

## 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

### 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

### 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.

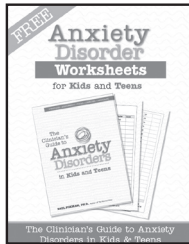
## Objectives

1. 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.
5. Employ SOCCSS, keychain rules and t-charts to prevent, intervene or consequence targeted behaviors.
6. Utilize surprise cards, change of schedule cues and transition markers to alleviate anxiety.
7. Implement a "system" rather than a person dependent intervention.

**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  
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# AUTISM

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

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Wednesday, June 3, 2020

**COLORADO SPRINGS, CO**  
Thursday, June 4, 2020

**AURORA, CO**  
Friday, June 5, 2020



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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



# AUTISM

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

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.

#### 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.

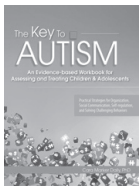


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PESI, Inc. is proud to offer this seminar (at these locations only) **free** of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**



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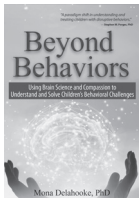


#### **The Key to Autism**

*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.

## 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)

### 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.

## 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.

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**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.

**COLORADO COUNSELORS:** Professional development hours (PDH) are available. This live professional development activity consists of 6.25 PDH in the Coursework category. It is designed to meet the requirements of the Colorado State Board of Licensed Professional Counselor Examiners. Licensees can accrue up to 20 PDH in the Coursework category during each renewal cycle. Please save the certificate of completion in case it is requested by the board.

**WYOMING COUNSELORS:** CE credit is available. This course consists of 6.25 continuing education clock hours for Wyoming Counselors and is designed to meet the continuing education requirements of the Wyoming Mental Health Professions Licensing Board. Please retain the course advertisement and certificate of completion for your CE records.

**EDUCATORS/TEACHERS:** This activity qualifies for 380 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**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.

**COLORADO PSYCHOLOGISTS:** CE credit is available. This course consists of 6.0 continuing education credit hours for Colorado Psychologists. The Colorado State Board of Examiners Rule 20 confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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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).

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**COLORADO SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education 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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