



Managing the Mishaps and Meltdowns:

ADHD, Executive Functioning, & Anger in Children & Adolescents

*Manage executive functioning weaknesses
and frustrations through practical strategies
in the classroom and therapy room*

Presenter:

Aimee Kotrba, PhD

March 15, 2019

8:30 am - 4:00 pm

Location:

LIU Post

Humanities Hall – Rm. 119

720 Northern Blvd., Brookville, N.Y.

Sponsored by:

Kidz Conference Services

300 Garden City Plaza, Suite 350

Garden City, NY 11530

P: 516-747-9030 F: 516-747-1833

www.kidzconferenceservices.com

Teri Chase, Conference Coordinator

COURSE DESCRIPTION

Executive functioning weaknesses impact a large number of children and adolescents. As a result, they often have difficulty planning, organizing, coping, thinking through cause and effect, and regulating their emotions. They may be difficult to handle and support in the classroom and therapy room, due to their angry outbursts and emotional tirades. When children are struggling to manage ADHD and anger, they are less able to focus on the academic tasks expected of them in classroom settings.

Dr. Aimee Kotrba will use evidence-based research, videos, and interactive learning to help participants understand effective techniques for reducing anger and supporting children with executive functioning weakness.

TARGET AUDIENCE

- School Psychologists/Psychologists
- Social Workers
- Speech/Language Pathologists
- Special & General Education Teachers
- Occupational Therapists
- Licensed Mental Health Counselors
- Administrators
- Guidance Counselors

**CEU / CPD hours available for most disciplines
above. Check page 2 for specifics**

Designed for Staff Working with Ages:

- Preschool
- Elementary
- Middle School
- High School

Level & Teaching Methods

Intermediate; Lecture, Videos Discussion

LEARNER OBJECTIVES

*Upon completion of this course,
participants will be able to:*

- identify strategies for teaching kids coping skills that positively impact academic performance and their ability to maintain relationships
- Identify methods to determine the source of stress and discuss a plan to eliminate shutting down or acting out
- explain how executive functioning and the fight-flight-freeze response influence emotional functioning

AGENDA

- 8:00** Registration Check In & Continental Breakfast
- 8:30** Understanding Executive Functioning weaknesses
- 10:15** Break
- 10:30** How to assess for executive functioning weaknesses and anger in the classroom and therapy room
- 12:00** Lunch (1 hour)
- 1:00** Developing a child's coping skills toolbox
- 2:00** Teaching kids to manage anger and frustration
- 2:30** Break
- 2:45** Creating coping skills for transitions and the unexpected
- 4:00** End of Session

*There will be a 15-minute break in the
am & pm sessions.*

BIOGRAPHICAL INFORMATION

A clinical psychologist specializing in the psychological assessment and treatment of children, and adolescents, Dr. Kotrba provides evidence-based intervention for anxiety and behavioral issues. Dr. Kotrba's primary interventions include individual Cognitive Behavioral Therapy (CBT) for mood and anxiety disorders, parent training for disruptive behavior disorders, and psychological assessments for learning issues, anxiety, Autism Spectrum Disorders, and Attention-Deficit/Hyperactivity Disorder. She is a nationally-known expert and speaker on the identification and treatment of Selective Mutism, a childhood anxiety disorder.

Disclosure Information

Financial

Dr. Kotrba is receiving a speaker's fee for presenting these workshops. She is the author of *Selective Mutism: An Assessment and Intervention Guide for Professionals, Educators, and Parents* and *Parents and Overcoming Selective Mutism: A Field Guide for Parents*.

