

# PEPSA



## PROFESSIONAL DEVELOPMENT

# Free!

Partnership for Effective Programs for Students with Autism

### Tampa, FL

## Managing Frustration, Anxiety, and Teaching Social Skills

Presented by: Jed Baker, Ph.D. Hosted by: USF CARD

**August 3, 2018**

8:30 am – 3:30 pm  
Registration begins at 8:00 am

**Sickles High School**

7950 Gunn Highway  
Tampa, FL 33626

### About the Presenter

**Jed Baker, Ph.D.**, is the director of the Social Skills Training Project, an organization serving individuals with autism and social communication problems. He is on the professional advisory board of Autism Today, ASPEN, ANSWER, YAI, the Kelberman Center, and several other autism organizations. In addition, he writes, lectures, and provides training internationally on the topic of social skills training and managing challenging behaviors. He is an award-winning author of eight books, including *Social Skills Training for Children and Adolescents with Aspergers Syndrome and Social Communication Problems*; *The Social Skills Picture Book*; *The Social Skills Picture Book for High School and Beyond*; *No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior*; and *Overcoming Anxiety in Children and Teens*. His work has also been featured on ABC World News, Nightline, Fox News, the CBS Early Show, and the Discovery Health Channel.

### Training Description

Individuals on the autism spectrum and those with behavioral challenges often present with difficulty regulating their feelings and interacting socially. This workshop describes how to handle meltdowns and design effective behavior plans to prevent these moments, reducing frustration and anxiety. The second part of the presentation details strategies to motivate individuals to learn, teach social skills, generalize skills into the natural setting, and increase acceptance and tolerance from peers. Information will be imparted through lecture, interactive exercises, and video clips.

### Training Objectives

Participants will be able to:

- Understand how best to think about challenging behaviors to ensure better outcomes.
- Learn strategies to deal effectively with anxiety and frustration, both to deescalate and prevent meltdowns.
- Identify ways to motivate verbal and non-verbal individuals to want to socialize.
- Learn how to choose effective strategies for teaching and generalizing skills.
- Create programs for typical peers to accept individuals with disabilities, reduce bullying and model positive behaviors.

### Registration Information:

**REGISTRATION IS MANDATORY**

**DEADLINE:** August 2, 2018  
Limited to first 500 participants

Register online at:

<http://doepartnership.fmhi.usf.edu/trainings.html>

For more information contact:

[evanwillis@usf.edu](mailto:evanwillis@usf.edu)

or (813) 974-9279

### Directions:

For directions click [HERE](#)

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



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).