

March 29 & 30 with Ruth Aspy & Carol Burmeister



Autism Awareness Centre Inc. believe in change

56 Sussex Crescent SW
Calgary, AB T2W 0L5



March 29 & 30, 2019
Featuring Speakers...

Ruth Aspy
Positive Strategies for Supporting Self-Regulation

Carol Burmeister
Strengthen Executive Function Skills to Decrease Negative Behaviors and Build Positive Behaviors

Register Online or Call:
www.autismawarenesscentre.com
Toll Free: 1-866-724-2224

www.autismawarenesscentre.com

Name: _____

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Fax: _____
(Including area code)

Email: _____

(We will only send you emails about upcoming conferences or other important information in your area.)

PLEASE PRINT CLEARLY

REGISTRATION FEE SCHEDULE

Professional	BEFORE March 15, 2019	AFTER March 15, 2019	
2 Days	\$315.00 + \$47.25 HST = \$362.25	\$345.00 + \$51.75 HST = \$396.75	\$ _____
1 Day Only	\$240.00 + \$36.00 HST = \$276.00	\$270.00 + \$40.50 HST = \$310.50	\$ _____
Day Attending	Friday _____ Saturday _____		
Parent or Para-professional	BEFORE March 15, 2019	AFTER March 15, 2019	
2 Days	\$275.00 + \$41.25 HST = \$316.25	\$305.00 + \$45.75 HST = \$350.75	\$ _____
1 Day Only	\$165.00 + \$24.75 HST = \$189.75	\$195.00 + \$29.25 HST = \$224.25	\$ _____
Day Attending	Friday _____ Saturday _____		
		TOTAL ENCLOSED	\$ _____

DEADLINE FOR REGISTRATIONS March 22, 2019

METHOD OF PAYMENT

Please Make Cheque Payable To Autism Awareness Centre Inc.

Fees Must Be Paid Prior To Event

Visa MasterCard Cheque Enclosed Purchase order #: _____

Card Number: _____ Expiry Date: _____ 3 Digit Code: _____

(Security code on back of card)

Name Of Cardholder: _____ Signature of Cardholder *(Must be signed)* _____

Special Needs: Do you have any special dietary needs? Yes No

If yes, please describe: _____

SEND COMPLETED FORM WITH PAYMENT TO:

Autism Awareness Centre Inc.
56 Sussex Cres. S.W.
Calgary, Alberta T2W 0L5

Phone: (Toll Free) 1-866-724-2224 or (403) 640-2710 Fax: (403) 451-9011
E-mail: maureen@autismawarenesscentre.com
Register Online at: www.autismawarenesscentre.com



Friday, March 29

RUTH ASPY

Positive Strategies for Supporting Self-Regulation

Self-regulation is where successful functioning and independence starts. There is no way to get there without it.

Self-regulation is defined in many ways:

- The ability to control one's own behavior.
- The ability for the mind to organize itself.
- The ability to modulate emotions – to soothe oneself when distressed or to express or suppress certain feelings.
- The ability to adapt to new people and new situations.
- The ability to match arousal level to the task or situation.
- The ability to set a goal and adjust behavior to reach that goal.
- The ability to deal with frustration.

ASD presents some challenges to developing self-regulation skills – sensory differences, difficulty with flexibility and change, difficulty modulating emotions, and challenges understanding the social world.

This presentation provides information on how to identify when characteristics of ASD are interfering with self-regulation. A range of strategies for supporting regulation and building self-regulation skills will be discussed.

Ruth Aspy, Ph.D. is a licensed psychologist. She is co-creator of the Ziggurat Model and author of the following books: *Designing Comprehensive Interventions for High-Functioning Individuals With Autism Spectrum Disorders: The Ziggurat Model*, *High-Functioning Autism and Difficult Moments: Practical Solutions for Reducing Meltdowns*, and *FBA to Z: Functional Behavior and Intervention Plans for Individuals with ASD*.

Dr. Aspy also specializes in transdisciplinary evaluation of ASD. She speaks and consults internationally. Dr. Aspy is currently Director of Programming at Common Threads Family Resource Center in Madison, Wisconsin.

Saturday, March 30

CAROL BURMEISTER

Strengthen Executive Function Skills to Decrease Negative Behaviors and Build Positive Behaviors

Many individuals struggle in academic and social settings due to executive function (EF) challenges — the ability to switch between topics and activities, initiate action, cope with change, make choices, plan and organize, manage time, inhibit impulses, regulate emotions, and solve problems. Often these individuals are seen as unmotivated or behaviorally challenged. It may seem as though an individual could meet expectations if he wanted to, but doesn't do so because he simply won't. However, the reality is that he lacks the skills to do what is expected and, therefore, cannot meet expectations without support.

Fortunately, there are numerous evidence-based practices that can be incorporated into preschool through high school classrooms, home, community, and work routines that develop EF skills and provide a foundation for building positive behavior that supports individuals in all environments. Furthermore, individuals with EF challenges can be taught to use the strategies independently, leading to self-regulation and sustainable improvements.

This conference is designed for teachers, educational assistants, parents, related service providers, and other professionals who work with and support children and adolescents with executive function challenges. Using lecture, demonstration, discussion, and video clips, the presenter will introduce participants to a variety of strategies to achieve greater levels of success. Many of these strategies, which can be used to support students in special and general education classrooms, are also effective for individuals with attention deficit hyperactivity disorder, emotional disturbance, social/communication challenges, intellectual disability, specific learning disability, and traumatic brain injury.

Carol Burmeister, M.A., has a life-long passion for supporting individuals with special needs, their families, and the schools and community settings that serve them. Her professional experience includes serving as a paraeducator, general education teacher, special educator, program specialist, university instructor, and consultant across a variety of educational settings. Burmeister has presented extensively on autism and related disorders as well as served as part of the University of California, Riverside committee that developed and implemented a certificate program for teachers of students with autism. In addition, she is co-author, with Dr. Sheri Wilkins, of the book, *FLIPP the Switch: Strengthen Executive Function Skills*.

Register Before March 15, 2019 to Receive Early Bird Pricing
Registration Deadline for this Conference is March 22, 2019.

Learn practical skills that can be immediately implemented into existing curriculum and training programs, at home or in school.

CONFERENCE DETAILS

Registration Includes

Sessions, session materials, and refreshment breaks. Delegates are on their own for lunch. If you do not receive a confirmation within 7 business days prior to the conference, please contact Autism Awareness Centre. Registrations received after the deadline may not be sent a confirmation prior to the conference.

Cancellation Policy

Cancellations must be in writing and received prior to March 15, 2019. A \$50.00 administration fee will be charged. No refunds issued after March 15th. You may send a substitute in your place.

Conference Venue

Hotel Halifax

1990 Barrington Street, Scotia Square, Halifax, NS., B3J 1P2
Phone: (902) 425-6700

Room rates per night before applicable taxes:
Standard Single Room: \$139

All rates are subject to applicable taxes (2% Marketing Levy & 15% HST)

In order to receive the group rate, reservations by attendees must be received on or before Wednesday, February 27, 2019.

THE AUTISM AWARENESS CENTRE

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Contact Us

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