

Managing Challenging Behaviour in Autism

No Fighting, No biting, No Screaming: How to Make Positive Behaviour Possible

With Bo Hejlskov Elvén

This practical workshop explains how to reassess challenging behaviours and offers easy and effective strategies for eliciting positive responses without having to resort to punitive measures. Based on the successful low-arousal approach, Bo will present proven methods for stepping away from distress and towards calm, improving the quality of life of everyone involved. Helpful examples specific to the unique challenges of working with, caring for, and parenting people on the Autistic spectrum will be discussed. Bo will show how positive changes can be achieved.

The workshop contains both theory and practical methods of behaviour management. Low arousal approaches are based on the notion that a person needs self-control in order to cooperate, and that self-control depends on successful affect regulation. The practical methods discussed are targeted at assisting the person with Autism to gain and maintain self-control in order to manage and minimise challenging behaviour.

Some of the key content areas Bo will discuss include:

- Defining and conceptualising challenging behaviours: when is it difficult, when is it dangerous?
- Challenging behaviours are often triggered by unsuitable surroundings or unrealistic demands. Bo will show how identifying and adapting these problem areas can dramatically improve behaviour
- The low arousal approach: the theory and the application
- Ideas for managing affect regulation and techniques for regaining and keeping self-control
- Stress factors: the effect of situational stress factors including common warning signs, and protective and calming factors
- When conflict happens: effective techniques for re-establishing calm

Bo Hejlskov Elvén is a neuropsychologist based in Scandinavia. Bo's work centres on managing challenging behaviour's across diagnostic boundaries, with most of this work in the Autism field. He has published a number of books on low arousal approaches to challenging behaviour, including No Fighting, No Biting, No Screaming: How to make positive behaviour possible in Autism and other developmental disabilities. Bo's engaging presentation style and wicked sense of humour, combined with his focus on sensible, well tested practical interventions mean this training is a must for anybody working with or caring for people on the Autistic spectrum



This training is being underwritten by Autism NZ Southland Branch, thanks to a grant from Fight For Our Kids 2016. It is a community development event for carers and professionals from the lower South Island, meaning attendees are able to come for a nominal charge of only \$10. There are only 110 subsidised places available at this price point so we would encourage you to register early to secure your place. Pre registration is essential.

Date: Monday 5th March 2018, 9:00am - 3:00pm
Where: Ascot Park, Corner Tay Street & Racecourse Road, INVERVARGILL
Cost: **Only \$10.00:** price includes lunch and tea break catering and presentation notes
Queries: Contact the Compass Seminars team on **06 7591647** or **office@compass.ac.nz**
Registration confirmation & invoice/receipt will be sent by email (please provide below)



Registration form for "Managing Challenging Behaviour in Autism" – Invercargill

Register Today!

Choose from one of these options:

- Post to: **Compass Seminars, PO Box 18018, New Plymouth 4360**
- Complete and **fax** to us at **(06) 759 1648**
- Email the required details to: **office@compass.ac.nz**
- Register online at: **www.compass.ac.nz**
See website for Terms of Trade

Name:
Position:
Organisation:
Address:
City: Post Code:
Email:
Ph: Mobile:
 \$10.00 Seminar fee enclosed (make cheques payable to Compass Ltd),
 or Please invoice to the above address