

# NAVIGATING MELTDOWNS AND DIFFICULT MOMENTS: ADDRESSING NEURODIVERGENT NEEDS!

with Dr. Brenda Smith Myles

Self-regulation challenges are among the most frequently observed behaviors in neurodivergent people. Research shows a link between neurology and these behaviors, highlighting the need to understand these challenges and learn meaningful prevention strategies.

Self-regulation challenges may manifest themselves in many ways, but they sometimes lead to meltdowns. This escalating behavior follows a 3-stage cycle: rumbling, rage and recovery. This session will review the cycle and discuss strategies to be used at each stage, allowing us to understand how our reactions affect this behavior.

**Professionals earning CEU/CTLE- see reverse!**



Conference brought to you by:



**Autism Society**  
Western  
New York



**BHSC**  
Nurture • Educate • Communicate



U.S. Office of Special  
Education Programs



Office for People With  
Developmental Disabilities



For the People and the Hour



October 5, 2024



8:30AM - 12:45PM



Via Zoom

"Neurodivergent" describes people whose brains develop or work differently for some reason from those who are in the majority. This means the person has strengths and struggles that often require special instruction and support. These individuals may be identified as having autism, ADHD, mild intellectual disabilities, learning disabilities, and related exceptionalities.



## Cost:

Parent/Caregiver/  
NeuroDivergent Person: \$10\*\*

Professional/Student: \$20

Earning CEU/CTLE: \$30

**\*\*Scholarships available for  
financial need\*\***

## Schedule:

8:30am - 8:45am:

Log on, settle in

8:45am - 9:00am:

Introduction

9:00am - 10:30am:

Meltdowns and Brain Differences,  
Introducing the Cycle

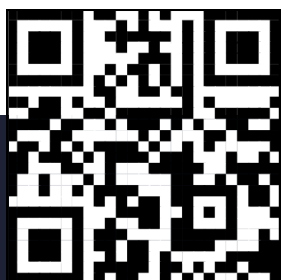
**15-minute break**

10:45am - 12:15pm:

The Cycle of Meltdowns and What  
to do When They Occur

12:15pm - 12:45pm:

Q and A



To register and pay, use QR code or link



<https://tinyurl.com/MM10052024>



716-332-4170

**REGISTRATION ENDS  
October 3rd at noon**

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

- Describe strategies to support and prevent difficult moments in neurodivergent individuals
- Develop a plan to ensure that necessary supports are in place when they are needed
- Identify evidence-based relationship strategies that support success

## Continuing Education information:

To receive CE credit for the course, you must:

- Sign into zoom for the entire workshop
- Complete an online course evaluation/learning assessment form (all), ASHA form (SLP/AUDs only) within 10 days following the workshop. Links for the forms will be sent to registrants a day or 2 before the conference.



PT/PTA 4.2 CEUs Intermediate Level  
OT/OTA 3.5 CEUs Intermediate Level

OT and PT: Associated Physical & Occupational Therapists is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapist and physical therapist assistant continuing education. Associated Physical & Occupational Therapists is recognized by the New York State Education Department's State Board for Occupational Therapy as an approved provider of occupational therapist and occupational therapy assistant continuing education. Associated Physical & Occupational Therapists can be reached at [Contact@apot-wny.com](mailto:Contact@apot-wny.com) or by phone at (716)-874-6175. 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.

## About the Speaker:

Brenda Smith Myles Ph.D., formerly a professor at the University of Kansas, is the recipient of several awards, including:

- The Autism Society of America's Outstanding Professional Award
- The Princeton Fellowship Award
- The Global and Regional Asperger Syndrome (GRASP)
- Divine Neurotypical Award
- American Academy of Pediatrics Autism Champion.

She has made over 3,000 presentations all over the world and written more than 300 articles and books on ASD.

**Disclosure:** Brenda Myles financial - Dr. Myles has no relevant financial relationships to disclose. Non-financial - Dr. Myles has no relevant non-financial relationships to disclose.



Speech-Language Pathologists and Audiologists:  
Intermediate Level, 0.35 ASHA CEU's



**Social Workers:** Buffalo Hearing & Speech Center, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0264. This workshop is offered for 3.5 hours of Continuing Education contact hours.

### Teachers:

Buffalo Hearing & Speech Center is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education. This workshop is offered for 3.5 hours of Continuing Education contact hours.

## Register: