



# Autism Awareness Centre Inc. *believe in change*

## Vancouver, BC – February 8 & 9, 2019 Featuring Speakers Ruth Aspy and Elisa Gagnon

Marriott Vancouver Airport Hotel, 7571 Westminster Highway, Richmond, BC

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### Friday, February 8

#### 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, February 9

#### Elisa Gagnon

##### *Special Interests and Kindness: Evidence Based Practice 2.0*

This workshop is for teachers, support personnel, therapists and families who work with and live with children and youth with ASD, emotional disorders and related disabilities. The emphasis is on understanding underlying characteristics and creating an environment that focuses on strengths, interests, kindness and mindfulness rather than consequences and punishment. Participants will leave with practical ideas and pro-active strategies that can be immediately implemented and will benefit all children and youth.

During this session, participants will also have the opportunity to practice creating and using the Power Card Strategy, a research based strategy that focuses on using a child's special interest to modify behavior, teach expected social skills and enhance the relationship between children with ASD and the adults who work with them and care for them.

**Elisa Gagnon** is the creator of the Power Card Strategy and the co-author of the award winning book *Power Cards, 2.0*. For over 25 years she has taught children and youth with ASD and emotional disorders and providing practical support and information to teachers, support personnel and families.

Her passion is taking the research to practice and sharing the message that many of the strategies that work for children and youth with autism are good for all children. Elisa has presented across the United States focusing on using strengths and interests when working with those with ASD. She continues to work in the field every day as an educational consultant for a suburban school district in the Kansas City.

**Register Online or Call:**

**[www.autismawarenesscentre.com](http://www.autismawarenesscentre.com)**

**Toll Free: 1-866-724-2224**

# Autism Awareness Centre Conference February 8 & 9, 2019 with Ruth Aspy & Elisa Gagnon

Please Print Clearly

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

## REGISTRATION FEE SCHEDULE

DEADLINE FOR REGISTRATIONS **February 1, 2019**

### PROFESSIONAL

**BEFORE January 28, 2019**

**AFTER January 28, 2019**

2 Days

\$315.00 + \$15.75 GST = \$330.75

\$345.00 + \$17.25 GST = \$362.25

\$ \_\_\_\_\_

1 Day Only

\$240.00 + \$12.00 GST = \$252.00

\$270.00 + \$13.50 GST = \$283.50

\$ \_\_\_\_\_

**Day Attending**

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

### PARENT/PARA-PROFESSIONAL

**BEFORE January 28, 2019**

**AFTER January 28, 2019**

2 Days

\$275.00 + \$13.75 GST = \$288.75

\$305.00 + \$15.25 GST = \$320.25

\$ \_\_\_\_\_

1 Day Only

\$175.00 + \$8.75 GST = \$183.75

\$205.00 + \$10.25 GST = \$215.25

\$ \_\_\_\_\_

**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: \_\_\_\_\_

## SEND COMPLETED FORM WITH PAYMENT TO:

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

Ph: (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