

## Outline

### Functions of a Meltdown

Tantrum vs. meltdown  
Stages of a meltdown  
Sensory issues vs. behavior issues  
Meltdown intervention video

### Sensory Strategies

Easy-to-use sensory tools and apps to calm  
Overstimulation and sensory breakdowns  
Therapy session and classroom structure for optimal learning

### Executive Functioning Strategies

Visual cues, music and software designed to increase attention and focus  
High interest areas to strengthen motivation and engagement  
Visual reminders for routines and predictability  
Visual structures to promote organization

### Self-Regulation Strategies

Video modeling, t-charts, social stories, social scripts, emotions charts to develop self-control  
Tools that promote self-monitoring of behavior  
Power cards and visual checklists as powerful incentives to change behavior

### Social/Emotional Communication Strategies

Social scripts and social stories to develop social interaction  
Video modeling and role playing to demonstrate appropriate interactions  
First person stories for positive behavior changes and affirmations

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

### Explosive Behavior Strategies

Recognize the warning signs of a meltdown in order to prevent it  
Surprise cards, change of schedule cues and transition markers to alleviate anxiety

Visual cues to depict expected behavior  
Converting the verbal to a visual

### Techniques for After the Meltdown

Strategies for instructional consequences  
Chart appropriate/inappropriate behaviors

Activities for reviewing behaviors when calm

Cartooning to facilitate feedback  
Strategies for providing systematic feedback

Reinforcement for communication strategies

Identify feelings and review behavior

### Hands-on Activities

Demonstration video of child having a meltdown  
Appropriate and meaningful replacement behaviors for physical aggression  
Instructional consequences for a meltdown

## Objectives

1. Discriminate functions of behavior during a tantrum vs. meltdown.
2. Illustrate the connections and breakdowns between communication, social skills and behaviors.
3. Employ a breathe card and emotions chart to develop self-control and self-management skills.
4. Design optimal therapy/classroom structure to prevent overstimulation and sensory breakdowns.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

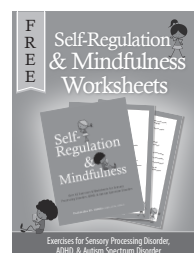
**11:50-1:00** Lunch (*on your own*)

**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.

## FREE Worksheets

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# AUTISM

## De-Escalate Meltdowns and Diffuse Explosive Behaviors in Children and Adolescents

### TINTON FALLS, NJ

Wednesday, December 11, 2019

### EDISON, NJ

Thursday, December 12, 2019

### PARSIPPANY, NJ

Friday, December 13, 2019



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# AUTISM

## De-Escalate Meltdowns and Diffuse Explosive Behaviors in Children and Adolescents

- Breathe card and emotions chart to develop self-control and self-management skills
- Surprise cards, change of schedule cues and transition markers to alleviate anxiety
- Video modeling and role playing to improve social/emotional communication
- First person stories and visual cues to promote positive behavior



A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979

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Do you work with children and adolescents with autism who exhibit explosive behaviors that interfere with their ability to effectively and efficiently navigate their environment? They appear willful, obnoxious, over reactive, and unfeeling. They lose control of their ability to cope or regulate their behavior, which can send them spiraling into a gut wrenching meltdown.

Join autism expert Joe'l Farrar, M.Ed., CCC-SLP, BCBA, and learn proven strategies and techniques to help children and adolescence with autism **de-escalate before a full blown meltdown ensues, develop self-control and self-management skills to prevent future meltdowns** and **learn appropriate/replacement behaviors**. Dozens of strategies will be taught through dynamic video case examples and demonstrations. "Teach them in the way they learn" will be a mantra throughout the seminar.

