from graduate programs throughout the country. Robert has served as an adjunct professor for the University of Missouri where he developed and instructed several units for graduate level coursework on "Learning and the Brain."

### Speaker Disclosures:

Financial: Robert Marino has an employment relationship with the Prince George's County Public Schools. He receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Marino has no relevant non-financial relationship to disclose.



This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP)

Visit adhdcert.com for the full certification requirements.



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Oppositional, Defiant & Disruptive Children and Adolescents: Non-Medication Approaches for the Most Challenging ODD Behaviors

### By Scott D. Walls, MA, LIPC, CCMHC

Written for therapists, educators, parents and caretakers, this workbook will give you the tools to reduce problematic behaviors and increase positive behaviors. Including exercises, assessments, guidelines and case studies this book is full of tools and strategies for noncompliance, nagging, yelling/screaming, bullying, panic/anxiety reactions, lack of follow through, and running away.

The Challenging Child Toolbox: 75 Mindfulness-Based Practices, Tools and Tips for Therapists

### By Mitch R Abblett, Ph.D.

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.

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Child Toolbox

75 Minchulness Based Practices Tools and Tips for Therapitts

Working with resistant, oppositional, emotionally dysregulated, and angry kids can be exhausting, frustrating and leave clinicians feeling burnt out. Dr. Mitch Abblett has created the remedy-with a new guide that will take you step-by-step through mindfulness-based principles, pointers and best practices to ease your work and dramatically improve the lives of kids and their families.

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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Board of the American Speech-Language-Hearing Association (ASHA) to provide in speech-language pathology

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GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

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