

Outline

Perspective-Taking and Meaning to Improve Student Behavior
The intersection of sensory, cognitive, affect and motor systems

The "Set-up": Student'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 into poor social 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
Fidget-friendly environments for restless, inattentive students
Environments that encourage social-emotional regulation
Experience how we might set kids up to fail without realizing it

Behavioral Strategies
Empower students 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 and encourage flexibility, tolerance and decision-making skills

End power struggles and the blame game
Improve child's acceptance and personal responsibility for behavior
Create realistic expectations
Self-talk scripts to help students regulate and problem-solve

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 sensitivities and needs
Supplements/vitamins
Sensitivities/toxins
Movement and exercise to regulate the brain

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

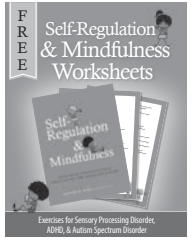
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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 in the classroom.
2. Select 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.

FREE Worksheets

Self-Regulation & Mindfulness



www.pesi.com/selfregulationws

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.



Outbursts, Oppositional Defiance and Frustration in the Classroom

Self-Regulation Techniques to Reduce the Frequency, Severity and Duration of Problematic Behavior



WAKEFIELD, MA
Wednesday, January 29, 2020

NEWTON, MA
Thursday, January 30, 2020

DEDHAM, MA
Friday, January 31, 2020

PESI® REGISTER NOW: pesi.com/express/76363



Outbursts, Oppositional Defiance and Frustration in the Classroom

Self-Regulation Techniques to Reduce the Frequency, Severity and Duration of Problematic Behavior

- Teach students with ADHD, High Functioning Autism, learning disabilities and sensory disorders essential skills to manage emotions and behavior
- Emotional and behavioral techniques that address the sensory, language and executive function deficits that dysregulate students
- Teacher strategies to overcome difficult student behaviors that improve students' sense of self-efficacy and confidence
- Problem-solving strategies to elicit cooperation and work production

WAKEFIELD, MA
Wednesday, January 29, 2020

NEWTON, MA
Thursday, January 30, 2020

DEDHAM, MA
Friday, January 31, 2020

PESI® A Non-Profit Organization
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: pesi.com/express/76363

Become ADHD-CCSP Certified!
Details Inside

BECOME CERTIFIED!

This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP).
Visit adhdcert.com for the full certification requirements.

Outbursts, Oppositional Defiance and Frustration in the Classroom

This seminar will help you to better intervene with the challenging student—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. This child is intelligent, caring and kind, but their challenging behavior is overwhelming, confusing and frustrating. They struggle to meet basic expectations and are unable to succeed in school, with peers and at home.

Join Anissa Moore, M.Ed., BCBA, LBA, 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, exercises and techniques, you will learn classroom interventions to:

- Address the sensory, language and executive functioning processing deficits that trigger them
- Improve problem-solving skills and self-regulation skills
- 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!

Speaker

Anissa Moore, M.Ed., BCBA, LBA, is an independent educational consultant, Board Certified Behavior Analyst (BCBA), and Licensed Behavior Analyst (LBA) specializing in working with children and adolescents with ADHD, Autism Spectrum Disorder (ASD), emotional disturbance, and oppositional defiance disorder. A professional educator with over 25 years of experience, Anissa collaborates with school districts and agencies to support students with various behavioral, social, and communication challenges. As a certified teacher and administrator, her previous experience includes special education early childhood teacher, autism specialist, district coordinator, and assistant director of special education. Additionally, Anissa taught as an adjunct professor at Sam Houston State University in the Language, Literacy, and Special Populations Department and continues to provide guest lectures at university classes throughout the San Antonio area.

Anissa currently consults as a public speaker, program consultant, and BCBA for school districts and legal firms across the nation. She also provides BCBA fieldwork supervision to school psychologists (LSPs) working toward their board certification. Anissa balances research-based principles with humor and motivation in all of her public speaking topics, encouraging participants to celebrate the gifts of special needs while addressing and supporting student challenges.

Speaker Disclosures:
Financial: Anissa Moore is the owner of Anissa Moore Educational and Behavioral Consulting. She receives a speaking honorarium from PESI, Inc.
Non-financial: Anissa Moore is a member of the Texas Council of Administrators of Special Education (TCASE); and the Texas Association of Applied Behavior Analysis (TxABA).

Target Audience: 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

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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 Postlewaite at cpostlewaite@pesi.com or call 715-855-5253.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

2,4,6,8 This Is How We Regulate:
75 Play Therapy Activities to Increase Mindfulness in Children

By Tracy Turner-Bumberry, LPC, RPT-S, CAS
Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That’s why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

Calm & Alert
Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children

By Helene McGlaflin, MED, LCPC, KYT
Calm and Alert gives classroom teachers, special needs teachers, therapists, yoga teachers and parents an innovative, step-by-step approach to teaching self-regulation and social skills to children by utilizing their body, mind and breath. Developed by an experienced counselor, educator, and yoga teacher, Helene McGlaflin, Calm & Alert is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.



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; *advanced online registration required.*

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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 cepsi@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.

Massachusetts Counselors: Application for MaMHCA/MMCEP continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/76363.

Educators/Teachers: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

Massachusetts School Personnel: This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

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.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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.

Psychologists: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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.

APPROVED PROVIDER

ASHA
CONTINUING
EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

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 (NASW): This activity is pending approval from the National Association of Social Workers.

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.

How to Register:

Outbursts, Oppositional Defiance and Frustration in the Classroom

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

ONLINE

pesi.com/express/76363

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc
PO Box 1000
Eau Claire, WI
54702-1000

2 Check location: (make copy of locations)

☐ **WAKEFIELD, MA**

January 29, 2020 76363WFD

Four Points by Sheraton Wakefield Boston
Hotel & Conference Center
One Audubon Rd • 01880
(781) 245-9300

☐ **NEWTON, MA**

January 30, 2020 76363NEW

Boston Marriott Newton
2345 Commonwealth Ave • 02466
(617) 969-1000

☐ **DEDHAM, MA**

January 31, 2020 76363DED

Hilton at Dedham Place
25 Allied Dr • 02026
(781) 329-7900

Register now!
pesi.com/express/76363

PLEASE RETURN ENTIRE REGISTRATION FORM

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 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 or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

FOR OFFICE USE ONLY

Fed ID # 26-3896894
© 2019 PESI, Inc.



3 Check tuition:

TUITION with seminar manual

\$219.99 – choose one of the options below:
☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date
☐ **\$249.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!
☐ **\$24.99*** *2,4,6,8 This Is How We Regulate* book
☐ **\$26.99*** *Calm & Alert* book
*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).
☐ Check enclosed payable to **PESI, Inc.**
☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits
Card # _____
Card Exp. _____ V-Code #*: _____
Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Outbursts, Oppositional Defiance and Frustration in the Classroom

___ Seminar on DVD* (video) \$219.99 (RNV054580)
___ Seminar on CD* (audio) \$219.99 (RNA054580)
___ **2,4,6,8 This Is How We Regulate** book* \$24.99 (PUB085710)
___ **Calm & Alert** book* \$26.99 (PUB085445)

CE hours and approvals on products may differ from live CE approvals.
*Shipping is \$6.95 first item + \$2.00 each add'l item.
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$	_____
*Shipping	_____
Subtotal	_____
**Tax	_____
TOTAL	_____