

## 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

#### Questions?

Call customer service at 800-844-8260

## Objectives

- Utilize clinical strategies to reduce the frequency, duration and severity of behavioral episodes that challenge therapists, educators, professionals and parents.
- Implement both proactive and reactive strategies for oppositional, defiant and disruptive behavior in children and youth.
- Discriminate between the clinical presentation of behavioral episodes and psychiatric symptoms to inform treatment.
- Communicate how a skilled observation of behavior informs your treatment approach.
- Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.
- 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 Seminar Schedule

**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.

**Target Audience:** Counselors • Social Workers • Psychologists  
Marriage and Family Therapists • Speech-Language Pathologists  
Teachers • School Guidance Counselors • Case Managers  
Nurses • School Administrators • Educational Paraprofessionals  
Occupational Therapists & Occupational Therapy Assistants  
Other Helping Professionals who Work with Children

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# OPPOSITIONAL, DEFIANT & DISRUPTIVE CHILDREN AND ADOLESCENTS

Non-medication Approaches to the Most Challenging Behaviors

**TOWSON, MD**  
Tuesday, July 9, 2019

**ELLCOTT CITY, MD**  
Wednesday, July 10, 2019

**ANNAPOLIS, MD**  
Thursday, July 11, 2019

**TOWSON, MD**  
Tuesday, July 9, 2019

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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. Jennifer Wilke-Deaton 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.

### Speaker

**Jennifer Wilke-Deaton, M.A., L.P.A.,** is a licensed behavioral health therapist in a private practice setting in Richmond, KY. Jen has more than 21 years of experience working with crisis management, psychological testing, inpatient/outpatient treatment, groups, families, and the court system. A tireless and passionate advocate for children and families, she developed a parent training program recognized by the Governor's Commission for the Treatment of Families and Kentucky's Child Protective Services. Jen helped create a regional children's crisis stabilization unit, children's advocacy center, and an intensive after-school program for behaviorally-challenged youth. She has published the *Creative Parenting Handbook*, *CD Awareness In Focus: Modern Guided Imagery Techniques for Immediate Practice*, *Awareness in Focus By Kids For Kids: Modern Guided Imagery Activities for Immediate Practice*, and *The Mandala Workbook: Activities Across the Lifespan*.

In addition to delivering her nationally recognized training programs for PESI and keynote presentations, Jen regularly speaks on mental health issues and child abuse for Morehead State University, Eastern Kentucky University, and National Public Radio; as well as psychological evaluations for the Department of Disability Determinations and the Office of Vocational Rehabilitation. Jennifer consults regularly for private/state foster care organizations, social services, schools, psychiatric hospitals, Head Start programs, in-home therapy programs, disability determinations, and case management services. Her specialties are in the areas of child abuse, PTSD, DBT, behavioral disorders, anxiety, autistic spectrum, and attachment. Jen shares time-tested, real approaches from the trenches, using humor, energy and passion for an engaging and effortless day of practical learning.

#### Speaker Disclosures:

Financial: Jennifer Wilke-Deaton has an employment relationship with Hundley Psychological Services. She has developed audio products for Media Integrated Applied Psychology, LLC, and receives royalties. She is an author for Premier Publishing and Media and receives royalties. She is a compensated speaker for Morehead State University, Eastern Kentucky University, and National Public Radio. She receives a speaking honorarium from PESI, Inc.



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PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance online registration required.**

### SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**Parenting Better Children: An 8 Week Skills Training Guide To Reach, Teach & Empower**

By Jennifer Wilke-Deaton, MA, LPA

**Seminar presenter!**

*Parenting Better Children* is an all-in-one package to manage behavior before it becomes clinically significant. Author Jennifer Wilke-Deaton has gone back to the basics and provides a fresh start to develop a new set of building blocks, detailing an 8-week course that includes straightforward teaching methods, outlines and handouts for skills training, and troubleshooting solutions.



**The Challenging Child Toolbox: 75 Mindfulness-Based Practices, Tools and Tips for Therapists**

By Mitch R Abblett, Ph.D.

Working with resistant, oppositional, emotionally dysregulated, and angry kids can be exhausting, frustrating and leave clinicians feeling burnt out. Dr. Mitch Abblett has created the remedy-with-a new guide that will take you step-by-step through mindfulness-based principles, pointers and best practices to ease your work and dramatically improve the lives of kids and their families.



**BECOME CERTIFIED!**

This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP).

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*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" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

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*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 profession's standards.*

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**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.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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