

## Outline

### Behaviors that Make Us Crazy

Tantrums  
Running out/away  
Noncompliance  
Nagging  
Refusing to work/help  
Yelling/screaming  
Bullying  
Panic/anxiety reactions  
Lack of follow through  
Not following directions

### Disorders

Oppositional Defiant Disorder  
ADHD  
Mood disorders  
Anxiety disorders  
Attachment issues/disorder, conduct disorder, autism spectrum disorders

### Assessment

#### The Functions of Behavior

Fear-based (Fight, Flight, Freeze or Submit)  
Escape  
Attention  
Sensory  
Pain  
Control

### Mental Health Disorder or Behavior Problem

The power of skilled observations  
The interview  
Comparison to the group  
The FBA-Incredibly powerful assessment tool  
The art of choosing a diagnosis (if you have to at all!)

### Limitations of the Research and Potential Risks

#### Treatment Strategies Part I

##### Proactive

Behavior plans  
Motivational incentives  
Set the stage for success  
Remember the initial goal  
Appropriately address the functions of the behavior

##### Reactive

Corrective measures  
It's like playing chess in a tornado

#### Treatment Strategies Part II Specific Strategies for the Following Behavioral Challenges:

Tantrums  
Running out/away  
Noncompliance  
Nagging  
Refusing to work/help  
Yelling/screaming  
Bullying  
Panic/anxiety reactions  
Lack of follow through  
Not following directions

#### Treatment Strategies Part III Specific Strategies for the Following Disorders:

ODD  
ADHD  
Mood disorders  
Anxiety disorders  
Working with unsafe behaviors

#### Treatment Strategies Part IV Special Populations & Circumstances

Asperger's disorder  
Divorce, separation  
Abuse and neglect  
Parent misbehavior  
Foster care

### 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.

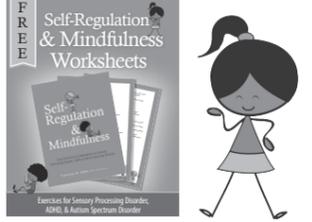
## Objectives

1. Utilize clinical strategies to reduce the frequency, duration and severity of behavioral episodes that challenge therapists, educators, professionals and parents.
2. Implement both proactive and reactive strategies for oppositional, defiant and disruptive behavior in children and youth.
3. Discriminate between the clinical presentation of behavioral episodes and psychiatric symptoms to inform treatment.
4. Communicate how a skilled observation of behavior informs your treatment approach.
5. Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.
6. Effectively develop a behavior intervention plan and safety plan across all settings including home and school.

**Questions** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

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# OPPOSITIONAL, DEFIANT & DISRUPTIVE CHILDREN AND ADOLESCENTS

## Non-medication Approaches to the Most Challenging Behaviors

**SOUTH BEND, IN**  
Monday, February 24, 2020

**MERRILLVILLE, IN**  
Tuesday, February 25, 2020

**INDIANAPOLIS, IN**  
Wednesday, February 26, 2020

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Monday, February 24, 2020

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Wednesday, February 26, 2020



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ADHD-CCSP  
Certified!**  
Details Inside

# OPPOSITIONAL, DEFIANT & DISRUPTIVE CHILDREN AND ADOLESCENTS

## Non-medication Approaches to the Most Challenging Behaviors

Children and adolescents with ODD, ADHD, Asperger's, anxiety, mood and disruptive disorders provide constant clinical and parenting challenges. Attend this seminar and learn new, effective non-medication strategies for your clients' most challenging behaviors including:

- Tantrums
- Refusing to work/help
- Panic/anxiety reactions
- Running out/away
- Yelling/screaming
- Lack of follow through
- Noncompliance
- Bullying
- Not following directions
- Nagging

You will walk away with immediate strategies for out of control behaviors and techniques for emotional regulation along with long-term treatment strategies to help kids at home and school. Jennifer Wilke-Deaton is a clinical expert and has worked with the most challenging kids both in clinical and school settings. Through the use of case studies and action oriented handouts, you will leave this seminar with solutions to turn your most challenging kids around.

### Speaker

**Jennifer Wilke-Deaton, M.A., L.P.A.,** is a licensed behavioral health therapist in a private practice setting in Richmond, KY. Jen has more than 21 years of experience working with crisis management, psychological testing, inpatient/outpatient treatment, groups, families, and the court system. A tireless and passionate advocate for children and families, she developed a parent training program recognized by the Governor's Commission for the Treatment of Families and Kentucky's Child Protective Services. Jen helped create a regional children's crisis stabilization unit, children's advocacy center, and an intensive after-school program for behaviorally-challenged youth. She has published the *Creative Parenting Handbook*, *CD Awareness In Focus: Modern Guided Imagery Techniques for Immediate Practice*, *Awareness in Focus By Kids For Kids: Modern Guided Imagery Activities for Immediate Practice*, and *The Mandala Workbook: Activities Across the Lifespan*.

