

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

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.

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 Webinar Schedule  
(Times listed in Eastern)

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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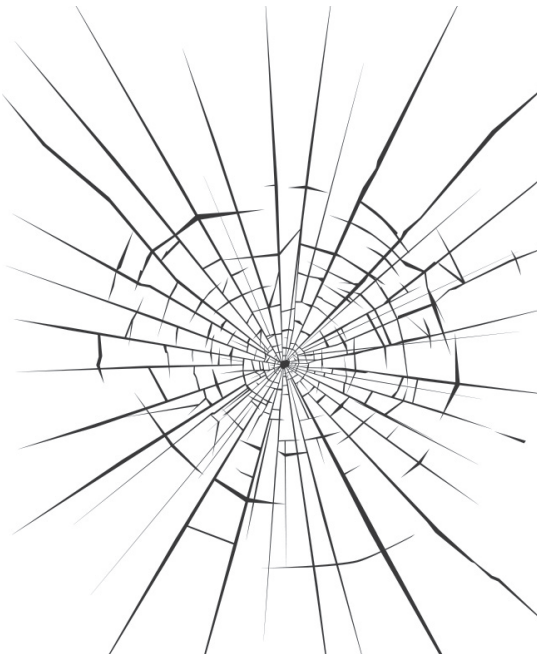
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OPPOSITIONAL, DEFIANT  
& DISRUPTIVE CHILDREN  
AND ADOLESCENTS

Non-medication Approaches to the  
Most Challenging Behaviors



Join us online for this live training!

OPPOSITIONAL, DEFIANT  
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AND ADOLESCENTS

Non-medication Approaches to the  
Most Challenging Behaviors

- Effective strategies for ODD, ADHD, anxiety, autism, attachment and mood disorders
- Strategies for tantrums, noncompliance, bullying and other challenging behaviors
- Take away specific, strategy-driven techniques
- Improve treatment with better assessment of the look-alike disorders
- Positive alternatives for your most challenging kids

Live Interactive Webinar  
Wednesday, April 6, 2022

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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

• Running out/away

• Noncompliance

• Nagging
- Refusing to work/help

• Yelling/screaming

• Bullying
- Panic/anxiety reactions

• Lack of follow through

• Not following directions

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. Jason Mathison 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.

Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists  
Speech-Language Pathologists • Teachers • School Guidance Counselors • Case Managers  
Nurses • School Administrators • Physicians • Educational Paraprofessionals  
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Meet Your Speaker

**Jason Mathison, PsyD, NCSP, ABSNP**, is a licensed psychologist and certified school neuropsychologist in Maryland and Virginia who has worked with children and adolescents for over 12 years. He earned his doctorate in school psychology from the Philadelphia College of Osteopathic Medicine, where he published with faculty and served as an adjunct professor before graduating. He maintains adjunct appointments at both Loyola University in Baltimore and the Chicago Professional school of psychology. Dr. Mathison is also the owner and director of Psychoeducational Consultants where he provides neuropsychological testing and conducts workshops on brain-behavior relationships for educational staff, mental health professionals and families. Dr. Mathison spends much of his time providing executive functioning coaching for both clients and their families. In addition to multiple publications on executive functioning, he has served on an expert panel at National Institute of Mental Health (NIMH) on the teenage brain. Dr. Mathison has served as a school psychologist for Prince George’s County Public Schools for 10 years where he works with students and teachers to diagnose and provide interventions to enhance executive functioning and maximize academic success.

Speaker Disclosure:  
Financial: Jason Mathison maintains a private practice. He is an adjunct professor for The Chicago School of Professional Psychology and Loyola University. Dr. Mathison receives a speaking honorarium from PESI, Inc.  
Non-financial: Jason Mathison has no relevant non-financial relationship to disclose.

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Recommended Reading:

CBT Deck for Kids and Teens

58 Practices to Quiet Anxiety, Overcome Negative Thinking and Find Peace

Seth Gillihan, Ph.D. & Ada Gillihan

~~\$19.99~~ \$14.99\*

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102 Games, Play and Art Activities, Sensory and Movement Exercises, and Talk Therapy Interventions

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