



## 37<sup>TH</sup> MASP SUMMER INSTITUTE

June 5<sup>th</sup> and 6<sup>th</sup> 2017

# Jed Baker, PhD

## *Managing Frustration, Anxiety, and Teaching Social Skills*

Students on the autism spectrum and those with behavioral challenges often present with difficulty regulating their feelings and interacting socially. This workshop describes how to handle meltdowns and design effective behavior plans to prevent these moments and reduce frustration and anxiety. The second day of the presentation details strategies to motivate students to learn, ways 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.

**Registration begins at 7:45**

**Presentation will be from 8:30 to 4:00 each day**

**Lunch will be provided on site**

**Online registration is available at: [masponline.us](http://masponline.us)**

**(Mail-in registrations will need to add a \$10 processing fee)**

**Questions? Call Isha Contway 406-366-6472 or Nicole Bottsford  
919-358-9598**

### **Outcome Objectives:**

- To understand the reasons for social skill deficits and disruptive behaviors
- To learn strategies to deal effectively with meltdowns and be able to put together an effective behavior plan to prevent frustration and anxiety
- to learn ways to motivate verbal and non-verbal students to want to socialize
- to learn several strategies for teaching and generalizing skills
- to learn how to create programs for typical peers to accept students with disabilities, reduce bullying and model positive behaviors

**REGISTRATION - \*\*\* Mail-in registrations will need to add a \$10 processing fee \*\*\***

Please print clearly or type clearly.

This brochure is available online at [bit.ly/MASP-SI](http://bit.ly/MASP-SI)

**Participant Information:**

Name \_\_\_\_\_ Name for Tag \_\_\_\_\_

Profession \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Special disability accommodations requested \_\_\_\_\_

**Billing Information (For school purchase orders only) (If you wish to use a credit card, please use our online registration)**

Organization \_\_\_\_\_

Contact \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**FEES**

To receive a preregistration discount, we must receive your registration and payment on or before May 21, 2017; otherwise, it will be processed at the regular registration fee.

**Preregistration (Before May 21, 2017)**

\$165 (MASP) \$175 (General Public)

**Regular Registration (After May 21, 2017)**

\$185 (MASP) \$195 (General Public)

Student Registration (ID required); University full-time student \$90 (Pre-reg.) \$95 (on site)

**\*\*\* MAIL-IN REGISTRATIONS NEED TO ADD A \$10 PROCESSING FEE \*\*\***

If not registering online you may mail this form with a check payable to MASP— to:

Carly Nason  
MASP Treasurer  
1513 Spruce Court  
Great Falls, MT 59405

Walk-ins and late registrations are welcome, if capacity allows.

**CREDIT**

- Certificate of Attendance (12 hours)
- OPI Renewal credits (12)
- Board of Social Work Examiners and Professional Counselors
- BPS Step-Up credit (1)

MASP is an approved NASP provider so you can earn CPD credits toward renewing your NCSP.

**LOCATION**

Mansfield Health Education Center  
2900 12th Ave N # 30W Billings Montana 59101 (406) 237-8600

**LODGING Special** Until May 20, 2016, a block of rooms is reserved at a special rate for those attending the Summer Institute. The Hilltop Inn is just a short walk from the main conference site, is at 1116 N 28th St., Billings, MT. 59101. First come, first served.

Telephone (406) 245-5000 or (800) 878-9282 Internet <http://www.hilltopinnbillings.com>



**Monday June 5 - 8:30-4:00**

**Understanding of challenging behaviors precedes effective intervention**

- Fear as the most common feeling behind oppositional/defiant behaviors in children with ASD, ADHD, Bipolar and multiple learning disabilities
- Children's challenging behaviors create fear and anxiety in caregivers
- How caregivers can first manage their own anxiety before managing their children's behaviors
- Developing the right attitude to manage challenging behaviors: Research on hope and attributional style of teachers and parents

**Managing and preventing challenging behaviors:**

**Developing a trusting relationship before implementing behavioral strategies**

- Developing a trusting relationship before implementing behavioral strategies
- Crisis management: De-escalating meltdowns through distraction/soothing
- Identifying the 7 common triggers to repeat problems
- Creating prevention plans for each of the 7 common triggers
- Comprehensive approach to anxiety management

**Tuesday June 6 - 8:30-4:00**

**Why most social skills programs fail! Six key Components of Social Skills Training**

- One size does not fit all: Prioritizing relevant skill goals
- Knowing what to do does not mean one will do it: Establishing motivation to use skills
- Skill acquisition: strategies to teach skills based on language ability
- Generalization strategies: prompting skills in real settings
- Having skills does not insure peer acceptance: Creating accepting peer environments
- Measuring progress

**Specific skill lessons**

- Cyber safety and anti-bullying related skills
- Empathy
- Conversational skills
- Play skills
- Conflict management
- Friendship seeking and maintenance
- Dating and sexuality issues
- Employment issues