**Walk away with these interventions and more:**

- Breathe card and emotions chart to develop self-control and self-management skills
- Surprise cards, change of schedule cues and transition markers to alleviate anxiety
- Video modeling and role playing to improve social/emotional communication
- First person stories and visual cues to promote positive behavior
- Visual cues, music and software designed to increase attention and focus
- Social stories, social scripts and emotions charts to develop self-regulation
- SOCCSS, keychain rules and t-charts to target challenging behaviors

## Speaker

**Joe'l Farrar, M.Ed., CCC-SLP, BCBA**, is an American Speech-Language-Hearing Association Certified Speech Language Pathologist, Board Certified Behavior Analyst, and certified special education teacher. She has specialized training from the Institute of Special Education Advocacy at the College of William and Mary School of Law. Ms. Farrar has worked with children and adults with developmental disabilities for over 20 years. During the past 10 years, she has focused her combined knowledge of speech and language disorders and behavioral deficits on providing support and direct services to individuals with autism, FASD and adults with developmental disabilities specifically addressing behaviors related to these diagnoses. Ms. Farrar has worked in a variety of settings including hospitals, intermediate care facilities, group homes, Community Integrated Living Arrangements (CILA's) home-based programs, and outpatient clinics. In these settings, she has worked with and developed transdisciplinary teams and collaboration with other professions which include occupational therapists, physical therapists, teachers, and psychologists. Ms. Farrar has developed curriculum for training staff and families in supporting individuals with significant behavioral needs related to their disabilities. She has presented trainings at American Speech-Language-Hearing Association national conference, Minnesota Fetal Alcohol Syndrome Association (MOFAS) conference, State level developmental disabilities conferences, and Oklahoma Speech Language Hearing Association conference. Ms. Farrar developed training for military families and providers to support individuals with developmental disabilities and advocates for individuals and their families with schools and support agencies.

**Speaker Disclosures:**

Financial: Joe'L Farrar has an employment relationship with Visions, LLC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Joe'L Farrar has no relevant non-financial relationships to disclose.

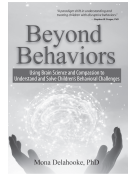
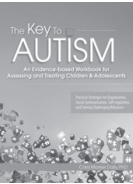
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# AUTISM

## De-Escalate Meltdowns and Diffuse Explosive Behaviors in Children and Adolescents



**\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**

### *The Key to Autism*

*An Evidence-based Workbook for Assessing and Treating Children & Adolescents*

By Cara Marker Daily, PhD

*The Key to Autism* is an invaluable and comprehensive resource for any professional assessing and treating autism in children and adolescents. Filled with dozens of case examples, exercises to understand how the brain with autism works, the latest tools for screening and assessment, and "how-to" sections for applied behavior analysis (ABA), this workbook is the key to understanding the minds of children and adolescents with autism.

### *Beyond Behaviors*

*Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*

By Mona M Delahooke, Ph.D.

In *Beyond Behaviors*, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety. Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

## TARGET AUDIENCE

Speech-Language Pathologists & Speech-Language Pathology Assistants • Occupational Therapists & Occupational Therapy Assistants • Special & General Educators • School Guidance Counselors • School Administrators • Educational Paraprofessionals • Counselors • Social Workers • Psychologists  
School Psychologists • Marriage and Family Therapists • Physical Therapists & Physical Therapist Assistants • Other Helping Professionals that Work with Children

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. 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 [cespi@pesi.com](mailto:cespi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Counselors:** This intermediate 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 consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Educators/Teachers:** 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:** This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept. of Education.

**Marriage & 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.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. 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.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**New Jersey Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**Psychologists:** This activity consists of 6.0 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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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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).

**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, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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:** Autism: De-Escalate Meltdowns and Diffuse Explosive Behaviors in Children and Adolescents, Course #2753, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 11/15/2019 - 11/15/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

AUTISM: DE-ESCALATE MELTDOWNS AND DIFFUSE EXPLOSIVE BEHAVIORS IN CHILDREN AND ADOLESCENTS

### ONLINE

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### PHONE

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Please have credit card available

### FAX

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### MAIL

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**1 Please complete entire form** (to notify you of seminar changes):  
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**2 Check location:** (make copy of locations)

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### ADA NEEDS

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

### WALK-INS

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

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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

• **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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



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#### *Autism Meltdowns in Children and Adolescents*

\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV062430)

\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA062430)

\_\_\_ *The Key to Autism* workbook\* \$24.99 (PUB084175)

\_\_\_ *Beyond Behaviors* book\* \$29.99 (PUB085405)

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