

Outline

Perspective-Taking and Meaning to Improve Behavior

The intersection of sensory, cognitive, affect and motor systems

The "Set-up": Child's expectation + delayed development = failure

Develop appropriate expectations: Pitfalls and strengths of developmental models

Strategies for triggering triggers: Reinforcing desired behavior

De-escalation strategies and precursors to problem-solving

Sensory Deficits

Interdependence between sensory processing and perception

Strategies to reduce sensory triggers

Desensitize strategies to reset the "panic switch"

Manage the environment to reduce sensory overload

Experience your own dysregulation to sensory challenges

Language/Learning Deficits

Incorporate language processing into our understanding of behavior

Your emotional response to their language challenges

Recognize, validate and problem-solve common language deficit triggers

Social Pragmatics insight and behavior

Suggestions for accommodations and modifications for the classroom

Executive Functioning Deficits

Effective supports to overcoming EF roadblocks

Problem-solving strategies to improve organization, working memory and meta-cognitive deficits

Environments that manage fidgeting, restlessness and inattention and provide positive social-emotional regulation

Experience how we might set kids up to fail without realizing it

Objectives

- 1. Communicate how sensory, language, and executive skills impairments create fight/flight/freeze and defensive responses that lead to children's dysregulation and related behavioral issues.
- 2. Select the appropriate intervention strategies to improve student skills including self-control, social success, emotional regulation and task completion.
- 3. Employ behavior modification techniques and problem-solving strategies to diffuse student's escalated and oppositional behavior.
- 4. Implement environmental strategies to accommodate children's processing deficits and emotional regulation needs.
- 5. Utilize problem-solving strategies to develop appropriate behavioral expectations and coping mechanisms for improved self-regulation skills in students.
- 6. Apply cognitive restructuring strategies to reduce frequency, severity and duration of children's behavioral and emotional outbursts.

Behavioral Strategies

Empower children to make positive choices and take responsibility for their behavior

Create realistic expectations through better understanding of the child's process

Successful "resetting" through behavior modification and skills coaching

Environmental structures and nurturing words that regulate

Reduce tantrums and emotional dysregulation through cognitive restructuring

Problem-Solving Strategies

Teach flexibility, tolerance and decision-making

End power struggles and the blame game

Improve child's acceptance and personal responsibility for behavior

Create realistic expectations

Use language as a self-regulation tool

Brain Training

Increase task completion, social success and emotional control

Music and rhythm

Cerebellum Stimulation Training

Brain Gym®

Yoga & mindfulness

Neurotherapy models

Limitations of research and potential risks

Neuro-Biological Considerations

Diet/food

Supplements/vitamins

Sensitivities/toxins

Movement and exercise to regulate the brain

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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Self-Regulation Interventions for Children & Adolescents

Reduce Frustration, Emotional Outbursts & Oppositional Behaviors

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Thursday, January 16, 2020

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Self-Regulation Interventions for Children & Adolescents

Reduce Frustration, Emotional Outbursts & Oppositional Behaviors

- Strategies to meet kids with ADHD, High-Functioning Autism, Learning disabilities or Sensory disorders "where they are at"
- Emotional and behavioral techniques to address the sensory, language and executive function processing deficits
- Brain training exercises that increase self-control, social success, emotional control and task completion

Self-Regulation Interventions for Children and Adolescents

Reduce Frustration, Emotional Outbursts & Oppositional Behaviors

This seminar will help you to better intervene with the challenging child—the one who won’t sit still; doesn’t follow directions; often throws tantrums; or has difficulty waiting for their turn. They may “hit first and ask questions later”. They react impulsively and have difficulty expressing what they need or what is frustrating them. We know this child is intelligent, caring and kind, but their behavior doesn’t reflect these positive qualities. These are the children who confuse and frustrate parents and who overwhelm teachers and peers. They struggle to meet basic expectations and are unable to succeed in school, with peers and at home.

Join clinical psychologist Dr. Ehlert and learn to effectively intervene with the emotional and behavioral dysregulation of children with High-Functioning Autism, ADHD, Learning Disabilities and Sensory Processing Disorders. Through hands-on activities and dynamic discussion, you will learn techniques, behavioral strategies, problem-solving strategies and brain training exercises to:

- Address the sensory, language and executive functioning processing deficits that trigger them
- Increase their self-control, social success, emotional control and task completion
- Teach flexibility, tolerance, thinking it through and decision-making
- Reduce the frequency and duration of their tantrums and emotional outbursts

Walk away with proven emotional, behavioral and processing strategies that lead to social and academic success!

Speaker
Laura Ehlert, Psy.D., is a child clinical psychologist who has worked with children and adolescents with severe emotional/behavioral issues for over 25 years. She maintains a private practice in Burnsville, Minnesota, where she specializes in working with clients who struggle with information and sensory processing deficits and associated emotional, behavioral and mental health issues. Over the years, Dr. Ehlert has worked with thousands of youth in a variety of settings including hospitals, residential treatment centers, partial hospital programs, school day treatment and outpatient mental health settings. She holds a doctorate degree in Clinical Psychology where her training focused on developmental issues of childhood, and child psychopathology issues. Professionals who have worked with Dr. Ehlert in the past have often commented that interventions she offers succeeded where others have failed.

Speaker Disclosures:
Financial: Laura Ehlert maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Laura Ehlert has no relevant non-financial relationship to disclose.

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



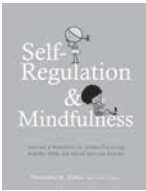
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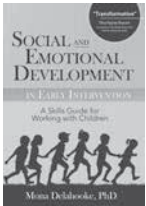
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Self-Regulation and Mindfulness

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.



Social and Emotional Development in Early Intervention

By Mona M. Delahooke, PhD

A groundbreaking resource for the field of early intervention. Illustrated with worksheets, charts and handouts, this reader-friendly book will provide valuable tools to nurture relationships, measure progress, reduce child stress, address challenging behaviors and promote self-regulation.

Target Audience

Counselors • Social Workers • Psychologists
Psychotherapists • Psychiatrists • Therapists
Marriage and Family Therapists • Speech-Language Pathologists
Teachers • School Guidance Counselors • Case Managers
Nurses • School Administrators • Educational Paraprofessionals
Occupational Therapists and Occupational Therapy Assistants
Other Helping Professionals who Work with Children

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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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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.

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PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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- **\$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.
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