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## **NO MORE MELTDOWNS: Managing Overwhelming Frustration and Anxiety**

**SPEAKER: JED BAKER, PH.D.**

**November 2, 2023 | 12:00 pm - 3:15 pm Eastern**

**ZOOM - INTERACTIVE WEBINAR**

<b>PACIFIC</b>	<b>MOUNTAIN</b>	<b>CENTRAL</b>	<b>EASTERN</b>
Start Time: 9:00 am	Start Time: 10:00 am	Start Time: 11:00 am	Start Time: 12:00 pm

*This Webinar will replay as a recording on Saturday, November 4th beginning at 12pm Eastern Time. This is not a recording that can be downloaded and replayed at your own pace. All registered attendees will receive a link to the live webinar and a link to the recording replay on Saturday. Full attendance will be taken during the replay and will still qualify you for a certificate of attendance and other professional development opportunities listed. "Live" Q&A feature with speaker will not be available, however you will have the ability to use "chat" feature to interact with other participants. Same registration process for both the live and the recording replay.*

Individuals with social-behavioral challenges and/or ASD often present with difficulty regulating their feelings and interacting socially. The first part of this workshop outlines predictors of better outcomes and how to maximize motivation and engagement of students.

The second part discusses the pitfalls of a traditional escalating disciplinary model and the need to understand why students are having behavioral challenges. The focus is on both soothing moments of dysregulation, de-escalating meltdowns, and problem-solving repeat problems. Problem solving involves identifying triggers to frustration and anxiety, and designing effective behavior plans for each of those triggers. Information will be imparted through lecture, interactive exercises, and video clips.

### **LEARNER OBJECTIVES:**

1. Describe how best to think about challenging behaviors to insure better outcomes.
2. Explain the limits of traditional discipline and how to avoid power struggles.
3. Detail ways to de-escalate emotional meltdowns.
4. List common categories of triggers to frustration and anxiety.
5. Describe how to put together effective prevention plans for each of the common triggers to frustration and anxiety.
6. Indicate the key components of effective skills training and different ways to teach depending on the student's language functioning.

### **WHO SHOULD ATTEND?**

Special Education teachers, SLPs, OTs, counselors, general education teachers, administrators, psychologists, psychiatrists, social workers, PTs, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities. This conference is open to anyone who wishes to attend.

If you require special assistance, please contact AEP Connections to inform them of your special needs by emailing: info@aeconnections.com or calling: 833.237.2668



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### **COURSE SCHEDULE** *(All times are Eastern Time)*

- 12:00 pm - 12:30 pm Predictors of successful outcomes in those with special needs
- Building self-awareness, Promoting motivation and active engagement, Collaborative problem solving
- 12:30 pm - 1:30 pm Understanding of challenging behaviors precedes effective intervention
- Fear as the most common feeling behind oppositional/defiant behaviors
  - How caregivers manage their own anxiety before dealing with their students
  - Developing the right attitude to address challenging behaviors: Research on hope and attributional style of teachers and parents
- 1:30 pm - 1:45 pm **Break**
- 1:45 pm - 2:45 pm Managing and preventing challenging behaviors:
- Crisis management: De-escalating meltdowns through distraction/soothing
  - Identifying the 7 common triggers to frustration and anxiety
  - Creating prevention plans for each of the 7 common triggers
- 2:45 pm - 3:15 Key Components of effective skills teaching:
- Motivation, targeting relevant skills, matching teaching strategy to language functioning, planning for generalization, peer sensitivity, measuring progress



**JED BAKER, PH.D.**

### **SPEAKER BIOGRAPHY**

Jed Baker, Ph.D. is the director of the Social Skills Training Project, an organization serving individuals with autism and social communication problems. He writes, lectures, and provides training internationally on the topic of social skills training and managing challenging behaviors. He is an award winning author of 10 books, including *Social Skills Training for Children and Adolescents with ASD and Social Communication Differences*; *Preparing for Life: The Complete Handbook for the Transition to Adulthood for Those with Autism and Aspergers Syndrome*; *The Social Skills Picture Book*; *The Social Skills Picture Book for High School and Beyond*; *No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior*; *No More Victims: Protecting those with Autism from Cyber Bullying, Internet Predators & Scams*; *Overcoming Anxiety in Children and Teens*; and *School Shadow Guidelines*. His work has also been featured on ABC World News, Nightline, the CBS Early Show, and the Discovery Health Channel.

*Disclosure: Financial: Jed Baker receives an honorarium for his presentation with AEP Connections, LLC. Dr. Baker is a paid autism trainer and also receives royalties for the books that he has written. Non-Financial: Jed Baker has reported no conflicts of interest, financial, or non-financial relationships regarding this presentation.*

Webinar will replay as a recording on Saturday, November 4th beginning at 12:00 Eastern with same agenda.



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**PROFESSIONAL DEVELOPMENT OFFERED:**

- 1. CERTIFICATE OF ATTENDANCE** 3 clock hours for the day. Attendance will be confirmed via Zoom log in/log out
- 2. NBCC** AEP Connections, LLC has been approved as an NBCC-Approved Continuing Education Provider, ACEP No. 7173. Programs that do not qualify for NBCC credit are clearly identified. AEP Connections, LLC is solely responsible for all aspects of the programs. This workshop offers 3 NBCC clock hours.
- 3. ASWB** AEP Connection, LLC, #1332, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. AEP Connections, LLC maintains responsibility for this course. ACE provider approval period: 1/27/2022- 1/27/2025. Social workers completing this course receive 3 continuing education credits. A course evaluation with additional post test questions is required for satisfactory completion.
- 4. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID XXX. This distance learning – interactive is offered for up to .3 CEUs (3 contact hours). Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures. A course evaluation with additional post test questions is required for satisfactory completion.
- 5. ASHA** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures. Full attendance and a course evaluation are required.
- 6. NASP** - AEP Connections is approved by the National Association of School Psychologists to offer continuing education for school psychologists. AEP Connections maintains responsibility for the program. NASP Approved Provider #1165. A code to access the course evaluation will be provided in segments throughout the webinar, to ensure full participation.



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**REGISTRATION FORM**

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**ONLINE REGISTRATION** | Available for credit card transactions at: **aeconnections.com**

**CHECK OR PURCHASE ORDERS:** Please send completed registration form via mail, email or fax.  
*Purchase orders must accompany registrations.*

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*Confirmations and communications will be sent by email. Please print email clearly.*

**REGISTRATION COST**

**EARLY BIRD \$89**

*(Register on or before October 7, 2023)*

**REGULAR PRICING \$99**

*(Register after October 7, 2023)*

*Call for Group Rates (defined as 10 or more, rates decrease as group gets larger)  
 Register group by phone or email.*

Early bird registration - \$89       Regular Price registration - \$99      \$ \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

**AEP Connections | P.O. Box 286, Roscoe, IL 61073**

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CANCELLATION POLICY: More than 45 days before the first day of the conference: Full Refund, less a \$25 processing fee. Less than 45 days, but more than 14 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections, LLC. Less than 14 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. AEP Connections reserves the right to change "live in person" conference to a "Live-stream" webinar in the event of weather, pandemic, Acts of God, national or local guidelines. Our refund policy applies to all registration payments including those by purchase order.