



Preparing for Life: Managing Overwhelming Emotions and Teaching Social Skills using a Neuroaffirmative Approach



PRESENTER

Dr. Jed Baker, PhD

*An internationally recognized author
and lecturer*



WHEN

September 7, 2026 through

December 31, 2026,

Anytime during these weeks

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



WHERE

On-Demand Webinar



FEES

\$199



ACCREDITATION

6 contact hours

0.6 ASHA CEUs

0.6 AOTA CEUs

7.5 NBCOT PDUs

0.6 CEUs for NY OTs/OTAs

0.6 CEUs for NY SLPs

6.0 CTLE contact/clock hours

0.6 CEUs for NY social workers

7.2 PT NY contact hours

CE Broker (select states)

Certificates will be Awarded

- Theramoves offer credits listed for full attendance.
- ASHA partial credits will not be awarded for this webinar.
- Course evaluation, post-test, and learning assessment, to be completed online with a passing score of 70% within 1 week, is required to receive your 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**! Neurodivergent individuals and those with social-behavioral differences often present with challenges regulating feelings and interacting socially. The first part of this workshop outlines a neuroaffirmative approach to working with individuals, along with predictors of better outcomes and how to maximize quality of life. 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 de-escalate 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.



ASHA CE
APPROVED PROVIDER

Theramoves Services, LLC

Beginner Level
0.6 ASHA CEUs



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Occupational Therapy
Association

Approved Provider

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.

TheraMoves is an AOTA-approved provider of professional development. Course pending approval # 15299. This distant learning course is offered



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- 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 (7.2 contact hours)
- TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists (SLPs) by The State Education Department
- TheraMoves Services, LLC, is Approved for Sponsor by New York State Board for OTs & OTAs

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.

AGENDA

- 45 min A neuroaffirmative framework and predictors of successful outcomes of neurodiverse individuals: Building self-awareness, promoting motivation and active engagement, Collaborative problem solving
- 45 min Understanding of challenging behaviors precedes effective intervention. Fear is 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 kids' behaviors. Developing the right attitude to address challenging behaviors. Research on hope and attributional style of teachers and parents.
- 90 min 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.
- 90 min 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.
- 90 min Having skills does not ensure peer acceptance: Creating accepting peer environments. Q and A

PRESENTER'S BIO

Jed Baker, Ph.D graduated Phi Beta Kappa from SUNY-Binghamton and went on to receive the Presidential Fellowship from SUNY-Albany, where he completed his doctorate in clinical psychology. 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 this presentation, and he receives royalties from the sale of books he has authored that he will refer to in this course. Nonfinancial: He has no non-financial relationships to disclose