

Calming the Storm: Self Regulation Strategies for ADHD, High-Functioning Autism, Learning Disabilities & Sensory Disorders

FRIDAY, AUGUST 16, 2019



Laura Ehlert, Psy.D. LP, is a clinical psychologist who has worked with children and adolescents with severe emotional/behavioral issues for over 25 years. She holds a doctorate degree in Clinical Psychology where her training focused on developmental issues of childhood, and child psychopathology issues. Over the years, she has worked with thousands of youth in a variety of settings including hospitals, residential treatment centers, partial hospital programs, school day treatment and outpatient mental health settings. Dr. Ehlert maintains a private practice in Burnsville, Minnesota, where she specializes in working with clients who struggle with information and sensory processing deficits and associated emotional, behavioral and mental health issues. Professionals who have worked with

Dr. Ehlert in the past have often commented that interventions she offered succeeded where others have failed.

Overview: This workshop will help you to better intervene with the challenging child – the one who won't sit still; doesn't follow directions; often throws tantrums; or has difficulty waiting for their turn. They react impulsively and have difficulty expressing what they need or what is frustrating them. We know this child is intelligent, caring and kind, but their behavior doesn't reflect these positive qualities. Join clinical psychologist Dr. Ehlert and learn how to effectively intervene with emotional and behavioral dysregulation using techniques that address the sensory, language and executive functioning processing deficits that trigger them. Through discussion and hands-on activities, you will learn how to create appropriate behavioral expectations and environments that will help children with High-Functioning Autism, ADHD, Learning Disabilities and Sensory Processing Disorders.

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| <p>Objectives:</p> <p>At the conclusion of the workshop, the participant will be able to:</p> <ul style="list-style-type: none"> • Communicate how sensory, language, and executive skills impairments create fight/flight/freeze and defensive responses that lead to dysregulation and related behavioral issues in children. • Select the appropriate intervention strategies to improve skills including self-control, social success, emotional regulation, and task-completion. • Employ behavior modification techniques and problem-solving strategies to diffuse escalated and oppositional behavior. • Implement environmental strategies to accommodate children's processing deficits and emotional regulation needs. • Utilize problem-solving strategies to develop appropriate behavioral expectations and coping mechanisms for improved self-regulation. • Apply cognitive restructuring strategies to reduce frequency, severity and duration of children's behavioral and emotional outbursts. | <p>Who Should Attend:</p> <p>This intermediate level workshop is appropriate for social workers, psychologists, counselors, case managers, peer support specialists, nurses and nurse practitioners, and other helping professionals</p> | <p>Schedule:</p> <p>8:00 – 8:30 (ET) 8:30 – 10:00 10:00 – 10:10 10:10 – 11:40 11:40 – 12:50 12:50 – 2:20 2:20 – 2:30 2:30 – 4:00</p> | <p>Registration</p> <p>Improving our Perspective: Insight into the Child's Point of View Sensory Deficits and Behavior</p> <p>Break</p> <p>Language/Learning Deficits and Behavior</p> <p>Lunch (on your own)</p> <p>Executive Functioning Deficits and Behavior</p> <p>Break</p> <p>Putting it Together: Behavioral & Problem Solving Strategies</p> <p>Brain Training</p> <p>Neuro-Biological Considerations</p> |
| <p>Questions and Auxiliary Aids</p> <p>To register: visit www.parkcenter.org or contact Morgan Taylor, Workshop Registrar at (260) 482-9125, ext. 2019. For workshop questions: contact Emily Liechty at (260) 482-9125, ext. 2148 or E-mail address: emily.liechty@parkcenter.org</p> | | | |

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Featuring: **Laura Ehlert, Psy.D., LP**

REGISTRATION FEE: \$150.00 / \$110.00 per person for four or more registrations submitted together from the same organization / \$55 for students. Light continental breakfast and training materials included. Lunch is on your own.

CANCELLATION: Up to 5 days prior, \$10.00 administrative fee; less than 5 days, non-refundable.

LOCATION: Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100.

LODGING: The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.

PARKING: Parking is available for a fee within a two-block radius of the workshop location.

FACILITY ACCESSIBILITY: The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Morgan Taylor, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

QUESTIONS OR CONCERNS: Contact Emily Liechty at (260) 482-9125, ext. 2148 or Morgan Taylor at ext. 2019

Workshop rooms are typically cool, please dress appropriately.

Continuing Education Credits

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| American Psychological Association | ↔ | Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Continuing Education Hours. |
| Indiana Behavioral Health Board | ↔ | Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMFTA, LMHC, LMHCA LCAC and LAC. However, licensees must judge the program's relevance to their professional practice. Credit: 6 Continuing Education Hours. |
| Indiana State Psychology Board | ↔ | Approved sponsor of continuing education programs for psychologists. Credit: 6 Hours. |
| Indiana Law Enforcement Training Board | ↔ | Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Continuing Education Hours. |
| National Board for Certified Counselors  | ↔ | Park Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Credit: 6 Continuing Education Hours. |
| NAADAC - The Association of Addiction Professionals | ↔ | Approved NAADAC education provider. Credit: 6 Continuing Education Hours. |
| Ohio Counselor, Social Work, Marriage & Family Therapist Board | ↔ | Approved sponsor of continuing education programs. Approved for counselors and social workers only. Provider number: RCS038704 Credit: 6 Hours. |



Calming the Storm: Self Regulation Strategies

August 16, 2019

Registration Deadline: 8/8/19

Name: _____
Degree: _____
Organization: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Day Phone: _____ Evening Phone: _____
E-mail: _____

Indicate Continuing Education Credit Requested

- APA NAADAC LCSW LMFT/LMFTA LMHC/LMHCA LSW
 LAC/LCAC ISPB/HSPP ILETB NBCC Ohio CSWMFTB

Method of Payment

Check enclosed (payable to Park Center, Inc.)
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Cardholder* Name (print): _____
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Signature: _____

Mail Checks & Registration Form To:

Morgan Taylor, Workshop Registrar, Park Center, Inc.,
909. E. State Blvd., Fort Wayne, Indiana, 46805