

**Outline**

**Perspective-Taking and Meaning to Improve Behavior**  
*The intersection of sensory, cognitive, affect and motor systems*  
The “Set-up”: Child’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 and 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  
Environments that manage fidgeting, restlessness and inattention and provide positive social-emotional regulation  
Experience how we might set kids up to fail without realizing it

**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.
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.

**Behavioral Strategies**  
*Empower children 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 flexibility, tolerance and decision-making*  
End power struggles and the blame game  
Improve child’s acceptance and personal responsibility for behavior  
Create realistic expectations  
Use language as a self-regulation tool

**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  
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.

**FREE Worksheets**

**Self-Regulation & Mindfulness**



**www.pesi.com/selfregws**

**Bring any Training On-Site!**

- Cost Effective for Groups
- Customizable
- Flexible

**CE credits included!**

**www.pesi.com/inhouse**

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

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

**Self-Regulation Interventions for Children & Adolescents**

**Reduce Frustration, Emotional Outbursts & Oppositional Behaviors**

**HYANNIS, MA**  
Wednesday, February 26, 2020

**TAUNTON, MA**  
Thursday, February 27, 2020

**WORCESTER, MA**  
Friday, February 28, 2020

**Self-Regulation Interventions for Children & Adolescents**

**Reduce Frustration, Emotional Outbursts & Oppositional Behaviors**

- Strategies to meet kids with ADHD, High-Functioning Autism, Learning disabilities or Sensory disorders “where they are at”
- Emotional and behavioral techniques to address the sensory, language and executive function processing deficits
- Brain training exercises that increase self-control, social success, emotional control and task completion

**HYANNIS, MA**  
Wednesday, February 26, 2020

**TAUNTON, MA**  
Thursday, February 27, 2020

**WORCESTER, MA**  
Friday, February 28, 2020

# Self-Regulation Interventions for Children and Adolescents

## Reduce Frustration, Emotional Outbursts & Oppositional Behaviors

This seminar will help you to better intervene with the challenging child—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. We know this child is intelligent, caring and kind, but their behavior doesn't reflect these positive qualities. These are the children who confuse and frustrate parents and who overwhelm teachers and peers. They struggle to meet basic expectations and are unable to succeed in school, with peers and at home.

Join clinical psychologist Dr. Ehler 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 and dynamic discussion, you will learn techniques, behavioral strategies, problem-solving strategies and brain training exercises to:

- Address the sensory, language and executive functioning processing deficits that trigger them
- 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

**Laura Ehler, Psy.D.,** is a child clinical psychologist who has worked with children and adolescents with severe emotional/behavioral issues for over 25 years. She maintains a private practice in Burnsville, Minnesota, where she specializes in working with clients who struggle with information and sensory processing deficits and associated emotional, behavioral and mental health issues. Over the years, Dr. Ehler has worked with thousands of youth in a variety of settings including hospitals, residential treatment centers, partial hospital programs, school day treatment and outpatient mental health settings. She holds a doctorate degree in Clinical Psychology where her training focused on developmental issues of childhood, and child psychopathology issues. Professionals who have worked with Dr. Ehler in the past have often commented that interventions she offers succeeded where others have failed.

### Speaker Disclosures:

Financial: Laura Ehler maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Laura Ehler has no relevant non-financial relationship to disclose.

**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)



**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.

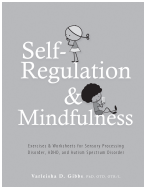
**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with 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 Cyndi Postlewaite at [cpostlewaite@pesi.com](mailto:cpostlewaite@pesi.com) or call 715-855-5253.



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.**

## \*Include these products with your seminar registration and save!



### Self-Regulation and Mindfulness

By Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a must-have resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success. Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.



### 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.

## Target Audience

Counselors • Social Workers • Psychologists • Psychotherapists • Psychiatrists • Therapists • Marriage and Family Therapists • Speech-Language Pathologists • Teachers • School Guidance Counselors  
Case Managers • Nurses • School Administrators • Educational Paraprofessionals • Occupational Therapists and Occupational Therapy Assistants • Other Helping Professionals who 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 [cesp@pesi.com](mailto:cesp@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/77211](http://www.pesi.com/events/detail/77211).

**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 & Psychiatrists:

#### Psychiatrists

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

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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



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.

**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.



**SCAN HERE**  
FOR A SPECIAL OFFER ON  
BOOKS & CARD DECKS

## REGISTRATION FORM

### SELF-REGULATION INTERVENTIONS FOR CHILDREN AND ADOLESCENTS: REDUCE FRUSTRATION, EMOTIONAL OUTBURSTS & OPPOSITIONAL BEHAVIORS

## SAVE TIME! Express Register Online: [pesi.com/express/77211](http://pesi.com/express/77211)

1

Please complete entire form if sending by mail

©2019

GREEN BUSINESS

please print legibly

See mail code box on reverse side above your name & address

\*Email address

\*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name

Profession

Billing Address

Home

Work

Company Name (if work address):

City

County

State

Zip

\*Cell Ph ( )

Work Ph ( )

\*Required for event updates

2

Select Location

(make copy for your records)

☐ HYANNIS, MA • February 26, 2020 (77211HYN)

DoubleTree Hotel Cape Cod-Hyannis  
287 Iyannough Road • 02601 • (508) 771-1700

☐ TAUNTON, MA • February 27, 2020 (77211TAU)

Holiday Inn  
700 Myles Standish Blvd • 02780 • (508) 823-0430

☐ WORCESTER, MA • February 28, 2020 (77211WOR)

Beechwood Hotel  
363 Plantation St • 01605 • (508) 754-5789

3

Select Tuition

TUITION including 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 — Save on Shipping! — Products Distributed at Seminar

☐ \$26.99\* Self-Regulation and Mindfulness book (PUB085000)

☐ \$24.99\* 2,4,6,8 This Is How We Regulate book (PUB085710)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4

Select Payment Method

All registrations must be prepaid.

☐ Check enclosed payable to PESI, Inc.

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits

☐ VISA 13-16 digits

☐ AE 15 digits

☐ Discover Novus 16 digits

Card #

Card Exp.

CVV#\*

Signature

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

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

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/express/77211](http://pesi.com/express/77211)

CAN'T ATTEND THE SEMINAR?

Self-Regulation Interventions for Children and Adolescents

Online Digital Seminar\* \$219.99 (POS053740) (Email required)

Seminar on DVD\*\* \$219.99 (RNV053740)

Product total

\*Shipping - \$6.95 (DVD only)

Subtotal

\*\*Tax

TOTAL

\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR

CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.