

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 & 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.

Objectives

1. Discriminate functions of behavior during a tantrum vs. meltdown.
2. Illustrate 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.

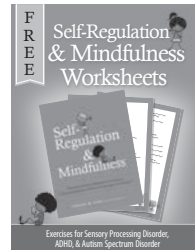
4. Design optimal therapy/classroom structure to prevent overstimulation and sensory breakdowns.
5. Employ SOCCSS, keychain rules and t-charts to prevent, intervene or consequate targeted behaviors.
6. Utilize surprise cards, change of schedule cues and transition markers to alleviate anxiety.
7. Implement a "system" rather than a person dependent intervention.

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 • 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 Diffuse Explosive Behaviors in Children and Adolescents

CAPE GIRARDEAU, MO

Monday, January 20, 2020

ST. LOUIS, MO

Tuesday, January 21, 2020

SPRINGFIELD, IL

Wednesday, January 22, 2020



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AUTISM

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- 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.

Join autism expert Kathy Morris, M.Ed, B.S., 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

Speaker

Kathy Morris, M.Ed., B.S., 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 and a DVD product which are published by the Bureau of Education & Research. She receives a speaking honorarium from PESI, Inc.
Non-financial: Kathy Morris is the mother of adult children with autism spectrum disorders.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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AUTISM

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



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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.



Coping Skills for Kids Workbook
Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger
By Janine Halloran, LMHC

Dealing with stress, anxiety and anger are important skills to learn, but not all kids learn those strategies naturally. *The Coping Skills for Kids Workbook* can help teach children to calm down, balance their energy and emotions, and process challenging feelings. Author Janine Halloran, LMHC, shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics and as a mother. Loved by counselors, educators and parents alike!!

Questions? Call customer service at **800-844-8260**

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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.

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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EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

ILLINOIS EDUCATORS: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

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ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

ILLINOIS PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

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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.

ILLINOIS PSYCHOLOGISTS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

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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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ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

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 Military Tuition:** 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. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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