

Meltdowns, Social Rules, and Structure: Practical Solutions from Brenda Smith Myles

Presented by: Brenda Smith Myles, Ph.D.

Hosted by: UF-Gainesville CARD

About the Presenter

Brenda Smith Myles Ph.D., formerly, a professor in the Department of Special Education at the University of Kansas, is the recipient of the Autism Society of America's Outstanding Professional Award, the Princeton Fellowship Award, The Global and Regional Asperger Syndrome (GRASP) Divine Neurotypical Award, American Academy of Pediatrics Autism Champion, and two-time recipient of the Council for Exceptional Children Burton Blatt Humanitarian Award. Brenda has made over 3,000 presentations all over the world and written more than 300 articles and books on autism. Further, in the latest survey conducted by the University of Texas, she was acknowledged as the second most productive applied researcher in ASD in the world.

Training Description

Target Audience: Educators, Administrators, SLPs, OTs, PTs, & Family Members

Session 2: Meltdowns in Autistic Individuals

The self-regulation challenges experienced by autistic individuals may manifest themselves in many ways, but they sometimes lead to meltdowns. This escalating sequence follows a three-stage cycle: (a) rumbling, (b) rage, and (c) recovery. This session will overview the cycle and discuss evidence-based strategies that can be used at each stage as well as the neurology of meltdowns. In addition, prevention strategies will be discussed.

These sessions are standalone but complementary. Participants are encouraged to attend all sessions if possible.

Training Objectives

Participants will be able to:

- Define and explain the hidden curriculum's applicability to school, community, and home.
- Describe strategies that can be used at the three stages of meltdown.
- Discuss evidence-based supports and strategies that support communication, regulation/anxiety, social skills, and academics for autistic learners.

Date:

Session 1: April 17, 2024

Session 2: April 24, 2024

Session 3: May 1, 2024

4:00 pm – 6:00 pm

Location:

Online via Zoom

Registration Deadline:

April 16, 2023

Limited to first 500 participants

Register [here](#)

Registration is mandatory.

For more information contact:

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Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.