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

- DSM-5® updates for autism and sensory modulation
- Build and enhance self-regulation in any setting
- Come away with:
  - Sensory therapy techniques
  - Self-management and video modeling programs
  - Sensory lifestyle
  - First person stories
  - Energy regulation techniques

OUTLINE
How Self-Regulation Affects a Child’s Physical, Mental and Emotional Wellbeing
   - Overlay of systems
   - Overlap with sensory modulation disorder, ADHD, autism, giftedness, anxiety and related conditions

Sensory Processing Disorder (SPD)
   - Vestibular, proprioceptive, and sensory modulation characteristics
   - Strategies for home and school
   - Making it right: case studies and videos

ADHD Strategies
   - Parker’s guidelines for giving meds
   - Greenspan’s strategies for avoiding meds
   - Cognitive strategies, attention strategies and mindfulness meditation

Self-Management
   - A powerful behavior program for ADHD
   - Case study on breaking “stimming” habits

Utilizing Video
   - Role play & video modeling
   - Teaching functional skills
   - Catching child “being good”
   - Working with Emotions
   - Art and music
   - Emotional Freedom Technique (EFT)
   - Polyvagal Theory and autism

Autism Strategies
   - Communication strategies that provide control
   - Match-and-repeat technique for social engagement
   - Dealing with picky eating and poor sleep habits
   - Behavioral strategies for eliminating difficult behavior

First Person Stories & Strategies for Smooth Transitions
   - Discuss social interactions
   - Describe relevant social cues and behaviors
   - Examples of transitional activities

Other Approaches
   - Alternative therapy
   - Qi massage

Calming Strategies
   - Music, Me-Moves™
   - Deep pressure, Ease™

OBJECTIVES
1. Summarize characteristics of sensory modulation disorder, ADHD and autism and how they overlap.
2. Illustrate specific treatments for SPD that can be duplicated at school or home.
3. Describe the ingredients of a sensory lifestyle.
4. Tell examples of elements of successful first person stories and transitional activities.
5. Describe ADHD interventions to be used with or without meds.
6. Apply a simple self-management and video modeling program.
7. Describe how clinic-based therapies can reduce symptoms of SPD and ADHD.

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.

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Monday, January 23, 2017
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Classroom Strategies for Children with ADHD, Autism & Sensory Processing Disorders

By Karen Hyché, OTR/L - your speaker and Katie S. Apel, OTR/L, Dr. Karen Hyché specializes in sensory processing disorders, autism, and learning disabilities. Her experience in the field is extensive, and her insights are valuable for practitioners working with children who have these conditions.

**Self-Regulation and Interventions Strategies:** Keeping the Body, Mind & Emotions on Task with Children with Autism, ADHD or Sensory Disorders

By Teresa Garland, MOT, OTR/L

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

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