

OUTLINE

How Self-Regulation Affects a Child's Physical, Mental and Emotional Wellbeing

Overlay of systems
Overlap with sensory processing disorder, ADHD, autism, giftedness, anxiety and related conditions

Sensory Processing Disorder (SPD)

Vestibular, proprioceptive, and sensory modulation characteristics
What can go wrong
Making it right: case studies and videos
The big therapies: Interactive Metronome® (IM), brushing, sensory diets, MeMoves™, and more!

Create a Sensory Lifestyle

Strategies for over-responsivity, under-responsivity, cravings
Develop sensory boxes, sensory schedules and spaces
Bedtime tips and strategies

ADHD Strategies

Parker's guidelines for giving meds
Greenspan's strategies for avoiding meds
Cognitive strategies, attention strategies and mindfulness meditation

Self-Management Strategies

As a powerful behavior program for ADHD
Address challenging behaviors and habits through sensory-based activities
Mindfulness and meditation techniques

Utilize Video

Role play and video modeling
Teach functional skills
Catch child "being good"
Art and music activities for emotions

iPad® Apps

Visual schedules
Social stories
Visual timers

Autism Strategies

Layers of autism
Working with emotions
Communication strategies that provide control
Match-and-repeat technique for social engagement
Deal with picky eating and poor sleep habits
Behavioral strategies for eliminating difficult behavior

Strategies for First-Person Stories

What, why and how
Case studies of why we see certain behaviors
Case study example reflecting successful intervention

Making Transitions Uneventful

Strategies for smooth transitions
Using objects to assist in transitions
Environmental strategies

Calming Strategies

Music, Me-Moves™
Deep pressure
Ease™

Other Approaches

Music therapy
Alternative therapy
Qi massage

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. Differentiate between symptoms of sensory modulation disorder, ADHD and autism to determine appropriate self-regulation interventions.
2. Modify clinical treatments for Sensory Processing Disorder (SPD) to be utilized in school or home settings.
3. Design a sensory lifestyle program using readily-found items to improve self-regulation skills in your young clients.
4. Incorporate elements of first-person stories and transitional activities into your SPD intervention plan.
5. Recommend cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity.
6. Implement role plays and video modeling interventions to target appropriate self-management skills.
7. Utilize communication strategies that provide emotional control for children with ASD.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. 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 self-study package on the subject (CE credits 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.



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Self-Regulation in Children

Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

BOTHELL, WA
Wednesday, February 19, 2020

SEA TAC, WA
Thursday, February 20, 2020

TACOMA, WA
Friday, February 21, 2020

REGISTER NOW:
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Self-Regulation in Children

Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

- Role play and video modeling techniques to target appropriate self-management skills
- Communication strategies that provide emotional control for children with ASD
- Cognitive strategies to address symptoms of ADHD, including hyperactivity and impulsivity
- First-person stories and transitional activities for SPD intervention

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Children with Sensory Processing Disorders, ADHD or autism have much in common. They are challenged with physical problems that affect their ability to focus and can also cause them to be emotionally reactive. Children who have trouble self-regulating throughout the day are missing out on typical childhood experiences in school, on the playground and with their families. They have difficulty making and keeping friends.

This workshop looks at the underlying factors of poor self-regulation and how they affect the child. The course emphasizes practical interventions! You will walk away with effective strategies for creating simple but effective programs in clinical, school and home settings:

- Sensory therapy techniques
- Simple self-management and video modeling programs
- Sensory lifestyle programs
- First-person stories
- Energy regulation techniques
- Communication methods
- Transition strategies
- Behavioral strategies

Clinical programs such as Interactive Metronome® (IM), brushing, sensory diets, and MeMoves™ will be discussed, as will timely topics such as medication vs. non-medication for ADHD and new insights from research into biomedical aspects of autism. You will receive written handouts and a list of resources. Don't miss this opportunity - register today!

SPEAKER

Maria Slavin, MS, OTR/L, has over 15 years of experience as an occupational therapist providing social skills therapy and individual sensory processing/fine motor therapy to children and adults with behavioral health diagnoses such as autism, ADHD and anxiety disorders. She spent the last 8 years specializing in social skills and self-regulation. Ms. Slavin has worked with children and families across a variety of OT settings including early intervention, hospital, school and private practice. She is the founder and president of In-Sync and Social, LLC, an occupational therapy-based social skills program for children and adults with behavioral health diagnoses who often exhibit sensory systems that are imbalanced or not 'in-sync'.

