

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 & Webcast Schedule

(Times listed in Eastern)

- 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. Draw 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.



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AUTISM

De-Escalate Meltdowns and Defuse Explosive Behaviors in Children and Adolescents

Portland, ME
Thursday, November 4, 2021

Manchester, NH
Friday, November 5, 2021

Live Interactive Webcast
Friday, November 5, 2021

We Are Back! Join In Person or Online!

AUTISM

De-Escalate Meltdowns and Defuse Explosive Behaviors in Children and Adolescents

- Teach self-control and self-management skills with breathe cards and emotions chart
- Alleviate anxiety through surprise cards, change of schedule cues and transition markers
- Improve social/emotional communication skills with video modeling and role playing
- Promote positive behavior through first person stories and visual cues

"I HIGHLY recommend this workshop. Kathy provides a wide array of visual tools and take-home resources that I was able to implement right away to support emotional regulation with students on my caseload!"

Megan Weisbrode, MS, OTR/L

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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 Kathy Morris, M.Ed., B.S., 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

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
Marriage and Family Therapists • Physical Therapists & Physical Therapist Assistants
Other Helping Professionals that Work with Children

Recommended Reading:



Hands-on Activities for Children with Autism & Sensory Disorders
By Teresa Garland, MOT, OTR/L
\$29.99 \$22.99



Self-Regulation and Mindfulness
By Varleisha Gibbs, PhD, OTD, OTR/L
\$26.99 \$19.99*

Questions? Visit our FAQ page at www.pesikids.com/faq or contact us at www.pesikids.com/info.

Can’t attend in person? You can still join us!
Watch live webcast from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) or **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours, approvals and cost of CE Certificates may vary from live event, visit pesikids.com for availability).

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 Cathey** at ccathey@pesi.com or call **715-855-5253**.

SPEAKER

Kathy Morris, M.Ed., B.S., has had over 42 years of experience working with children and adolescents with severe behavioral difficulties including those with autism, ADHD and executive dysfunction. Her consulting firm, igivuWings, specializes in autism and behavioral issues. Kathy works directly with families, educators, counselors, speech pathologists, occupational therapists and medical professionals throughout the world.

She has been a speech therapist, teacher for self-contained programs, resource teacher and first grade teacher. Kathy was also a diagnostician/supervisor for all grade levels. She was a LIFE Skills/autism/behavior/assistive technology consultant at a Texas education service center before leaving to start her own business in 1999.

A prolific speaker, Kathy has keynoted many national/international conferences. She is a frequent guest on a local news program promoting research-based techniques for working with children and adolescents with ADHD, autism spectrum disorders, and executive functioning differences.

Her video, *Facilitating the Classroom Learning of Students with Asperger Syndrome and High-Functioning Autism, Grades K-6*, has been a popular addition for campus and district staff developments as well as for those in clinical practices. In addition, she has an audio CD, *Practical Strategies for Working with Students with Social Cognitive Differences in the General Education Classroom*.

Speaker Disclosures:
Financial: Kathy Morris maintains a private practice. She has authored an audio product and a DVD product which are published by the Bureau of Education & Research. She receives a speaking honorarium from PESI, Inc.
Non-financial: Kathy Morris is the mother of adult children with autism spectrum disorders.

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" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). 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 regional approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cpes@pesi.com or 800-726-3888 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, 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.

Maine Counselors: CE credit is available. This course consists of 6.25 continuing education clock hours for Maine Counselors and is designed to meet the continuing education requirements of the Maine Board of Counseling Professionals Licensure Rules (Chapter 7-A). Please retain the course advertisement and certificate of completion for your CE records.

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/85819.

New Hampshire 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 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.

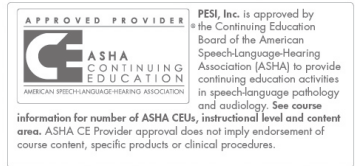
Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Psychologists & Physicians: Physicians

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 Credits™. 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.

Maine Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Maine Psychologists. Pursuant to Board Rules Chapter 8 Section 3 (2), PESI courses directly relating to the practice of psychology are approved by the Maine Board of Examiners of Psychologists because PESI has been approved to offer continuing education for Psychologists by a state regulatory board having legal jurisdiction over the practice of psychology. PESI, Inc. is an approved provider with the Florida Board of Psychology. Provider Number 50-399.



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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical 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.

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.

SIGN UP TODAY!

Autism: De-Escalate Meltdowns and Defuse Explosive Behaviors in Children and Adolescents

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1 Please complete entire form if sending by mail please print legibly ©2021

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4 Recommended Reading

- ☐ **\$29.99 \$22.99** Hands-on Activities for Children with Autism & Sensory Disorders** book PUB084350
- ☐ **\$26.99 \$19.99** Self-Regulation and Mindfulness** book PUB085000

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

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IN-PERSON SAFETY
As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

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

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