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## **Tantrums, Meltdowns, and Shutdowns, Oh My!**

### **On Demand Course**

**Presenter: Kelsie Bacon, LCSW-S, RPT.**

#### **COURSE OVERVIEW**

Meltdowns and shutdowns are common responses to sensory and emotional overload in the central nervous system of autistic individuals. Meltdowns and shutdowns are neurological responses, and as a result, the autistic individual temporarily loses control of their behavior. Often meltdowns and shutdowns are viewed as an autistic person having a temper tantrum, despite differences in root causes. Temper tantrums are developmentally appropriate, goal-driven behavioral responses and/or emotional outbursts that occur in response to unmet needs. Therefore, an understanding of the causes and characteristics of meltdowns and shutdowns is important to supporting autistic individuals.

Through PowerPoint lectures, videos, and lived experience examples from the presenter, this course will briefly define temper tantrums and the goal of temper tantrums to support an increased understanding of how a temper tantrum differs from a meltdown and/or shutdown. This course will explore the characteristics of meltdowns and shutdowns. Participants will leave with an understanding of the core differences between temper tantrums, meltdowns, and shutdowns, and ways to support autistics experiencing a meltdown or shutdown.

#### **LEARNER OBJECTIVES**

- Participants will be able to identify the differences between a temper tantrum, meltdown, and shutdown.
- Participants will be able to identify 10-15 triggers for meltdowns and shutdowns.
- Participants will be able to identify 3-5 ways to support an autistic person during a meltdown or shutdown.

#### **WHO SHOULD ATTEND?**

***Special Education teachers, Speech-Language Therapists, 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 and no prerequisites are required.***

**If you require special assistance, please contact AEP Connections to inform them of your special needs by emailing: [info@aepconnections.com](mailto:info@aepconnections.com) or calling: 833.237.2668**



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### **TIMED AGENDA**

**Autism and Behaviors, and Temper Tantrums (30 mins)**

**Autistic Meltdowns and Shutdowns (31 minutes)**

**Supporting Autistics After Meltdowns and Shutdowns (27 minutes)**

**Neurodiversity Resources (6 minutes)**



**Kelsie Bacon, LCSW-S, RPT.**

### **SPEAKER BIOGRAPHY**

Kelsie Bacon is a Licensed Clinical Social Worker and Registered Play Therapist. She is a clinical therapist and supervisor at The Treehouse in Albuquerque, New Mexico. Kelsie is multiply neurodivergent and specializes in working with children, adolescents, and families, including working with autistic children, neurodivergent children, and those diagnosed with ADHD and other developmental disabilities. She is certified in AutplayTherapy, level 1 and 2 sand tray trained, Level 3 OCN London accredited in Supporting Children, Adolescents, and Young Adults with Pathological Demand Avoidance (PDA), and has her Down Syndrome Awareness Diploma. Kelsie is an integrative and prescriptive play therapist drawing from theories and modalities such as Cognitive Behavioral Play Therapy, Child-Centered Play Therapy, Experiential Play Therapy, Theraplay, Adlerian Play Therapy, Attachment theory, Sand tray, Mindfulness, Art, and DIR Floortime. Kelsie has given national and international presentations on working with neurodivergent populations using play therapy. Kelsie is passionate about providing support and consultation to individuals, families, and therapists regarding PDA characteristics and strategies. She is a published author and co-authored the book *Supporting Autistic Ava*, with Lynn Louse Wonders. She was a guest on the Neurodiversity podcast where she spoke on depression and suicide in the neurodivergent community. She is a current board member of the Association for Play Therapy, New Mexico Branch, and is the current secretary for the Child Counseling Center and Play Therapy Institute of New Mexico board. Kelsie is a current participant in the 2023 Association of Play Therapy Leadership Academy.

***Disclosures: Kelsie Bacon, LCSW-R, RPT receives an honorarium for her presentation with AEP Connections. Kelsie is on staff at The Treehouse.***

***There are no reported conflicts of interest, financial, or non-financial relationships regarding this presentation.***



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### PROFESSIONAL DEVELOPMENT OFFERED

- 1. CERTIFICATE OF ATTENDANCE** - This course is offered for 1.5 clock hours. Full attendance and a passing score of 80% on the test is required.
- 2. ASHA**- This course is offered for .15 ASHA CEUs. Full attendance a passing score of 80% on the course exam and a completed evaluation are required for satisfactory completion of ASHA CEUs. Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures.
- 3. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 09888. This distance learning – independent is offered for up to .15 CEUs (1.5 contact hours). Introductory, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures. A course evaluation and an 80% on the post test is required for satisfactory completion.
- 4. 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. Full attendance is required and a passing score of 80% is required on the post test. This course is offered for 1.5 credits/hours.
- 5. 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 is solely responsible for all aspects of the programs.  
*NBCC Clock Hours Available: 1.5*
- 6. ASWB** - AEP Connection, LLC, #1332, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 1/27/25 - 1/27/28. Social workers completing this course receive 1.5 continuing education credits. Full attendance, a course evaluation with additional post test questions is required for satisfactory completion.



AEP Connections, LLC

Introductory Level  
.15 ASHA CEUs

