

OUTLINE

ADHD and Executive Function Updates

- Notable changes in the new DSM-5®
- Relationship between ADHD and executive function
- Impact of ADHD beyond impulsivity, inattentiveness and hyperactivity
- Connection between executive function skills and academic performance – grades alone are not a measure for services

Strategies to Improve Attention, Organization, Time Management and Memory

- Graphic organizer and free websites to facilitate effective outlining and organizing
- Effective timers, paper organizers, and homework management systems
- Verbal and Visual prompts
- Keys to incorporate movement, fidgets, and mindfulness techniques

Target Audience:

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

Strategies to Reduce Disruptive Behaviors, Stress & Anxiety

- Identify the lagging skills
- How to structure the environment
- Breathing techniques
- Create a safe atmosphere to experiment, explore and self-advocate
- Teach children to take a more active role facing their challenges

Techniques to Strengthen Emotional/Self-Regulation in School and at Home

- Improve problem solving and advocacy skills by increasing self-awareness and self-talk
- Pomodoro Time Management Technique for concentration and tenacity
- Environmental modifications to harness innate strengths
- Emotional reactions to medications

Guarantee Your satisfaction is our goal — and our guarantee! If you are not satisfied with this seminar, we'll make it right.

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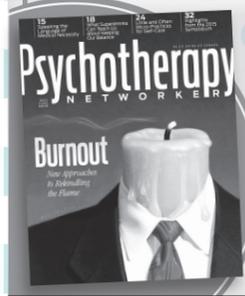
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Executive Functions and ADHD in Children & Adolescents

Proven Techniques to Increase Learning and Manage Attention

PARSIPPANY, NJ
Monday, March 14, 2016

SOUTH PLAINFIELD, NJ
Tuesday, March 15, 2016

EATONTOWN, NJ
Wednesday, March 16, 2016

www.pesi.com

Executive Functions and ADHD in Children & Adolescents

Proven Techniques to Increase Learning and Manage Attention

Practical Strategies to Enhance Success for:

- Working memory
- Attention
- Organization
- Problem solving
- Conflict resolution
- Homework and testing
- Techniques to reduce stress, anxiety and problem behaviors
- Decrease time spent redirecting, refocusing, and re-teaching inattentive distracted students
- Effective collaboration with parents and paraprofessionals without excessive time commitment

"Awesome! Knowledgeable! Engaging!"
—Maria,
School Counselor, NJ

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MEDS PDN

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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

MEDS PDN

Have a seminar idea? A manuscript to publish?
 The nation's top speakers and authors contact MEDS-PDN first.
 If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.

Executive Functions and ADHD in Children & Adolescents

Proven Techniques to Increase Learning and Manage Attention

Do you need some new strategies to get kids to pay attention and learn more effectively? Are you struggling with kids who can't get started, stay involved, or complete their work? This seminar teaches techniques and tools for children who struggle to focus, cooperate, and perform to their potential.

- Teach kids a targeted ten-minute lesson on how their brain works to help them focus, reduce stress, and learn more effectively.
- Take advantage of the latest brain research and evidence-based best practices to get kids motivated, focused, organized, and perform closer to their true potential.

Cindy will help you design subtle changes in the environment to improve time management, working memory, motivation and emotional regulation that will benefit all children, not only those with ADHD. Walk away with new ideas, valuable handouts and important resources for teachers, parents, and students to manage homework, home/school communication, study-skills, behavior and more.

OBJECTIVES

1. Identify how executive functioning deficits are impacting students' ability to successfully utilize classroom learning and perform well on curriculum objectives.
2. List enhanced strategies for engaging and maintaining students' attention and active participation.
3. Apply subtle changes in classroom structure and environment to improve time management, organizational skills and study skills that will benefit all children, not only those with ADHD.
4. Show how to reduce students' stress levels so they can perform better and meet greater expectations.
5. Describe how participating in experiential exercises shows how adjustments in your approach can positively impact student learning outcomes.
6. Identify pre-arranged strategies to aid slower processors and distracted students.

"Enjoyed graphics, videos and "hands-on" activities — interactive."

—Cindy, SLP, NJ

SPEAKER

Cindy Goldrich, M.Ed., ACAC, is a Mental Health Counselor, Certified ADHD Coach and Teacher Trainer who works nationwide with parents, teachers, and related services professionals for the education, treatment and support of children with ADHD and Executive Function Deficits. She is the creator and lead facilitator of the workshops *Calm and Connected: Parenting Children with ADHD* and *Managing Homework for Kids with ADHD*. Both workshops are designed to teach parents and caregivers how to manage and support their children's unique needs successfully.

