

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 & Webinar Schedule  
(Time 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. Analyze 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.

FREE BONUS OFFER!

Self-Regulation & Mindfulness Worksheets



Access these practical and engaging printable tools at [pesirehab.com/mindfulnessworksheets](http://pesirehab.com/mindfulnessworksheets)

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

<b>Tinton Falls, NJ</b> Monday, November 14, 2022	<b>Edison, NJ</b> Tuesday, November 15, 2022
<b>Parsippany NJ</b> Wednesday, November 16, 2022	<b>Live Interactive Webinar</b> Wednesday, November 16, 2022



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.

# AUTISM

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

Join autism expert Kathy Morris, MEd, BS, 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 • Physicians  
Marriage and Family Therapists • Physical Therapists & Physical Therapist Assistants  
Other Helping Professionals that Work with Children

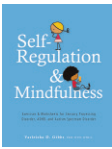
Recommended Reading:



Hands-on Activities for Children with Autism & Sensory Disorders

Teresa Garland, MOT, OTR/L

~~\$29.99~~ **\$22.99**



Self-Regulation and Mindfulness

Varleisha Gibbs, PHD, OTD, OTR/L

~~\$26.99~~ **\$19.99**

Questions? Visit our FAQ page at [www.pesikids.com/faq](http://www.pesikids.com/faq) or contact us at [www.pesikids.com/info](http://www.pesikids.com/info).

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SPEAKER

**Kathy Morris, MEd, BS,** 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](http://igivuWings.com), 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, books and a DVD product which are published by the Bureau of Education & Research. Kathy Morris is an consultant for Assistive Technology, Inc. She receives a speaking honorarium and recording royalties from PESI, Inc. All relevant financial relationships with ineligible organizations has been mitigated.  
Non-financial: Kathy Morris is the mother of adult children with autism spectrum disorders.



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Credits listed below are for full attendance at the live event only. Please see “live seminar schedule” for full attendance start and end times. After attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). 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 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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. For planning committee disclosures, please see the “credit approvals and details” URL below. 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, PESI UK, PESI AU, 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.

**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.

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**New Jersey Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**Psychologists & Physicians:**  
Physicians  
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Psychologists  
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**New Jersey Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for New Jersey Psychologists. The New Jersey Administrative Code, Title 13 Law and Public Safety, Chapter 42, Board of Psychological Examiners, Section 13:42-10.21 Continuing Education Programs, confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity 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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\*\* Please note that Speech-Language Pathologists and/or Audiologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

**New Jersey Social Workers:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/87902](http://www.pesi.com/events/detail/87902).

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

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**\*Required for event updates**

**2** Live Training Options

(make copy for your records)

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☐ **PARSIPPANY, NJ • November 16, 2022** 87901PAY  
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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, MI, NH, OR and \$6.95 shipping

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