

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 Webinar 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.

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.

"Thank you, KATHY MORRIS! I hope I grow up to be as cool and neat as you are. Your family values clearly inform your vocation. I hope I can help many families with what I learned today. Much health and light to you!!!"  
Sandra H.

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Self-Regulation & Mindfulness Worksheets



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AUTISM

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

"Kathy is a life-saver! Like Kathy, I am a parent of child with ASD and a SLP. I found her course both comprehensive, insightful and compassionate! THANK YOU!"  
Florinda C.

LIVE Interactive Webinar  
Friday, March 24, 2023

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



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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

Live Interactive Webinar  
Friday, March 24, 2023

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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, 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



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

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, 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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Occupational Therapists, Physical Therapists, Physicians, Psychologists, Social Workers, and Speech-Language Pathologists.**

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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Recommended Reading:

 PUB084350	<b>Hands-on Activities for Children with Autism &amp; Sensory Disorders</b> Teresa Garland, MOT, OTR/L <del>\$29.99</del> <b>\$22.99*</b>	 PUB085000	<b>Self-Regulation and Mindfulness</b> Varleisha Gibbs, PHD, OTD, OTR/L <del>\$26.99</del> <b>\$19.99*</b>
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\* Discount Included with purchase of the Webinar

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