Serving the education industry, Cindy conducts training workshops nationally addressing how ADHD and Executive Function Deficits impact children and how to help boost behavior and performance in school and at home. She is the co-founder and president of the Long Island Professionals ADHD Consortium and is on the Executive Board of Nassau CHADD.

Cindy is the author of *8 Keys for Parenting Children with ADHD*, a regular blogger on the PTS Coaching blog, and a content contributor who has been published on a wide range of industry sites. She is also a frequent public speaker for community groups and school organizations. Cindy received her Master's in Education in Counseling Psychology from Columbia University, Teachers College and her ADHD Coach Certification from the Institute for the Advancement of AD/HD Coaching. She is a certified mentor for Think: Kids, formally The Collaborative Problem Solving (CPS) Institute, dedicated to understanding and helping challenging children and adolescents.

Speaker Disclosures:

Financial: Cindy Goldrich maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-Financial: Cindy Goldrich is a contributing author to The ADHD Awareness Book Project: 365 Ways to Succeed with ADHD. She is the Co-Founder of the Long Island ADHD Professional Consortium.

SAVE BY INCLUDING THESE BOOKS WITH SEMINAR REGISTRATION!



8 Keys to Parenting Children with ADHD

By Cindy Goldrich, M.Ed, ACAC - **Your Presenter**

Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable.

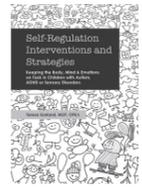


The Whole-Brain Child Workbook:

Practical Exercises, Worksheets and Activities to Nurture Developing Minds

By Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

The *Whole Brain Child Workbook* has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts. Including dozens of clear, practical and age specific exercises and activities to assist in brain development. Applications for clinicians, parents, educators, grandparents and care givers to raise calmer, happy children.



Self-Regulation Interventions and Strategies:

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

By Teresa Garland, MOT, OTR/L

Self-Regulation Interventions and Strategies features more than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to understand the issues our children face.

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.

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.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register at least 10 days prior to the seminar date and who complete the full day. Partial certificates of completion (if your board allows), and for those who register within 10 days before the event, will receive their certificate of completion within 30 days following the event. 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.

Information obtained in this course should be used within your scope of practice. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, MEDS-PDN, Psychotherapy Networker, HealthEd and Ed4Nurses.

COUNSELORS: This 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.

NEW JERSEY COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Board of Marriage and Family Examiners-Professional Counselors Examiners Committee recognizes courses and providers that are approved by the APA or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW JERSEY SOCIAL WORKERS: This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #10 Course #203 from 01/20/15 to 01/20/2017. Social Workers will receive number and type of credit(s): Clinical Social Work Practice 6.25

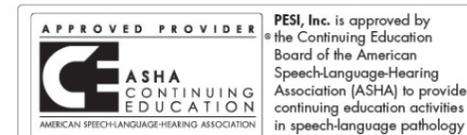
ASWB NJ Continuing Education Course Approval Program for the New Jersey Board of Social Work Examiners.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. 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.

MARRIAGE AND 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.

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

NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL: 6.0 Actual Professional Development Hours. MEDS-PDN, powered by PESI, Inc., is a registered New Jersey Professional Development Provider with the NJ Dept of Education.



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).

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.25 contact hours or 6.25 CEUs. 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.

OTHER PROFESSIONS: This seminar qualifies for 6.25 continuing education clock hours 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.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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3 Check tuition:

Tuition with seminar manual

\$199.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$219.99 standard

\$19.95* *8 Keys to Parenting Children with ADHD* book (distributed at seminar—FREE SHIPPING!)

\$24.99* *The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds* (distributed at seminar—FREE SHIPPING!)

\$26.99* *Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders* book (distributed at seminar—FREE SHIPPING!)

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

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Executive Functions and ADHD in Children & Adolescents

— Seminar on DVD* (video) \$169.99 (RNV061995)

— Seminar on CD* (audio) \$139.99 (RNA061995)

— *8 Keys to Parenting Children with ADHD* book* \$19.95 (PUB084005)

— *The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds** \$24.99 (PUB083550)

— *Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders* book* \$26.99 (PUB082195)

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