

About the Workshop

Recent discoveries about the autonomic nervous system (ANS) and early brain development provide compelling clues about why individuals with ASD use repetitive and/or restrictive behaviors as calming and coping mechanisms. During this interactive half-day workshop, participants will learn to view individuals with ASD through a psycho-biological lens that provides new insight into how to help these individuals help themselves. Compromised autonomic and social engagement nervous systems not only effect communication, social skills and behaviors, but heighten the affected individual's fight-or-flight response. Breathing techniques, meditative exercises, autonomic biofeedback, and even hypnosis can help individuals with ASD self-regulate stress, emotions, and behavior. Those who live and work with individuals with ASD can teach and model these skills. When they do, affected individuals learn to turn down the inner turmoil and respond to life's challenges with increased focus, less anxiety and rigidity, increased social skills, a better self-concept, and greater confidence. This workshop is geared for individuals with ASD, parents, and professionals.

At the conclusion of this workshop, participants will be able to:

1. Relate at least four functions of the autonomic/social engagement systems to the challenges faced by people with autism spectrum disorder (ASD)
2. List two evidence-based self-regulation strategies for helping people with ASD keep their autonomic balance
3. Describe three parenting skills included in the RIT/AutismUp Parenting Effectiveness Program.

Disclosure: Financial– Dr. Laurence Sugarman does have a financial relationship as he is employed by the Rochester Institute of Technology and Easter Seals. The speaker has no non-financial relationships to disclose.

Location: Classics V Conference Center is located at 2425 Niagara Falls Blvd. — One mile north of the Niagara Falls Blvd. Exit on the I-290 or Youngmann Hwy.

Autism Society WNY Chapter
19 Limestone Dr., Suite 1
Williamsville, NY 14221

Autism Society WNY Chapter &
Autism Services, Inc.'s
Autism Center for Learning
Invite you to attend:

Lessons from the Neurodiverse: Helping Individuals with Autism Help Themselves

**Dr. Laurence I. Sugarman
MD, FAAP, ABMH**

**Research Professor and Director
Center for Applied Psychophysiology
and Self-Regulation (CAPS)
Rochester Institute of Technology**

*Co-Sponsored by The Speech-
Language-Hearing Association of WNY
and Learning Partners*

**Classics V Conference Center
2425 Niagara Falls Blvd. Amherst, NY
Saturday, October 14, 2017
8:45 am-12:45 pm
\$12 Parent /Individual with ASD
\$28 Professional /Student
\$38 SLP/Audiologist/OT/COTA/PT/PTA**

About the Speaker

Laurence Sugarman, MD



Dr. Laurence Sugarman is Research Professor and Director, Center for Applied Psychophysiology and Self-Regulation (CAPS) at the Rochester Institute of Technology (RIT). He serves as a behavioral pediatrician at the Easter Seals Diagnostic and Treatment Center and is

Clinical Professor in Pediatrics at the University of Rochester School of Medicine and Dentistry. For the past 30 years, he has focused on developing clinical strategies that help children help themselves. Dr. Sugarman teaches internationally on integrating therapeutic self-regulation strategies such as breathing techniques, relaxation, meditative exercises, biofeedback and hypnosis into health-care. His current clinical and research interests include autonomic regulation training for young people with ASD. He helped to develop computer-based games and apps that teach self-regulation to young people with ASD. He developed a Parent Effectiveness Program with AutismUp that teaches the skills and attitude needed to develop "Olympic Level Parenting" to support self-regulation skills for parents whose children have ASD. Dr. Sugarman's publications include textbooks, book chapters and the award-winning documentary, *Hypnosis in Pediatric Practice*.

Scholarships based on financial need are available for parents or individuals with ASD. Call (716) 633-2275 to apply.
Brochures available online at www.autismwny.org, www.autism-services-inc.org, and www.shawny.org or call (716) 633-2275.



WORKSHOP SCHEDULE

8:00-8:45: Registration/Continental Breakfast

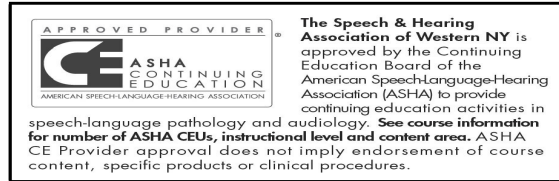
8:45-9:00: Introduction

9:00- 10:30: Autism and Autonomic Regulation; Computer-based apps and other strategies.

10:30-10:45: Morning Break

10:45-12:15: Teaching and modeling self-regulation; Lessons from the Parenting Effectiveness Program (PEP)

12:15-12:45: Q and A



This course is offered for .35 ASHA CEUs (Intermediate level, Related area).



Learning Partners is accredited by the **International Association for Continuing Education and Training (IACET)** and is authorized to issue the IACET CEU. See the full list of national/state/professional bodies that recognize the IACET CEU here: <http://www.iacet.org>.



Learning Partners is an **AOTA Approved Provider of continuing education**. Category 2: OT Process; Evaluation, Intervention, Intervention Process. Provider # 7812. AOTA does not endorse specific course content, products, or clinical procedures.

http://www1.aota.org/app_search/providers.asp



Learning Partners has received **approved provider** status by the **New York State Office for the Professions** and is designated as an approved provider of continuing education course work for **physical therapists and physical therapist assistants**.
<http://www.op.nysed.gov/prof/>

Educational Method: Lecture & Demonstration

Level: Intermediate

Assessment of Learning: Outcome-responses required for those seeking CEUs.

Other Professionals: Please check with your national/state/professional body to determine the type of CEUs needed.

<http://www.iacet.org/who-accepts-the-iacet-ceu-g-see-a-list>.

Learning Partners can be reached at info@learningpartners2.com or

716-807-2289. Each organization/entity uses its own calculation to determine the number of CEUs based on contact hours. As with all continuing education, the attendee should always verify CEU requirements by his/her professional organization and/or state licensure board.

Lessons from the Neurodiverse

Name : _____

Address: _____

City: _____ Zip: _____

Phone: (_____) _____

E-mail: _____

Please Select Only One Category:

_____ Parent/Family/Individual w/ASD **\$12**

_____ Speech-Language Pathologist **\$38**
 or Audiologist
 .35 ASHA CEUs included

_____ OT or COTA **\$38**

3.0 NYS Continuing Competency Units for OTs/OTAs; .3 AOTA CEUs
 CATEGORY 2: OCCUPATIONAL THERAPY PROCESS (Evaluation, Intervention, Intervention Process); 3.75 NBCOT PDU's; .3 IACET CEUs recognized by NBCOT & NYS OT Board

_____ PT or PTA **\$38**
 .3 NYS PT Board CEUs

_____ Other Professional/Paraprofessional **\$28**
 or Student- No CEUs Awarded

All attendees will receive a Certificate of Attendance. You must be PRE-REGISTERED to be guaranteed handouts/packet.

Mail-In Registration Deadline: October 9, 2017. No refunds after this date. Full refunds prior to 10/9/17.

Late (after 10/9/17) and Walk-In Registration Additional \$10 added to above fees. Questions: Call (716) 633-2275.

Online registration & payment thru PayPal available until October 9, 2017 at www.friendsofasi.org.

Checks payable to : **ASWNY Chapter**
 Mail to: **19 Limestone Drive, Suite 1
 Williamsville, NY 14221**

Special Needs: Please call (716) 633-2275 about dietary/learning needs by 10/1/17.