Non-Financial

No relevant interests

CONFERENCE LOCATION

Enter LIU Post campus at the West Gate on Northern Blvd., Brookville, bearing right and proceeding on Post Lane. Humanities Hall is located behind the Kahn Discovery Building, which is the 2nd building located on the left side of the road. Parking is available next door at the Tilles Center. See campus map: <http://www.cwpost.liu.edu/cwis/cwp/location/map/index.html>

CEU / CPD INFORMATION



Kidz Conference Services, LLC is approved by National Association of School Psychologists to offer continuing education for school psychologists. (**6 NASP CPDs**)

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147. (**6 NYSED SBSW Contact Hours**)



Kidz Conference Services, LLC is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. (**.6 AOTA CEUs**) **Domain of OT- Performance skills**



Kidz Therapy Services, LLC is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for **.6 ASHA CEUs** (Intermediate level, Related area)

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. (*6 hrs.*)

Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0118. (*6 contact hours*)

WORKSHOP DETAILS

Certificates of Attendance - Attendance for the entire session is required for Certificates of Completion and/or CEUs (where applicable)

Cancellations Due to Weather - will be announced on our website (www.kidztherapy.com); top of the main page

REGISTRATION INFORMATION

WAYS TO REGISTER:

Online: www.kidztherapy.com with credit card

Fax: By credit card 516-877-0998

Phone: By credit card 516-747-9030 x181

Mail: By check/credit card: Kidz Conference Services, 300 Garden City Plaza, Suite 350, Garden City, NY 11530

Purchase Orders accepted as payment please call to register

Managing the Mishaps and Meltdowns

Print information clearly

Name _____

Street _____

City _____ State _____ Zip Code _____

Phone # _____

E-mail Address _____ Discipline & License #
(LMSW, LCSW, LMHC only)

Please check one:

- Early Bird Registration by Feb. 23 - **\$185**
- Standard Registration - **\$199**
- Groups of 3 or more \$15 discount pp (must send together) online registration not available for group discount, please call

Registration fee includes breakfast

To pay by credit card: ___ Visa ___ MasterCard ___ AMEX

Credit Card Number _____ Security Code _____ Expiration Date _____

Name as it appears on card _____

Signature _____

Refund Policy: A handling fee of \$25 will be deducted for all cancellations. Refund requests must be received by mail/e-mail **at least 14 days prior** to the conference date.

For special accommodations or information:

Should you require a reasonable accommodation to attend a Kidz Conference, all such requests must be received no less than four

weeks prior to the date of the conference via email to

kidzconferenceservices@kidztherapy.com

Questions: Call Tesa 516-747-9030 x181

Directions & Lunch Locations

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March 15, 2019
8:30 – 4:30

LIU Post

720 Northern Blvd, Brookville, NY
Humanities Hall – Room 119

Enter LIU Post campus at West Gate and bear right. Look for the yellow Kidz Conference Services signs, posted in the ground. Second building on the left is Kahn Discovery Center (#25). For Humanities Hall, make a left just past the building and go to the end of the road. Humanities Hall is the building at the end on the left. Building #21 on map. **For Parking** – Do NOT make the left; most available parking is just past the turn, on the left.

Food Availability near LIU Post:

Walking - Student Cafeteria – Hillwood Commons - Exit at main entrance and go right. Building behind flag pole

By Car

LEFT after exiting out of main campus entrance - Go approximately 1.7 miles to the major intersection of Glen Cove Road

