

From Meltdowns to Cooldowns: Practical Implications for Intervention in Autism and Stress Related Behaviors



PRESENTER

Peter Vermeulen, PhD

*An internationally recognized author,
speaker and expert on Autism*



WHEN

Thursday, January 7, 2027

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

*(If you are unable to attend due to
time zone difficulty, please email us at
info@theramoves.com)*



FEES

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ACCREDITATION

6 contact hours

0.6 **ASHA** CEUs

0.6 **AOTA** CEUs

7.5 **NBCOT** PDUs

0.6 CEU for SLP in NY

6.0 **CTLE** contact/clock hours

7.2 **NY PT** contact hours

0.6 CEUs for NY social workers

CE Broker # 50-31070

Certificates will be Awarded

- Credits listed are offered by Theramoves for full attendance.
- ASHA partial credits will not be awarded for this webinar.
- Attendance is tracked automatically by the online platform "zoom"
- Learning assessment will be completed via an online post-course quiz. Passing a multiple choice with 70% accuracy within 1 week is required to receive your certificate of completion.

LEVEL OF INSTRUCTION: Introductory

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

INSTRUCTION METHODS: Lecture, slides, video

DESCRIPTION

For children 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. For autistic children, 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 webinar we will explore the underlying causes of these stress related behaviors as they relate to absolute thinking in a relative world and practical strategies to cope with these behaviors.

In the second half of the webinar, we will focus on **prevention: a focus on well-being strategies for autistic children can help to prevent the stress in the first place.** This webinar will change some of the currently used strategies in autism and offer new, dynamic strategies and solutions.

LEARNING OBJECTIVES

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

1. Describe why a person with Autism's thinking in a VUCA world results in stress and anxiety
2. Articulate the link between emotional development and stress related behaviors based on different stages of emotional development.
3. Identify how to teach coping strategies using sensory, physical and psychological strategies.
4. List practical strategies that correlate to different phases of a meltdown and what to do in these phases.
5. List coping strategies for the staff involved with autistic children.
6. Articulate evidence-based well-being strategies and describe how to make them autism friendly for prevention of stress related behaviors.



Theramoves Services, LLC

Introductory Level
6 ASHA CEUs



TheraMoves is an AOTA Approved Provider of professional development. Course approval ID # 06751 . This distant learning -interactive course is offered at 0.6 CEUs, a beginner educational level, in the area of occupational therapy service delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



TheraMoves Services, LLC, is Approved for Sponsor by New York State Board for OTs & OTAs

Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) Provider # 23490. This webinar will qualify for 6 approved (CTLE approval 23490)

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

Approved for 6 contact hours by NYSED's State Board for speech language pathologists

Theramoves Services, LLC, is recognized by the NY State Education Depart, State Board for Physical Therapy as an approved provider for PT & PTA continuing education. This webinar qualifies for 7.2 contact hours

AGENDA

- 8:00 – 9:30 The iceberg: causes of meltdowns and shutdowns: autistic thinking in combination with young emotional age
- 9:30 – 9:45 Break
- 9:45 – 11:15 The volcano: practical strategies for addressing the different phases in a meltdown
- 11:15 – 11:45 Lunch
- 11:45 – 1:15 Prevention of meltdowns and shutdowns: staff attitudes and an autism friendly environment
- 1:15 – 1:30 Lunch
- 1:30 – 3:00 Prevention of meltdown and shutdowns: interventions focused on well-being and the teaching of stress-coping strategies

PRESENTER'S BIO

Peter Vermeulen, PhD in Psychology and Clinical Educational Sciences, has more than 35 years of experience in the field of autism. Peter is an internationally respected lecturer/trainer and presents all over the world. Founder of "Autism in Context", where autism is understood in context. Peter has written over 150 articles on autism and is author of more than 15 books with translations into more than 10 languages. For his +30 years of work in the field of autism, he received in 2019 a Lifetime Achievement Award.

REFUNDS & CANCELLATIONS: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 3 days 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. If this event is canceled, you will be refunded the cost of registration within 10 days. 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.

Disclosure: Financial: Peter will receive a speaker's honorarium from TheraMoves Services for the presentation. Mr. Vermeulen has no nonfinancial relationships to disclose.