

## Managing Challenging Behaviors and Teaching Key Social Skills

**Presented by: Jed Baker, Ph.D.**

**Hosted by: UF Health Jacksonville – CARD & FDLRS-MDC**

### About the Presenter

Jed Baker, Ph.D. is a clinical psychologist and director of the Social Skills Training Project, an organization serving individuals with autism and social communication problems. He graduated Phi Beta Kappa from Binghamton University and then received the presidential fellowship at Albany University. 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 10 books, including *Social Skills Training for Children and Adolescents with ASD* and *Social Communication Differences; Preparing for Life: The Complete Handbook for the Transition to Adulthood for Those with Autism and Aspergers Syndrome*; *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*; *No More Victims: Protecting those with Autism from Cyber Bullying, Internet Predators & Scams*; *Overcoming Anxiety in Children and Teens*; and *School Shadow Guidelines*. His work has also been featured on ABC World News, Nightline, the CBS Early Show, and the Discovery Health Channel.

### Training Description

**Target Audience:** Parents, Teachers, Related Service Providers, School Counselors, District ESE Specialists

Individuals with social-behavioral challenges and/or ASD often have difficulty regulating their feelings and interacting socially. This workshop outlines predictors of better outcomes and how to maximize student motivation and engagement. Pitfalls of a traditional escalating disciplinary model will be examined along with the need to understand why students are having behavioral challenges. Focus will shift to soothing moments of dysregulation, de-escalating meltdowns, and problem-solving repeat issues. The goal of problem-solving is to identify triggers for overwhelming frustration and anxiety and design effective behavior plans for each of trigger. Lastly, participants will explore strategies to teach social skills, how to generalize skills into the natural setting and increase acceptance and tolerance from peers.

### Training Objectives

Participants will be able to:

- List predictors of successful outcomes and ways to promote active student engagement.
- Understand how to think about challenging behaviors to insure 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 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.

### Date:

March 20, 2024

2:00 pm – 5:00 pm

### Location:

Virtual, you will receive the link 1-2 days prior to the training.

### Registration Deadline:

March 20<sup>th</sup>, 2024

**Scan the QR Code or Register [Here](#):**



### For more information contact:

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or (904)633-4338

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