



Autism Awareness Centre Inc. *believe in change*

Halifax, NS – March 29 & 30, 2019 Featuring Speakers Ruth Aspy and Carol Burmeister Hotel Halifax, 1990 Barrington Street, Halifax, NS

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 that can be used immediately by parents, educators, professionals, and individuals with autism themselves to achieve greater levels of success.

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 Online or Call:

www.autismawarenesscentre.com

Toll Free: 1-866-724-2224

Autism Awareness Centre Conference March 29 & 30, 2019 with Ruth Aspy & Carol Burmeister

Please Print Clearly

Name _____

Organization _____

Address: _____

City: _____

Province: _____

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Fax _____

(Including area code)

Email: _____

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

REGISTRATION FEE SCHEDULE

DEADLINE FOR REGISTRATIONS **March 22, 2019**

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/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

\$ _____

REGISTRATION INCLUDES: Sessions, session materials, refreshment breaks. If you do not receive a confirmation seven business days prior to the conference please contact Autism Awareness Centre. Registrations received after the deadline may not be sent a confirmation before the conference.

METHOD OF PAYMENT

FEES MUST BE PAID PRIOR TO EVENT

PLEASE MAKE CHEQUE PAYABLE TO AUTISM AWARENESS CENTRE INC.

Visa

MasterCard

Cheque Enclosed

Purchase order #: _____

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Special Needs: Do you have any special dietary needs?

Yes

No

If yes, please describe: _____

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56 Sussex Cres. S.W.
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E-mail: maureen@autismawarenesscentre.com
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