



# AWARENESS EDUCATION POTENTIAL

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## FROM THE ICEBERG TO THE VOLCANO: Stress Related Behaviors in Autism

**SPEAKER: PETER VERMEULEN, PHD**

**February 27, 2024 | 8:00 am - 3:00 pm Central Time**

**ZOOM - INTERACTIVE WEBINAR**

PACIFIC	MOUNTAIN	CENTRAL	EASTERN
Start Time: 6 am	Start Time: 7 am	Start Time: 8 am	Start Time: 9 am

*This Webinar will replay as a recording on March 2, beginning at 8 am Central 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 the speaker will not be available, however you will have the ability to use the "chat" feature to interact with other participants. Same registration process for both live webinar and the recording replay.*

For children, youngsters and adults on the autism spectrum, who are absolute thinkers, the world with its ever changing meanings is very confusing and threatening. This is especially the case if autism goes together with low cognitive abilities or a young developmental age. Then, the world can be so threatening, that the only way to communicate stress and anxiety is through behaviors, such as a meltdown, a shutdown or even self-injurious behaviors or aggression. In this course we'll explore the underlying causes of these stress related behaviors and some strategies to cope with behaviors that can be challenging.

### CONTENT OF THE WORKSHOP

The iceberg of stress related behaviors:

- Autistic thinking in a VUCA world results in stress and anxiety
- The link between emotional development and stress related behaviors: different stages of emotional development

How to prevent stress related behaviors: practical strategies:

- Predictability as the best way to prevent stress related behaviors
- A safe environment
- An environment that focuses on well-being: the H.A.P.P.Y. approach
- Autonomy as the protection against stress

The volcano of stress related behaviors: how to cope with meltdowns

- Different stages of a meltdown and how to react
- Low arousal

Teaching coping strategies to autistic people:

- How to make relaxation and calm down strategies autism friendly

Managing the beliefs and the stress of the people working with autistic people: coping strategies for the staff

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



## **FROM THE ICEBERG TO THE VOLCANO: Stress Related Behaviors in Autism**

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### **PETER VERMEULEN, PHD**

Peter Vermeulen, PhD in Psychology and Clinical Educational Sciences, has more than 35 years of experience in the field of autism. Founder of “Autism in Context”, where autism is understood in context. Peter is an internationally respected lecturer/trainer and he presents all over the world. Peter wrote more than 15 books and several articles on autism, some of them translated into more than 10 languages. For his +30 years of work in the field of autism, he received in 2019 a Lifetime Achievement Award.

**Financial Disclosure:** Peter Vermeulen, Ph.D. receives an honorarium for his presentation with AEP Connections, LLC. Dr. Vermeulen is a paid autism trainer and also receives royalties for the books that he has written.

**Non-Financial:** Dr. Vermeulen has reported no conflicts of interest, financial, or non-financial regarding this presentation.

### **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. This conference is open to anyone who wishes to attend.

### **LEARNER OBJECTIVES:**

1. Identify the most common triggers of stress related behaviors in autism.
2. Explain how the autistic thinking leads to stress.
3. Identify the different stages of emotional development and describe how they link to different types of stress related behaviors.
4. Describe the role of environmental adaptations to prevent stress related behaviors.
5. Differentiate between the different stages of a meltdown and implement the strategies that those stages require.
6. Develop stress reduction strategies that are autism friendly
7. Examine your personal beliefs, attitudes and emotions regarding stress related behaviors in autism.

### **DAILY SCHEDULE**

*(All times are Central Standard Time)*

7:50 am - 8:00 am	<b>Registration Opens</b>
8:00 am - 9:30 am	The iceberg of stress related behaviors: what are the triggers?
9:30 am - 9:45 am	<b>Break</b>
9:45 am - 11:15 am	Strategies to prevent stress related behaviors
11:15 am - 11:45 am	<b>Lunch Break</b>
11:45 am - 1:15 pm	Meltdowns: different stages and strategies to cope with a meltdown
1:15 pm - 1:30 pm	<b>Break</b>
1:30pm - 2:40 pm	Stress coping strategies for both the autistic child and the people around the child
2:40 pm - 3:00 pm	<b>Q&amp;A - Discussion</b>

*This is an interactive “live-stream”. You will be able to ask questions throughout the day as well as “chat” with other participants via the buttons at the bottom of the screen. Handout Links as well as webinar links will be sent at least three days prior to the conference.*



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**PROFESSIONAL DEVELOPMENT OFFERED:**

- 1. PROFESSIONAL LEARNING CREDITS** 1-2 Credits through Concordia University. Cost will be \$250 per credit. Register for credits at conference. A syllabus will be available at [www.aepconnections.com](http://www.aepconnections.com) when details are finalized. (Non-degree credits)
- 2. CERTIFICATE OF ATTENDANCE** - 6 clock hours for attendance.
- 3. NBCC** - AEP Connections, LLC has been approved by NBCC as an 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 6 NBCC clock hours.
- 4. 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 6 continuing education credits.
- 5. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 07589. This distance learning - interactive is offered at .6 CEUs. Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.
- 6. ASHA** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.
- 7. 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.
- 8. NASW** - This program is Approved by the National Association of Social Workers (Approval # 886925205-7866) for 6 continuing education contact hours. Course approval expiration: 1/31/2025.



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*Promoting counseling through certification*



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**REGISTRATION FORM**

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**ONLINE REGISTRATION** | Available for credit card transactions at: [aepconnections.com](http://aepconnections.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	
<b>EARLY BIRD \$179</b> <i>(Register on or before January 26, 2024)</i>	<b>REGULAR PRICING \$209</b> <i>(Register after January 26, 2024)</i>

Early bird registration - \$179

Regular Price registration - \$209 \$ \_\_\_\_\_

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

**AEP Connections, LLC**  
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 Fax: 920.482.1270 | [info@aepconnections.com](mailto:info@aepconnections.com) | [aepconnections.com](http://aepconnections.com)

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.