

Outline

Executive Functions (EF) Overview

The neuropsychology of Executive Functions  
Levels, domains of functioning, arenas of involvement  
A closer look at the self-regulation level:  
7 clusters encompassing 33 functions  
EF development over time  
EFs, DSM 5® diagnoses, educational classifications

Develop an Intervention Plan: Assessment of EF Strengths and Weaknesses

A multidimensional model to guide assessment  
Norm referenced tests, rating scales and diagnostic interviewing  
Assessing the impact of EF difficulties on academic learning and production  
Learning difficulties versus producing difficulties  
EF-driven Functional Behavior Assessment

Strategies for EF Development and EF Difficulties

Create an environment for positive change  
Develop and use growth mindsets  
The EF intervention continuum  
Orienting strategies that focus on goals and outcomes  
External strategies for modifying behavior: Cueing, prompting and thinking aloud  
Bridging strategies from externally controlled to internally self-regulated  
Internally self-regulated strategies: Strengthen independent functioning

Evidence-based Programs and Resources to Foster Growth

Develop EFs in pre-school and kindergarten  
Problem-solving models and programs  
Cognitive strategy instruction and cognitive behavior therapy  
Technology-based approaches  
Mindfulness techniques and EF growth

Limitations of the Research and Potential Risks

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.

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

Objectives

1. Analyze a comprehensive neuropsychological model of executive functions as it relates to clinical treatment.
2. Communicate how executive function difficulties are manifested in individuals diagnosed with various psychological disorders and/or enrolled in special education programs as it pertains to assessment and treatment planning.
3. Apply effective assessment techniques based on a multidimensional framework to determine executive function strengths and weaknesses and to target specific intervention needs.
4. Recommend strategies that are appropriate for fostering executive function development and/or for intervening when executive function difficulties are identified.
5. Implement strategies that bridge the gap between “external control” and “internal self-regulation”.
6. Summarize how mindfulness, CBT and other evidence-based programs that foster executive function development and/or remediate difficulties.

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with George McCloskey, Ph.D.:  
Strategies for Children, Adolescents and Adults

TIMONIUM, MD  
Monday, November 12, 2018

ELLICOTT CITY, MD  
Thursday, November 15, 2018

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Friday, November 16, 2018

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Effective Interventions for Children, Adolescents and Adults

- Profile your client’s EF strengths and weaknesses to target specific interventions
- Promote EF development – strategies for directing, cueing, prompting
- Transition strategies from being externally prompted to internally regulated
- Tailor interventions that can be used individually or with large groups/classrooms
- Teach your clients to be more independent

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# IMPROVING EXECUTIVE FUNCTIONS

Join international expert and author, George McCloskey, Ph.D., for this strategy filled day!

Dr. McCloskey has over 35 years of experience as a psychologist, and has spent over 20 years researching executive functions (EF), working with leaders in the field, and assessing and treating children, adolescents and adults with executive function difficulties.

Drawing on Dr. McCloskey's clinical expertise and experience, you will develop the skills you need to better assess, grow and improve executive functioning in your clients. Effectively teach your client the skills to:

- Get organized
- Resist impulses
- Stay focused
- Use time wisely
- Plan ahead
- Manage emotions
- Persist with tasks
- Improve memory

With captivating descriptive examples, engaging case illustrations, and effective strategies you can immediately implement, you can help your client change their brain and behavior!

## Speaker



**George McCloskey, Ph.D.,** has amassed 35 years of experience in test development, teaching, research and assessment and intervention work with a wide range of clients. Based on the past 20 years of his research and experience working specifically with children, adolescents and adults exhibiting executive function difficulties, Dr. McCloskey has developed a comprehensive model of executive functions that can be used to assess executive function strengths and difficulties and guide efforts to foster growth and intervene with difficulties. He consults with a number of school districts and private schools nationwide on issues related to improving students' self-regulation capacities in the classroom, behavior management, assessment and intervention for executive functions difficulties related to academic and behavior problems.

Dr. McCloskey is a professor and director of School Psychology Research in the Psychology Department of the Philadelphia College of Osteopathic Medicine and holds Diplomate status with the American Academy of Pediatric Neuropsychology. He frequently presents at international, national, regional and state meetings on cognitive and neuropsychological assessment and intervention topics.

Dr. McCloskey is the lead author of the books *Assessment and Intervention for Executive Function Difficulties* and *Essentials of Executive Functions Assessment* and his most recent writing on interventions for executive function and executive skills difficulties appears in Chapter 10 of the book *Essentials of Planning, Selecting, and Tailoring Interventions for Unique Learners*. He also is the author of the *McCloskey Executive Functions Scales* (MEFS) that are currently in standardization with Schoolhouse Press.

Speaker Disclosures:

Financial: George McCloskey has an employment relationship with the Philadelphia College of Osteopathic Medicine. He receives royalties as an author for Taylor & Francis, Wiley & Sons, and Schoolhouse Press. Dr. McCloskey receives a speaking honorarium from PESI, Inc.

Non-financial: George McCloskey has no relevant non-financial relationship to disclose.



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## Assessment and Intervention for Executive Function Difficulties

By George McCloskey — Your Presenter!

McCloskey, Perkins, and Diviner provide a unique blend of theory, research, and practice that offers clinicians an overarching framework for the concept of executive functions (EFs) in educational settings. The conceptual model of executive functions is detailed, including their role in behavior, learning, and production across all settings. The heart of the book focus on the practical issues involved in the use of assessment tools, tests, report writing, and the implementation and follow-up of targeted interventions using the EF model.



## Essentials of Executive Functions Assessment

By George McCloskey — Your Presenter!

Executive Function describes a set of mental processes that helps us connect past experience with present action, which is important for successful adaptation and performance in real-life situations. Written by a respected expert and presenter on executive functioning, Essentials of Executive Function Assessment equips mental health practitioners (school, clinical, developmental/pediatric, neuropsychologists, educational diagnosticians, and educational therapists) with all the information they need to administer, score, and interpret assessment instruments that test for executive function deficits associated with a number of psychiatric and developmental disorders.

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**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.

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