

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. Choose 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 & Webinar Schedule

(Time listed in Pacific)

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

Irvine, CA

Wednesday, December 7, 2022

Ontario, CA

Thursday, December 8, 2022

Pasadena, CA

Friday, December 9, 2022

Live Interactive Webinar

Friday, December 9, 2022



We Are Back! Join In Person or Online!

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

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Self-Regulation Interventions for Children & 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

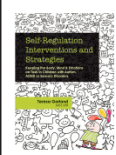
Walk away with proven emotional, behavioral and processing strategies that lead to social and academic success!

Target Audience:

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

Recommended Reading:

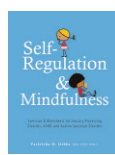
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Varleisha Gibbs, PHD, OTD, OTR/L

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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 Cathey** at ccathey@pesi.com or call **715-855-5253**.

Meet Your Speaker

Laura Ehlert, PsyD, 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 Disclosure:

Financial: Laura Ehlert maintains a private practice. She receives a speaking honorarium from PESI, Inc. Laura has no relevant financial relationships with ineligible organizations.

Non-financial: Laura Ehlert has no relevant non-financial relationship to disclose.



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Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

Educators/Teachers: This activity qualifies for 380 minutes of instructional content as required by many national and state 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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California Marriage & Family Therapists: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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California Nurses: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 17118 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of professional development. Approved provider# 3322. This Live activity is offered at .60 CEUs Intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Psychologists & Physicians:

Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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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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Speech-Language Pathologists:



Intermediate Level
 .6 ASHA CEUs

** Please note that Speech-Language Pathologists and/or Audiologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

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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, 2020 - January 27, 2023. Social Workers completing this live course receive 6.25 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

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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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Self-Regulation Interventions for Children & Adolescents

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\$26.99 \$19.99** *Self-Regulation and Mindfulness* book [PUB085000]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

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

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