

# PEPSA



## PROFESSIONAL DEVELOPMENT

# Free!

Partnership for Effective Programs for Students with Autism

### Orlando, Florida

## BLENDING EXECUTIVE FUNCTION COACHING & CBT TO ENHANCE OUTCOMES FOR INDIVIDUALS ON THE AUTISM SPECTRUM

Presented by: Chris Abildgaard, NCSP, LPC, NCC Hosted by: UCF CARD

**June 5, 2015**

8:00 am – 4:00 pm  
Registration begins at 7:30 am

**Holiday Inn & Suites**

5905 Kirkman Road  
Orlando, FL 32819

### About the Presenter

Chris Abildgaard NCSP, LPC, NCC is the director of the Social Learning Center at Benhaven located in Wallingford, CT. He is a Nationally Certified School Psychologist, a Nationally Certified Counselor, and a Licensed Professional Counselor with a specialization in ASD and counseling techniques used with working with individuals on the Autism Spectrum. Chris holds a graduate certificate from the University of Massachusetts Lowell in Behavioral Interventions in Autism.

### Training Description

The training will describe an intervention model that merges executive function coaching with Cognitive Behavioral Therapy (CBT) for clients on the autism spectrum. The neurological underpinning of what “executive functions” are impacts addressing core deficits in ASD. Participants will explore how core deficits associated with an ASD impact the intervention process, specific intervention techniques will be shared, and strategies for collaborating with families will be discussed. Case studies and treatment outcome data will be reported.

**Target Audience:** The training is geared towards ASD teachers, support facilitators, guidance counselors, school social workers, school psychologists, parents of students with ASD, and other interested parties.

### Training Objectives

At the end of this session, participants will be able to:

- Describe how the neurology of an Autism Spectrum Disorder (in particular one’s executive functions) may impact one’s educational and counseling success.
- Identify specific techniques to use with individuals with an Autism Spectrum Disorder that combine CBT and Executive Function Coaching
- Identify specific strategies for counseling and collaborating with families and school staff to better understand how to address core deficits in ASD and to impact skill generalization.

### Registration Information:

**REGISTRATION IS MANDATORY**

**DEADLINE:** June 1, 2015  
Limited to first 100 participants

Register online at  
[www.doepartnership.org/trainings.html](http://www.doepartnership.org/trainings.html)

For more information contact:  
Pam Dow  
[pamela.down@ucf.edu](mailto:pamela.down@ucf.edu) or 407-823-6010

### Directions:

For directions click [HERE](#)

or



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



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B. [www.DOEpartnership.org](http://www.DOEpartnership.org)