In addition to delivering her nationally recognized training programs for PESI and keynote presentations, Jen regularly speaks on mental health issues and child abuse for Morehead State University, Eastern Kentucky University, and National Public Radio; as well as psychological evaluations for the Department of Disability Determinations and the Office of Vocational Rehabilitation. Jennifer consults regularly for private/state foster care organizations, social services, schools, psychiatric hospitals, Head Start programs, in-home therapy programs, disability determinations, and case management services. Her specialties are in the areas of child abuse, PTSD, DBT, behavioral disorders, anxiety, autistic spectrum, and attachment. Jen shares time-tested, real approaches from the trenches, using humor, energy and passion for an engaging and effortless day of practical learning.

**Speaker Disclosures:**  
**Financial:** Jennifer Wilke-Deaton has an employment relationship with Hundley Psychological Services. She has developed audio products for Media Integrated Applied Psychology, LLC. and receives royalties. She is an author for Premier Publishing and Media and receives royalties. She is a compensated speaker for Morehead State University, Eastern Kentucky University, and National Public Radio. She receives a speaking honorarium from PESI, Inc.  
**Non-financial:** Jennifer Wilke-Deaton has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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 Digital Format:** You can purchase a self-study package on the subject and 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](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. 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 Marnie Sullivan at [msullivan@pesi.com](mailto:msullivan@pesi.com) or call 715-855-8226.



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.**

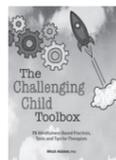
### SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**Parenting Better Children: An 8 Week Skills Training Guide To Reach, Teach & Empower**

By Jennifer Wilke-Deaton, MA, LPA **Seminar presenter!**

*Parenting Better Children* is an all-in-one package to manage behavior before it becomes clinically significant. Author Jennifer Wilke-Deaton has gone back to the basics and provides a fresh start to develop a new set of building blocks, detailing an 8-week course that includes straightforward teaching methods, outlines and handouts for skills training, and troubleshooting solutions.



**The Challenging Child Toolbox: 75 Mindfulness-Based Practices, Tools and Tips for Therapists**

By Mitch R Abblett, Ph.D.

Working with resistant, oppositional, emotionally dysregulated, and angry kids can be exhausting, frustrating and leave clinicians feeling burnt out. Dr. Mitch Abblett has created the remedy-with a new guide that will take you step-by-step through mindfulness-based principles, pointers and best practices to ease your work and dramatically improve the lives of kids and their families.

**Target Audience** Counselors • Social Workers • Psychologists • 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



**BECOME CERTIFIED!**

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

Visit [adhdcert.com](http://adhdcert.com) for the full certification requirements.

### 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 [cepesi@pesi.com](mailto:cepesi@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 organization to determine specific filing requirements.

**Illinois 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.

**Indiana 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.

**Illinois Educators:** 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

**Indiana Educators:** 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

**Michigan School Personnel & Educators:** An application has been submitted for State Board Continuing Education Units (SB-CEUs) for the face-to-face program only in South Bend, IN on 02/24/2020 and Merrillville, IN on 02/25/2020. Those seeking SB-CEUs must attend 100% of the face-to-face seminar in addition to completing an SB-CEU Participant Application Form (available at the seminar) and following sign-in/sign-out procedures as directed at the program. Additionally, participants will be required to complete the MDE evaluation in the Secure Central Registry. Specific instructions will be provided at the seminar.

**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.

**Illinois Marriage & Family Therapists:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

**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.

**Illinois Psychologists:** PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

**Indiana Psychologists:** PESI, Inc is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.25 contact hours.



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.

**Illinois Social Workers:** PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

**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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## REGISTRATION FORM

### OPPOSITIONAL, DEFIANT & DISRUPTIVE CHILDREN AND ADOLESCENTS: NON-MEDICATION APPROACHES TO THE MOST CHALLENGING BEHAVIORS

**SAVE TIME! Express Register Online: [pesi.com/express/76830](http://pesi.com/express/76830)**

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*For more information on this fee contact [cepesi@pesi.com](mailto:cepesi@pesi.com)*

**ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar**

**\$24.99\*** *Parenting Better Children* book (PUB083185)

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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

#### SAME DAY REGISTRATION

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

#### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar 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, first come, first serve.

• **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) for details.

#### QUESTIONS

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