

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.

Bring any training topic in-house!

Convenient • Cost-Effective • Customizable

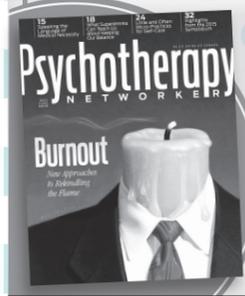
www.pesi.com/inhouse

Psychotherapy NETWORKER

The Leading Magazine for Psychotherapists

SAVE 30%

One Year Subscription
Only \$12.99!



Two Formats
PRINT & DIGITAL
One Low Price!

Subscribe Today

go.pesi.com/netmag



Earn CE where you work! Bring this training & many others to your facility!
www.pesi.com/inhouse

43000

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Executive Functions and ADHD in Children & Adolescents

Proven Techniques to Increase Learning and Manage Attention

CHEYENNE, WY
Monday, April 18, 2016

DENVER, CO
Tuesday, April 19, 2016

COLORADO SPRINGS, CO
Wednesday, April 20, 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

CHEYENNE, WY
Monday, April 18, 2016

DENVER, CO
Tuesday, April 19, 2016

COLORADO SPRINGS, CO
Wednesday, April 20, 2016

MEDS PDN

www.pesi.com

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 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 to use with 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 impact 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.

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.

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.

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).

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

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 .625 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.

COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours. Please bring your NASWCO License Number to the seminar. Your hours cannot be reported without this number.

NEBRASKA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Nebraska Department of Health and Human Services recognizes courses and providers that are approved by the APA. 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.

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.

How to Register:

EXECUTIVE FUNCTIONS AND ADHD IN CHILDREN & ADOLESCENTS:
PROVEN TECHNIQUES TO INCREASE LEARNING AND MANAGE ATTENTION

ONLINE

www.pesi.com

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

CHEYENNE, WY
April 18, 2016 43000CHY
Radisson
204 W Fox Farm Rd • 82007
(307) 638-4466

DENVER, CO
April 19, 2016 43000DEN
Embassy Suites Denver
4444 North Havana Street • 80239
(303) 375-0400

COLORADO SPRINGS, CO
April 20, 2016 43000CSP
Colorado Springs Marriott
5580 Tech Center • 80919
(719) 260-1800

PLEASE RETURN ENTIRE REGISTRATION FORM

FOR OFFICE USE ONLY
MS
Fed ID # 26-3896894 © 2015 PESI, Inc.

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:

\$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.
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 or call 800-844-8260 for details.

Groups of 5 or more: Call 800-844-8260 for discounts.

ADA needs:

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

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 (distributed at seminar—FREE SHIPPING!)

\$26.99* Self-Regulation Interventions and Strategies book (distributed at seminar—FREE SHIPPING!)

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

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to PESI, Inc.

MC VISA AE Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Executive Functions and ADHD in Children & Adolescents

___ Seminar on DVD* (video) \$199.99 (RNV061995)

___ Seminar on CD* (audio) \$169.99 (RNA061995)

___ **8 Keys to Parenting Children with ADHD** book*
\$19.95 (SAM084005)

___ **The Whole-Brain Child Workbook*** \$24.99 (PUB083550)

___ **Self-Regulation Interventions and Strategies** book*
\$26.99 (PUB082195)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____