Ms. Slavin presents nationally to a wide range of audiences including special education attorneys, teachers, parents and occupational therapy students on various OT related topics. She served on multi-disciplinary diagnostic and IEP teams and is an adjunct instructor at University of the Sciences in Philadelphia. Ms. Slavin served as the director of COLLAGE Occupational Therapy Programs, a well-respected social skills program in the Philadelphia area. During her time with COLLAGE, Ms. Slavin formed partnerships with well-known organizations such as the YMCA and Please Touch Museum to make social skills therapy more accessible to the community.

In 2013 her private practice was voted best services for kids with special needs by Main Line Parent magazine which has a large audience in and around the suburbs of Philadelphia and the Main Line. In-Sync and Social continues to expand with great success and in addition to outpatient services is an OT provider and consultant to public and private schools. Ms. Slavin is involved in ongoing research on self-regulation and social skills in conjunction with University of the Sciences in Philadelphia.

Speaker Disclosures:

Financial: Maria Slavin is the founder and president of In-Sync and Social, LLC. She receives a speaking honorarium from PESI, Inc.
Non-financial: Maria Slavin has no relevant non-financial relationship to disclose.

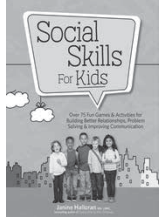
Target Audience: Occupational Therapists • Occupational Therapy Assistants • Educators
Speech-Language Pathologists • Counselors • Psychologists • Social Workers
Marriage & Family Therapists • Physical Therapists • Physical Therapist Assistants

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** or call **(715) 855-5253**.

Self-Regulation in Children

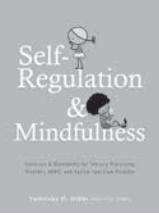
Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders

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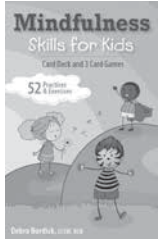
Social Skills for Kids
Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication

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.



Self-Regulation and Mindfulness
By Varleisha Gibbs, PhD, OTD, OTR/L
Nationally known OT, Dr. Varleisha Gibbs, OTD, OTR/L, has created a ground-breaking 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.



Mindfulness Skills for Kids
By Debra Burdick, LCSW, BCN
52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice a mindfulness skill each time they win a hand. Great for therapists, teachers and parents. Perfect for ages 4 and up.



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.**

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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" 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.

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.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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

Washington Educators & Administrators: A request for Clock Hours has been submitted to Puget Sound ESD for the seminar on 02/19/2020 in Bothell, WA, 02/20/2020 in Sea Tac, WA, and 02/21/2020 in Tacoma, WA. Those seeking Clock Hours must follow sign-in and reporting requirements (instructions provided at the seminar).

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.

Washington Marriage & Family Therapists: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

Psychologists: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. 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.

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

ASHA CONTINUING EDUCATION

AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

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.

Washington Social Workers: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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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REGISTRATION FORM

SELF-REGULATION IN CHILDREN: KEEPING THE BODY, MIND & EMOTIONS ON TASK IN CHILDREN WITH AUTISM, ADHD OR SENSORY DISORDERS

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Select Location

(make copy for your records)

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Country Inn and Suites
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☐ **SEA TAC, WA • February 20, 2020** (77564SET)
Hilton Seattle Airport & Conference Center
17620 International Blvd • 98188 • (206) 277-7582

☐ **TACOMA, WA • February 21, 2020** (77564TAC)
Greater Tacoma Convention Center
1500 Commerce St • 98402 • (253) 830-6601

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Select Tuition

TUITION including 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 — Save on Shipping! — Products Distributed at Seminar

- ☐ **\$24.99* Social Skills for Kids** book (PUB085490)
- ☐ **\$26.99* Self-Regulation and Mindfulness** book (PUB085000)
- ☐ **\$16.99* Mindfulness Skills for Kids** card deck & games (PUB085285)

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

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Select Payment Method

All registrations must be prepaid.

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ADA NEEDS
We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION
Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS
Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar *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, first come, first serve.
- **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.pesi.com/students for details.

QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER
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Online: pesi.com/express/77564

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