

## Outline

### Behavioral Overview

#### Etiology

Nature v. nurture  
Hormones, neuropsychology, behaviorism  
Gender differences  
"Eye of the beholder"

#### DSM-5® Updates

ADHD  
Oppositional defiant disorder  
Conduct disorder  
Autism spectrum disorders  
Bipolar disorder  
Childhood anxiety and depression

#### Medication Interventions

Psycho-stimulants  
Mood stabilizers  
Anti-depressants/anti-anxiety  
Atypical anti-psychotics  
Illegal/illicit substances and treatment effects

### Tools for Helping Behavior Problems

#### Quick Techniques to Manage Anger

Time in!  
Restitution  
The peace table & empathy building  
Actor/observer  
Standing 8 count  
Art of compromise  
...And many more!

#### Quick Techniques to Manage Depression

Cut-n-paste  
The mirror effect  
Inside movie  
Types of journaling  
...And many more!

#### Quick Techniques to Manage Anxiety

Ceiling fan breathing  
Set the clock  
Progressive relaxation  
Top dog/underdog  
...And many more!

## Objectives

1. Utilize effective, clinical techniques for the treatment of behavior disorders in children.
2. Develop specific behavioral interventions that address the developmental stage of the child and adolescent.
3. Consider the efficacy of biologically-based interventions to address behavioral and emotional disorders in children.
4. Explore clinical manifestations among anxiety disorders, ADHD, mood disorders, ODD and Conduct Disorder as it relates to diagnosis.
5. Develop clinical skills for establishing a therapeutic rapport to overcome treatment resistance in children and adolescents.
6. Analyze the diagnostic symptoms of behavioral/emotional disorders in children and adolescents and establish how this informs your choice of intervention strategies.

#### Quick Techniques to Manage Autism/Asperger's

Facial expressions and social cues  
Building a broader structure  
The burrito  
Island of Solace  
...And many more!

#### Quick Techniques to Manage ADHD

Noise to the system  
Anticipation  
Therapeutic games  
...And many more!

#### Techniques to Help the Client's World

##### Parents/Caregivers and Teachers/Schools

Intentional dialogue  
The listening jar  
Time out/quiet time  
Token economies/response cost (and avoiding pitfalls)  
The good behavior game

##### Manage Therapist Frustration

##### Limitations of Research and Potential Risks

#### Live Seminar Schedule

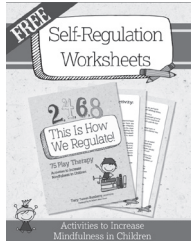
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

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.

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# OVER 75 QUICK, "ON-THE-SPOT" TECHNIQUES FOR CHILDREN AND ADOLESCENTS WITH EMOTIONAL AND BEHAVIORAL PROBLEMS




Over 2/3 of seminar contains  
teachable and proven  
behavior-changing techniques

**TOWSON, MD**  
Monday  
November 18, 2019

**ELLCOTT CITY, MD**  
Tuesday  
November 19, 2019

**ANNAPOLIS, MD**  
Wednesday  
November 20, 2019

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Featuring  
**Steven T. Olivas, Ph.D., HSP**  
Nationally-renowned speaker,  
behavior consultant & author

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Become  
**ADHD-CCSP**  
Certified!  
Details Inside

# OVER 75 QUICK, "ON-THE-SPOT" TECHNIQUES FOR CHILDREN AND ADOLESCENTS WITH EMOTIONAL AND BEHAVIORAL PROBLEMS



Leaving nothing to the abstract, "75 Quick, 'On-the-Spot' Techniques for Children and Adolescents with Emotional and Behavioral Problems" will guide you through focused, clear and successful methods for treating children. Every professional who seeks to fill their toolbox with tested methods will leave this seminar with a wealth of fresh ideas and rejuvenated spirits.

If you do not have a lot of experience working with children and teens, you will leave with a defined strategy for success. If you are a seasoned professional, you will learn new tricks and techniques to re-energize and revitalize your practice!

With nearly 25 years of clinical experience and a background in improvisational comedy, Dr. Steve is a strong proponent of "Edu-tainment." Namely, he uses charm, wit and humor to enhance your seminar experience, thus improving the retention and utilization of the specific skills covered. We change the world when we touch a child's life!

## Speaker

**Steven T. Olivas, Ph.D., HSP**, nationally renowned speaker, author and behavior consultant, is a licensed psychologist in private practice in Middle Tennessee. He began his practice career in 1991 when ADHD was exploding onto the scene and has enjoyed working with the energy and spontaneous creativity of children ever since. Throughout his career, he has taught courses at nine colleges and universities, been a national public speaker, a regular columnist for a local newspaper and co-host of a popular radio show. He is the author of the book *When Good Kids Go Bad: Effective Solutions for Problem Behaviors* and the acclaimed book *Bad Kids...or Bad Behavior?*

For nearly 25 years, he has been helping clinicians, school systems and parents around the country understand and manage the kids and teens most likely to act out in impulsive and aggressive manners.

**Speaker Disclosures:**  
Financial: Steven T. Olivas is an author for Premier Publishing & Media and receives royalty payments. He is an author for Author's Corner Publishing and receives royalty payments. He is a speaker who receives an honorarium for PESI, Inc.  
Non-financial: Steven T. Olivas has no relevant non-financial relationship to disclose.

## BECOME CERTIFIED!

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

Visit [adhdcert.com](http://adhdcert.com) for the full certification requirements.



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## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### When Good Kids Go Bad: Effective Solutions for Problem Behaviors

By Steven T. Olivas, Ph.D., HSP

Informative, artful, and fun, *When Good Kids Go Bad* takes readers inside the minds of our troubled kids and teens. Whether they are mildly irritating or well out of control, readers will leave armed with a broad range of proven techniques to curb negative behaviors and encourage positive ones. Therapists, parents, teachers, and all professionals interacting with these kids will have their questions answered and be given clear instructions on how to begin the road to behavioral and emotional change.



### Letting Go of Anger Card Deck: 54 Cards to Help Teens Tame Frustration

By Jeffrey Bernstein

- Simple skills to successfully manage anger
- Tools to calm in emotionally tense moments
- Strategies to overcome anxiety

- Using anger in a healthy way
- Steps to create positive changes

Seminar Presenter!

## 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

## 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" on this brochure for full attendance start and end times. 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 800-844-8260 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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS (NBCC):** Over 75 Quick "on-The Spot" Techniques for Children and Adolescents with Emotional and Behavioral Problems has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3200. PESI is offering this activity for 6.5 clock hours of continuing education credit.

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**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.

**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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**PSYCHOLOGISTS & PSYCHIATRISTS:**  
**PSYCHIATRISTS**  
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 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.  
**Psychologists**

**PSYCHOLOGISTS**  
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**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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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.

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Tuition for Principals and Assistant Principals:** PESI, Inc. is proud to offer this seminar free of charge for Principals and Assistant Principals. E-mail Shannon Todd at [stodd@pesi.com](mailto:stodd@pesi.com) for more information.

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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