

Outline

DSM-5® and ICD-10 Updates

Social-Pragmatic Communication Disorder
Impact on service delivery (school/community)
Successfully link home, school and therapy
IEP/504/Do they qualify for school services?
Co-morbid disorders: Why the difference is important

Social Skills Interventions

Improve social skill deficits
"Kid Cop" behaviors and why other kids get angry
How to get peers to recognize them in positive ways
Group activities
Early intervention strategies that can deliver long-term success

Communication Interventions

Conflict resolutions that are effective in multiple settings
Help peers and family members relate
Verbal interventions that overload processing
Pragmatic language and other abstract issues

Sensory Interventions

Self-stimulation (appropriate & inappropriate)
Sensory strategies to avoid
Coping/calming techniques that reduce meltdowns
Sensory diet

Anxiety Interventions

Anxiety-reducing activities
How anxiety impacts rigidity
Help them "self-regulate"
Successful transitions

Depression Interventions

Impact on flexibility and change
Therapy that works for people with HFA
Emergence in adolescence
Solitude vs. loneliness

Objectives

1. Employ interventions to teach children/adolescents diagnosed with High-Functioning Autism (HFA) the skills to independently manage their own regulation, anxiety and fears.
2. Design effective strategies to approach transitions and routine life challenges for children/adolescents diagnosed with HFA.
3. Utilize specific interventions to improve long-term social-emotional success for children/adolescents diagnosed with HFA.
4. Appraise specific sensory-based calming techniques to reduce anxiety for children/adolescents diagnosed with HFA.
5. Assess the potential side effects of psychotropic medication that can mimic or cause behavioral issues related to HFA.
6. Design specific behavioral interventions to reduce frequency, intensity and duration of difficult behaviors in children/adolescents with HFA.

ADHD Interventions

ADHD vs. hyper-focus
Commonly prescribed medications and possible benefits and side effects
Specific triggers and what fuels the rage
Reduce aggressive and disruptive behaviors
Mistakes that escalate defiant behaviors
Overcome refusals to comply with even simple requests

Obsessive-Compulsive Disorder (OCD) Interventions

What to do when they become stuck on high interest areas
Specific medication interventions
Impact on socialization and behaviors

Interventions for Specific Difficult Behaviors

Reduce Internet and electronic addictions
Changes in technology, school systems and mental health delivery
Cognitive-Behavior Therapy (CBT) for mood and anxiety

Psychopharmacological Interventions

Differentiate among common medications
Medications that mimic difficult behaviors
Side effects and off label use

Case Studies, Demonstrations & Activities

Case studies that demonstrate specific interventions for aggressive and non-compliant behaviors
iPad® apps for social success, behavioral changes and speech and language
Staff training techniques to experience what an individual on the spectrum might

Research, Risks and Limitations

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High-Functioning AUTISM

Proven & Practical Interventions for Challenging Behaviors in Children, Adolescents & Young Adults

HAGERSTOWN, MD • Wednesday, January 29, 2020

ROCKVILLE, MD • Thursday, January 30, 2020

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High-Functioning AUTISM

Proven & Practical Interventions for Challenging Behaviors in Children, Adolescents & Young Adults

Presented by: **Stacy M. Stefaniak Luther, PsyD., LPC**

Strategies for co-occurring deficits related to:

| | |
|--------------------------|------------------|
| Social skills | Communication |
| Sensory | Anxiety/Rigidity |
| Depression | Meltdowns |
| ADHD | OCD |
| Psychotropic medications | Non-compliance |

"Great seminar! I learned a lot of new techniques and strategies! Loved the group activities and videos."