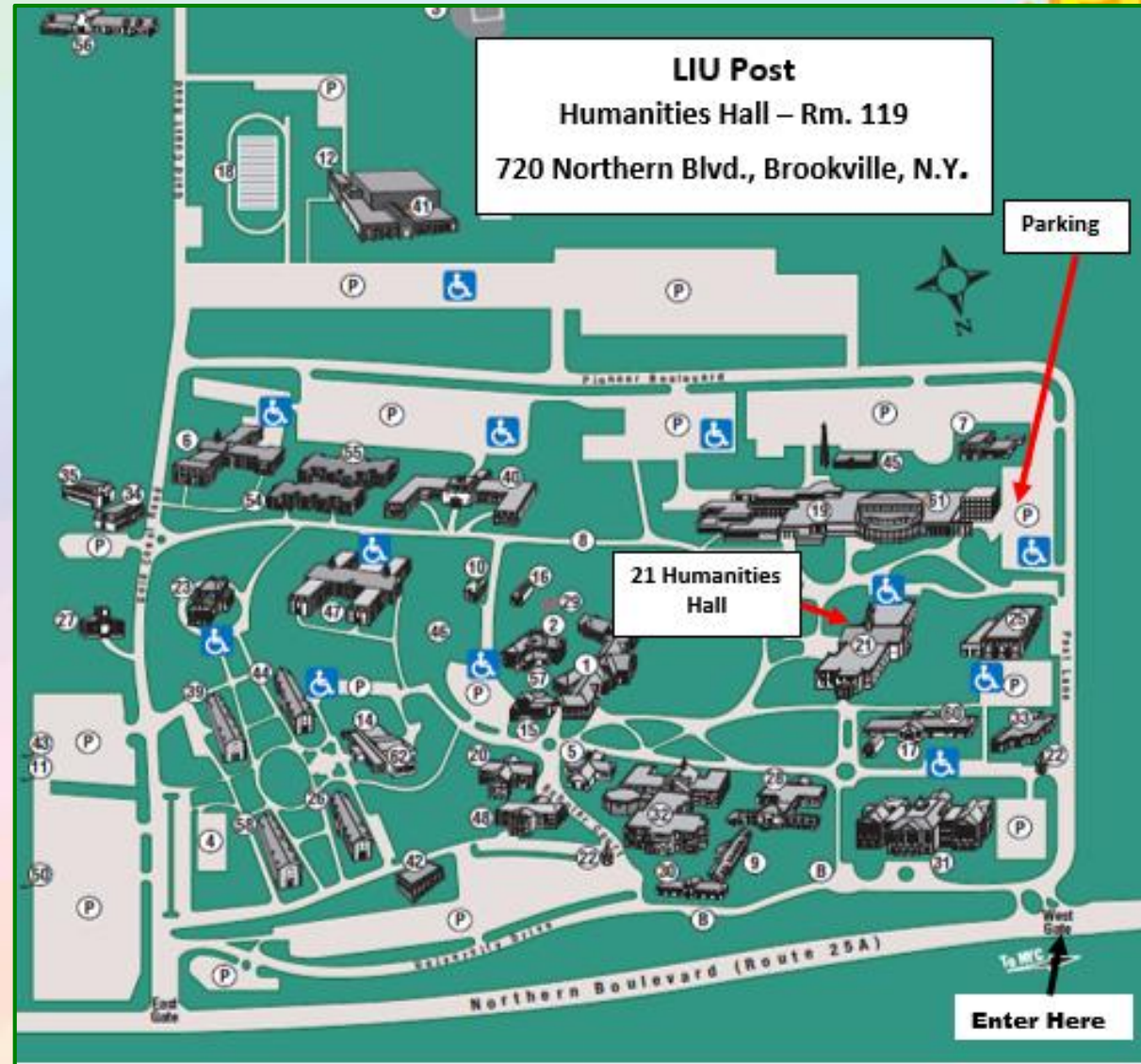
- Ben's Deli – in the Wheatley Plaza shopping center on your left

◦ **Left onto Glen Cove Road (at main intersection)**

- Moe's Southwest Grill - right side
- Wendy's - right side
- Yogurt & Such - left side
- Burger King - right side thru shopping center
- Bagel Store- right side, then a left as you enter the shopping center

◦ **Right onto Glen Cove Road - at main intersection**

- Greenvale Townhouse Diner - on left
- Pizzeria – on right in little strip mall



RIGHT exiting out of main campus entrance - Go approximately 3.7 miles to 106; **Left** onto 106

- Bagel Boss - right side in strip mall
- East Norwich Deli - across the street from Bagel Boss
- Saggios (Italian/Pizza) - right side in strip mall

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