

**TxP2P 14<sup>th</sup> Annual Conference**  
**June 22-23rd, 2018**  
**Autism and Behavior Sessions**

**Session 4: 9:00 – 10:00 a.m., Saturday, June 23<sup>rd</sup>, 2018**

Session	Description	Speakers
<p style="text-align: center;">4010</p> <p style="text-align: center;">Advocacy/ Autism</p>	<p><b>The State of Autism Services in Texas</b></p> <p>Families in Texas routinely struggle to access autism services that could provide critical supports and decrease lifetime costs for the individual and family. Jolene will discuss some of these barriers and how families can get involved in reshaping policies to ensure access to quality services.</p>	<p style="text-align: center;"><b>Jolene Sanders</b></p>
<p style="text-align: center;">4020</p> <p style="text-align: center;">Autism</p>	<p><b>Developing Interpersonal Skills for Calming Down</b></p> <p>Parents and their children influence each other’s emotional states. Children with autism may have a difficult time receiving nonverbal signals from their caregivers. When they feel agitated, it may be harder to feel calmness or a connection with their loved ones due to the social and communication challenges. When kids <u>aren’t</u> influenced by the tone of the caregiver, the caregiver may feel rejected and the child may get overwhelmed by the strong emotions. Caroline and Amanda will provide introductory information on how to teach children with autism “inchstones” toward being able to soothe big emotions with another person.</p>	<p style="text-align: center;"><b>Caroline Ramirez, LPC &amp; Amanda Tami, LPC</b></p>

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### Session 6: 1:30 – 2:30 p.m., Saturday, June 23<sup>rd</sup>, 2018

Session	Description	Speakers
6020  Autism	<b>As I See It: A Journey Inside the Mind of Autism</b> Have you ever wished that you could look inside the mind of someone on the autism spectrum to see what it is like to navigate sensory issues, melt-downs, shut-downs, and communication challenges from their point of view? Billy will present a guided tour through interview format and share his perspective on these issues and more as he takes you on his journey from preschool to college. We will stop along the way to look at what relationships mean, what drains and rejuvenates, and what encourages self-advocacy.	<b>Billy Baldwin</b>
6030  Behavior	<b>Meet Them Where They Are: Effective Strategies for Communication</b> We will explore connecting to redirect behavior, chasing the why, and finding alternate strategies for developing communication to regulate social emotional needs. We will explore the science of interpersonal neurobiology that provides an explanation for brain based strategies for social emotional regulation and developing language skills to manage needs. We will discuss co-regulation as an important strategy.	<b>Christine Kirby, MS/SLP &amp; Kathryn Mercer, MCD/CCC-SLP</b>

### Session 7: 3:00 – 4:30 p.m., Saturday, June 23<sup>rd</sup>, 2018

Session	Description	Speakers
7030  Behavior	<b>Losing Control: Managing Behavior Using a 5-Point Scale</b> Managing behavior is often a parent's top priority for their child. While intensive behavior plans and trained professionals are highly successful at managing and reducing these behaviors, these types of interventions are not always sustainable in the natural environment and with caregivers. Using a 5-point scale can be beneficial for many reasons including: helping all caregivers handle behavior consistently and across multiple people; systematizing rewards and consequences tied to observable behavior; self-monitoring for individuals who can learn to self-monitor; and giving caregivers and the child the language to discuss emotions and behavior. We will discuss the basic components of a 5-point scale and discuss other ways to use scales to manage things like voice volume, anxiety, and relationships.	<b>Alex Arfsten</b>