

Special Education Summer Workshop



These workshops are offered through a partnership between
NWESD and University of Washington Autism Center.



**Northwest Educational
Service District 189**

Together We Can



UW AUTISM CENTER

UNIVERSITY of WASHINGTON

Understanding & Teaching Executive Functioning & Emotion Regulation

Date: August 21, 2018

Time: 9:00am—4:00pm (1 hr lunch)

Location: NWESD, Reid Harbor Room

Instructor: Robin Finlayson / Kawena Begay

Clock Hours: 6 (\$17)

Registration Fee: \$165 per person

In this workshop, participants will be provided information on assessing and understanding executive functioning and how deficits in executive functioning impact the ability to: plan, organize, manage emotions, think flexibly, control impulses, and initiate and/or complete tasks. Participants will learn strategies to help students in the classroom and at home.

Participants will learn:

- What executive functioning is and how it presents in children
- How to support students in the classroom to improve executive functioning skills
- How to support parents/students at home to improve executive functioning

In addition, individuals with autism spectrum disorder (ASD) often experience amplified emotional responses and poor emotional control. Learning strategies to regulate emotions can decrease the occurrence of challenging behaviors and anxiety.

Participants will also learn:

- What is Emotion Regulation (ER) and why is it important?
- Factors that impact ER for individuals with ASD
- How to talk to students about their behavior and emotions
- Strategies to teach individuals with ASD to better regulate their emotions
- How to embed opportunities to practice emotion regulation throughout the environment

Embracing Differences: Meeting the Unique Needs of Students with ASD in the General Education Classroom—Elementary

Date: August 22, 2018

Time: 9:00am—12:00pm

Location: NWESD, Reid Harbor Room

Instructor: Robin Finlayson / Kawena Begay

Clock Hours: 3 (\$11)

Registration Fee: \$85 per person

Embracing Differences: Meeting the Unique Needs of Students with ASD in the General Education Classroom—Secondary

Date: August 22, 2018

Time: 1:00pm—4:00pm

Location: NWESD, Reid Harbor Room

Instructor: Robin Finlayson / Kawena Begay

Clock Hours: 3 (\$11)

Registration Fee: \$85 per person

Increasingly, students with ASD are being included in general education classrooms and classroom teachers and support personnel would benefit from additional information and support for this population. This workshop focuses on how to help individuals with ASD be successful in general education classrooms.

Participants will learn:

- How to use students' interests as motivators and reinforcers for participation and work completion
- Strategies for effective communication
- Tips for modifying the environment and classroom materials to increase the likelihood of success
- How to modify academic material while still meeting learning objectives
- How to design and implement appropriate and effective accommodations

Addressing Challenging Behaviors: Prevention is the Best Intervention

Date: August 9, 2018

Time: 9:00am—4:00pm (1 hr lunch)

Location: NWESD, Reid Harbor Room

Instructor: Cameron Sinquimani

Clock Hours: 6 (\$17)

Registration Fee: \$165 per person

Do students you work with have challenging behaviors that are difficult to manage? Do you find yourself out of ideas for how to address challenging behaviors? This workshop is designed to help educators understand and prevent challenging behaviors. Strategies presented are based on the scientific principals of ABA and will aim to create a responsive learning environment to prevent challenging behaviors from occurring. In addition, strategies for teaching appropriate replacement behaviors and tips for what to do “in the moment” will be included. There will also be group work, case presentation and opportunities to ask presenters questions.

Participants will learn:

- To understand challenging behaviors in students with autism spectrum disorders
- Common motivations or functions of engaging in challenging behaviors
- How to identify and teach appropriate behavior to replace challenging behaviors

When Once is Not Enough: OCD

Date: August 10, 2018

Time: 9:00am—12:00pm

Location: NWESD, Cap Sante Room

Instructor: Kawena Begay

Clock Hours: 3 (\$11)

Registration Fee: \$85 per person

Obsessive-Compulsive Disorder (OCD) can interfere with day-to-day life, causing functional impairment and frustration. This workshop will cover the basics of OCD and its relationship to anxiety and Autism Spectrum Disorder (ASD). Effective treatment approaches, such as exposure therapy and mindfulness strategies will be reviewed.

Participants will learn:

- The cycle of OCD and how obsessions and compulsions grow stronger over time
- The basics of exposure and response prevention therapy and how it works to alleviate symptoms of OCD
- Basic exposure strategies to use with adolescents with ASD who exhibit OCD behaviors

Basic response prevention strategies, including relaxation

Teaching ADLs to Teens and Adults

Date: August 17, 2018

Time: 12:00pm—3:00pm

Location: NWESD, Mount Erie Room

Instructor: Kathryn Holley, M.Ed., BCBA

Clock Hours: 3 (\$11)

Registration Fee: \$85 per person

Interested in learning how to increase independence for the teens or adult with ASD in your life? In this workshop, participants will learn strategies to teach teens and adults Activities of Daily Living (ADLs) that will increase their independence. Participants will learn how to determine what ADLs are appropriate to teach and where to start when teaching. Participants will learn teaching strategies that are effective and manageable to implement. Additionally, participants will learn how to set up a system of reinforcement that will maintain motivation and independence.

Participants will learn:

- How to assess ADLs
- A variety of strategies to teach ADLs
- How to encourage independence with ADLs



**For registration information,
contact:**

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Or register online at:
www.nwesd.org