



# Preparing for Life: Managing Overwhelming Emotions and Teaching Social Skills



## PRESENTER Dr. Jed Baker, PhD

*An internationally recognized author  
and lecturer*



## WHEN

**Tuesday, March 28, 2023**

*8:00 am – 3:00 pm EST*

*Please contact Theramoves with any  
special needs' requests at least 2 weeks  
prior to webinar*



## WHERE

**Live Web Conference**



## FEES

**\$229** Register before March 3

**\$249** Register after March 3

**Group of 3+** 10% Savings- list  
group members and use

Coupon code **Team3Save10** at  
checkout

**Group of 7+** 15% savings contact  
Theramoves



## ACCREDITATION

### **6 contact hours**

*0.6 ASHA CEU*

*0.6 AOTA CEUs*

*7.5 NBCOT PDUs*

*7.2 NY PT CEUs*

*6.0 CTLE credit/contact hours*

*6.0 CEUs for NY social workers*

### **Certificates will be Awarded**

*Credits listed are offered by  
Theramoves for full attendance.  
Partial attendance will receive  
partial credit.*

*Learning assessment will be  
completed via an online post-  
course quiz. A score of 70% or  
more is required to receive a  
certificate of completion.*

**LEVEL OF INSTRUCTION:** Beginner

**TARGET AUDIENCE:** SLPs, OTs, OTAs, PTs, special educators, educators, social workers, principals, and mental health professionals

**INSTRUCTION METHODS:** Lecture, slides, video clips, practice exercises

## DESCRIPTION

This is a **practical strategies seminar!** 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 outcome 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. This problem solving involves identifying triggers to overwhelming frustration and anxiety, and designing effective behavior plans for each of those triggers. The third part of the presentation details strategies to teach social skills, how to generalize skills into the natural setting and increase acceptance and tolerance from peers. Information will be imparted through lecture, interactive exercises, and video clips.

## LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. List predictors of successful outcomes and ways to promote active engagement by students.
2. Relate how best to think about challenging behaviors to insure better outcomes.
3. Recall 4-5 strategies to deal effectively with anxiety and frustration; both to deescalate and prevent meltdowns.
4. Identify ways to motivate verbal and non-verbal individuals to want to socialize.
5. Explain how to choose effective strategies for teaching and generalizing skills.
6. Create programs for typical peers to accept individuals with disabilities, reduce bullying and model positive behaviors.



American Occupational Therapy Association

Approved Provider

TheraMoves is an AOTA Approved Provider of professional development. Course

approval #pending. This distant learning

course is offered at 0.6 CEUs., a beginner educational level, in the area of occupational therapy service delivery and foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

-Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)

-Approved for Social Workers by the NY State ED Dept. #SW-0499

-TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2contact hours)



ASHA CE  
APPROVED PROVIDER

St. John's University -  
Department of Communication  
Sciences and Disorders

This program is offered for 0.6 ASHA CEUs  
Beginner level.

**REFUNDS & CANCELLATIONS:** A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to week prior to the course. After that, no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled

## AGENDA

- 8:00-8:45 Predictors of successful outcomes in those with special needs: Building self-awareness, Promoting motivation and active engagement, Collaborative problem solving
- 8:45--9:30 Understanding of challenging behaviors precedes effective intervention. Fear as the most common feeling behind oppositional/defiant behaviors in individuals with ASD, ADHD, Bipolar and multiple learning disabilities. How caregivers can first manage their own anxiety before dealing with their kid's behaviors. Developing the right attitude to address challenging behaviors. Research on hope and attributional style of teachers and parents.
- 9:30-9:45 Break
- 9:45-11:15 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. Anxiety management.
- 11:15 -11:45 Lunch
- 11:45-1:15 Why most social skills programs fail! Key Components of Social Skills Training: (1) One size does not fit all: Prioritizing relevant skill goals, (2) Knowing what to do does not mean one will do it: Establishing motivation to use skills, (3) Skill acquisition: strategies to teach skills based on language ability, (4) Generalization strategies, Prompting skills in real settings.
- 1:15-1:30 Break
- 1:30-3:00 Having skills does not ensure peer acceptance: Creating accepting peer environments. Q and A

## PRESENTER'S BIO

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 8 books, including *Social Skills Training for Children and Adolescents with Aspergers Syndrome and Social Communication Problems*; *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: Dr Baker will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: Dr Baker has no nonfinancial relationships to disclose