

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. Choose 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.

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

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 Webcast Schedule
(Times listed in Central)

8:00 Program begins
11:50-1:00 Lunch Break
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.



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Self-Regulation Interventions for Children & Adolescents

Reduce Frustration, Emotional Outbursts & Oppositional Behaviors

LIVE Interactive Webcast
Friday, November 20, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



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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

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Self-Regulation Interventions for Children & 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. Ehlert 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 Ehlert, 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. Ehlert 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. Ehlert in the past have often commented that interventions she offers succeeded where others have failed.

Speaker Disclosures:

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

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

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



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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

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REDUCE FRUSTRATION, EMOTIONAL OUTBURSTS & OPPOSITIONAL BEHAVIORS

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