Speech-Language Pathologist, Tucson, AZ

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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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HIGH-FUNCTIONING AUTISM

Proven & Practical Interventions for Challenging Behaviors in Children, Adolescents & Young Adults

This intensive, full-day seminar provides proven intervention strategies, essential treatment tools, and behavioral techniques to help you analyze behaviors and actions, identify consequences for behaviors, and teach new skills to children, adolescents and young adults with high-functioning autism (HFA). Walk away with practical intervention techniques for social success, behavior changes and overcoming challenging co-occurring behaviors that deliver success through adulthood. The challenging co-occurring issues to be addressed are:

- Social skills
- Sensory
- Depression
- ADHD
- Psychotropic medications
- Communication
- Anxiety/Rigidity
- Meltdowns
- OCD
- Non-compliance

Gain valuable insight into common psychotropic medications, including both the helpful effects and potentially problematic side effects, that these individuals are prescribed. We will explore HFA and the new DSM-5® diagnosis of Social-Pragmatic Communication Disorder. You will receive the necessary tools to gain effective collaboration between clinicians, educators and parents. Through case studies, video clips and class participation you will leave this seminar with the confidence to identify actions that cause impediments in change, utilize more successful consequences for behaviors, and teach new skills to children, adolescents, and young adults with HFA. Don't just manage these individuals; provide interventions that can lead to successful independence into their adult years!

Speaker

Stacy M. Stefaniak Luther, PsyD., LPC, is a post-doctoral resident at the Behavioral Health Clinic of Wausau and Plover and is also a licensed professional counselor. She specializes in assessment, diagnosis, and treatment of Autism Spectrum Disorder for individuals of all ages. Dr. Stacy has over 15 years of experience working with individuals on the Autism Spectrum in addition to working with families in a variety of settings. She works directly with educators, medical professionals, speech and language pathologists, occupational therapists, and mental health professionals. Dr. Stacy leads social skills groups for children, adolescents, and adults with Autism Spectrum Disorder and other disorders and symptoms that cause social difficulties for individuals of all ages. She has experience with Applied Behavior Analysis, social-emotional developmental approaches, and with adapting traditional evidence-based practices for therapeutic intervention for individuals on the spectrum. Dr. Stacy has worked with individuals with a variety of co-occurring conditions, intellectual abilities, varied sensory needs, and individuals who are non-verbal. She especially enjoys problem solving to resolve or decrease aggressive and other maladaptive behaviors. Dr. Stacy is known for providing individualized care that emphasizes social-emotional development. She presents complex information in an understandable and useable fashion that is based on experience in addition to research. Dr. Stacy has experience presenting information to audiences with a variety of backgrounds, interests, and expertise levels. She received her PsyD in clinical psychology from Capella University in 2018 and holds degrees in education and development.

Speaker Disclosure:

Financial: Stacy Stefaniak Luther has an employment relationship with Behavioral Health Clinic. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stacy Stefaniak Luther has no relevant non-financial relationship to disclose.

Live Video Webcast Speaker Cara Marker Daily, PhD

Visit pesi.com/speaker to view Dr. Daily's bio.

Speaker Disclosure:

Financial: Cara Marker Daily is the president/training director for Daily Behavioral Health, Inc. She is the founder/executive director of the Building Behaviors Autism Center. She is a compensated consultant for Rethink Autism. She receives a speaking honorarium from PESI, Inc.

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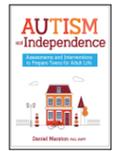
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The Key to Autism: An Evidence-based Workbook for Assessing and Treating Children & Adolescents

By Cara Marker Daily, Ph.D.

The Key to Autism is an invaluable and comprehensive resource for any professional assessing and treating autism in children and adolescents. Filled with dozens of case examples, exercises to understand how the brain with autism works, the latest tools for screening and assessment, and "how-to" sections for applied behavior analysis (ABA), this workbook is the key to understanding the minds of children and adolescents with autism.



Autism and Independence: Assessments and Interventions to Prepare Teens for Adult Life

By Daniel C. Marston, Ph.D., ABPP

Autism & Independence is a new clinical resource to help teens and young adults with autism become their own person. Focusing on a population often overlooked, autism expert Dr. Daniel Marston wrote this game-changing guide, filled with strategies and skill building exercises.

TARGET AUDIENCE: Speech-Language Pathologists • Speech-Language Pathology Assistants • School Administrators • Special Education Teachers • General Education Teachers • School-based Personnel • Social Workers • Counselors • Occupational Therapists • Occupational Therapy Assistants • Behavioral Intervention Specialists • Psychologists • Marriage & Family Therapists • Educational Paraprofessionals • Nurses • Youth Leaders • Probation Officers • Other helping professionals who work with children/adolescents/young adults

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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 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.

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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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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