

## Outline

### DSM-5® and ICD-10 Updates

Social-Pragmatic Communication Disorder  
Impact on service delivery (school/community)  
Successfully link home, school and therapy  
IEP/504/Do they qualify for school services?  
Co-morbid disorders: Why the difference is important

### Social Skills Interventions

Improve social skill deficits  
"Kid Cop" behaviors and why other kids get angry  
How to get peers to recognize them in positive ways  
Group activities that have a proven track record  
Early intervention strategies that deliver long-term success

### Communication Interventions

Conflict resolutions that are effective in multiple settings  
Help peers and family members relate  
Verbal interventions that overload processing  
Pragmatic language and other abstract issues

### Sensory Interventions

Self-stimulation (appropriate & inappropriate)  
Sensory strategies to avoid  
Coping/calming techniques that reduce meltdowns  
Sensory diet

### Anxiety Interventions

Anxiety-reducing activities  
How anxiety impacts rigidity  
Help them "self-regulate"  
Successful transitions

### Depression Interventions

Impact on flexibility and change  
Therapy that works for people with HFA  
Emergence in adolescence  
Solitude vs. loneliness

### ADHD Interventions

ADHD vs. hyper-focus  
Commonly prescribed medications and possible benefits and side effects  
Specific triggers and what fuels the rage  
Reduce aggressive and disruptive behaviors  
Mistakes that escalate defiant behaviors  
Overcome refusals to comply with even simple requests

### Obsessive-Compulsive Disorder (OCD) Interventions

What to do when they become stuck on high interest areas  
Specific medication interventions  
Impact on socialization and behaviors

### Interventions for Specific Difficult Behaviors

Reduce Internet and electronic addictions  
Changes in technology, school systems and mental health delivery  
Cognitive-Behavior Therapy (CBT) for mood and anxiety

### Psychopharmacological Interventions

Differentiate among common medications  
Medications that mimic difficult behaviors  
Side effects and off label use

### Case Studies, Demonstrations & Activities

Case studies that demonstrate specific interventions for aggressive and non-compliant behaviors  
iPad® apps for social success, behavioral changes and speech and language  
Staff training techniques to experience what an individual on the spectrum might



## Objectives

1. Explain how the DSM-5® updates impact service delivery.
2. Utilize several social skill interventions to improve long-term success for children/adolescents with HFA.
3. Employ specific coping and calming techniques for children/adolescents with HFA.
4. Identify medication side effects that can mimic behavioral issues and may even cause behavioral issues.
5. Design effective strategies for successful transitions for children/adolescents with HFA.
6. Select specific behavioral interventions that target the most difficult behaviors in children/adolescents with HFA.
7. Summarize the new DSM-5® diagnosis of Social-Pragmatic Communication Disorder and design treatment interventions.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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# High-Functioning AUTISM

Proven & Practical Interventions for  
Challenging Behaviors in Children,  
Adolescents & Young Adults

**TOMS RIVER, NJ**  
Monday, August 14, 2017

**SOMERSET, NJ**  
Tuesday, August 15, 2017

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# High-Functioning AUTISM

Proven & Practical Interventions for  
Challenging Behaviors in Children,  
Adolescents & Young Adults

Presented by: **Jay Berk, PhD**

- Treatment interventions for HFA and Social-Pragmatic Communication Disorder
- Strategies for co-occurring deficits related to:
 

Social skills	Communication
Sensory	Anxiety/Rigidity
Depression	Meltdowns
ADHD	OCD
Psychotropic medications	Non-compliance
- DSM-5® and ICD-10 updates

*"Dr. Berk brings a wealth of knowledge & experience in a practical, hands-on manner"*

Luanne C. Templeton, Counselor

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# HIGH-FUNCTIONING AUTISM

Proven & Practical Interventions for Challenging Behaviors in Children, Adolescents & Young Adults

This intensive, full-day seminar provides proven intervention strategies, essential treatment tools, and behavioral techniques to help you analyze behaviors and actions, identify consequences for behaviors, and teach new skills to children, adolescents and young adults with high-functioning autism (HFA). Walk away with practical intervention techniques for social success, behavior changes and overcoming challenging co-occurring behaviors that deliver success through adulthood. The challenging co-occurring issues to be addressed are:

- Social skills
- Sensory
- Depression
- ADHD
- Psychotropic medications
- Communication
- Anxiety/Rigidity
- Meltdowns
- OCD
- Non-compliance

Gain valuable insight into common psychotropic medications, including both the helpful effects and potentially problematic side effects, that these individuals are prescribed. We will explore HFA and the new DSM-5® diagnosis of Social-Pragmatic Communication Disorder. You will receive the necessary tools to gain effective collaboration between clinicians, educators and parents. Through case studies, video clips and class participation you will leave this seminar with the confidence to identify actions that cause impediments in change, utilize more successful consequences for behaviors, and teach new skills to children, adolescents, and young adults with HFA. Don't just manage these individuals; provide interventions that lead to successful independence into their adult years!

## Speaker

**JAY BERK, PhD**, is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioral field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with autism, ODD, ADHD, anxiety and stress, depression, learning disabilities, Tourette's Syndrome and individuals who have multiple impairments. He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. Dr. Berk continually consults for several school districts. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as an alternative educational program.

Dr. Berk presents nationally on the topics of autism, disruptive behavior disorders, mental health issues in the classroom, ODD and social skills competency. In his workshops, he teaches professionals who work with children and adolescents, practical treatment and intervention strategies. He has been invited to present at hundreds of schools and conferences including being a repeated consultant to the Department of Education in Hawaii. As a past consultant to the United Nations, Dr. Berk authored a manual for UNICEF that was used by teachers working with children throughout Bosnia during the war. He has also worked in London, England with defiant teenagers; Kristiansand, Norway with traumatized youth; and the American Red Cross with trauma response.

Speaker Disclosures:

Financial: Dr. Jay Berk maintains a private practice. He receives a speaking honorarium from PESI, Inc.

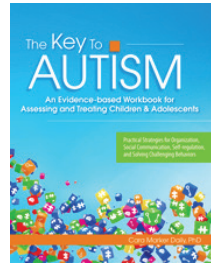
Non-financial: Dr. Jay Berk is a member of the American Psychological Association.

*"Fantastic seminar! Dr. Berk is one of the better presenters I have experienced in a long time. He was knowledgeable, interactive, and held a captive audience all day."*

Barbara Trevigne, Social Worker

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### The Key to Autism

An Evidence-based Workbook for Assessing and Treating Children & Adolescents

By Cara Marker Daily, PhD

The Key to Autism is an invaluable and comprehensive resource for any professional assessing and treating autism in children and adolescents. Filled with dozens of case examples, exercises to understand how the brain with autism works, the latest tools for screening and assessment, plus over 25 downloadable worksheets and activities you can use immediately. This workbook is the key understanding the minds of children and adolescents with autism.



### Hands-on Activities for Children with Autism & Sensory Disorders

By Teresa Garland, MOT, OTR/L

Innovative, practical and fun activities for children with autism and sensory disorders.

Following a step-by-step recipe format, Teresa Garland, MOT, OTR/L provides nearly 200 activities and interventions to help children with their sensory needs. This highly detailed, illustrated and accessible guide is a rich resource for any therapist, teacher or parent.

### Live Seminar Schedule

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

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- Occupational Therapy Assistants • Behavioral Intervention Specialists • Psychologists
- Marriage & Family Therapists • Educational Paraprofessionals • Nurses
- Youth Leaders • Probation Officers
- Other helping professionals who work with children/adolescents/young adults

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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This activity qualifies for 6.25 contact hours.

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