# 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<sup>®</sup> diagnoses, educational classifications

Limitations of the research and potential risks

### **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

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# Learning Outcomes

- 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 selfregulation".
- 6. Summarize how mindfulness, CBT and other evidence-based programs that foster executive function development and/or remediate difficulties.

# 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.

### Taraet Audience:

ounselors • Social Workers • Psychologists • Psychotherapists ddiction Counselors • Marriage and Family Therapists peech-Language Pathologists • Teachers • School Guidance Counselors chool Psychologists • School Social Workers • Educational Paraprofessionals Occupational Therapists & Occupational Therapy Assistants ase Managers • Nurses School Administrators • Other Helping fessionals who Work with Children

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

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

## Assessment and Intervention for Executive Function Difficulties

### By George McCloskey — Your Presenter!



George McCloskey

Essentials of Executive Functions Assessment

implementation and follow-up of targeted interventions using the EF model.

### 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 Co sore (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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# **Improve Executive Functions**

Executive Function (EF) skills form the foundation of success for people of all ages. But individuals with ADHD, Autism, OCD and other conditions have significant EF deficits failing to thrive at school, work, home and in their most important relationships.

Your work with individuals struggling with EF issues is some of your most rewarding -- yet it's often the work that leaves you the most frustrated and exhausted. Forgotten appointments, unfinished homework, distractibility, procrastination and difficulties organizing thoughts present formidable obstacles to making progress in school or therapy. And the strategies that work so well for other conditions seem to fall short when an EF deficit is present.

Attend this seminar and get the targeted skills and tools you need to cultivate lasting change and transform the lives of those who struggle with executive deficits - the chronically lost, late and unprepared!

Join George McCloskey, Ph.D., the internationally renowned creator of the McCloskey Executive Functions Scale (MEFS) for this incredible one day event. An author, researcher, and clinician with more than 20 years of groundbreaking work with Executive Functions, Dr. McCloskey will teach you how to develop customized interventions that can be used with students or clients across multiple settings from the private practice office to the classroom. Practical and easy to apply, Dr. McCloskey's strategies will help those you serve develop critical time/task management, personal organization, & planning skills, empowering them to elevate their academic and employment performance, relationships, physical & mental health, and more!

Sign up today, whether you're a counselor, teacher, OT, SLP or social worker you'll leave this seminar feeling confident in your ability to end the chaos and dramatically improve the lives of those you work with!

# Speaker



George McCloskey, Ph.D., is a Professor and Director of School Psychology Research in the Psychology Department of Pediatric Neuropsychology. He frequently presents at international, national, regional and state meetings and assessment and intervention work with a wide range

consults with a number of school districts and private schools nationwide on issues management, assessment and intervention for executive functions difficulties related to academic and behavior problems. Dr. McCloskey is the author of the McCloskey Executive Functions Scales (MEFS) and lead author of the books Assessment

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.

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