

Successfully Managing Strong Willed and Defiant Children and Teens



Presented by

ADDA-SR

Attention Deficit Disorders Association
Southern Region

**Saturday, November 14, 2009
8:30 a.m. to 12:30 p.m.**

**Memorial Drive
United Methodist Church
Room 126-127
12955 Memorial Drive
Houston, TX 77079**

About the Workshop

Dealing with defiant or challenging children/ teens can leave those around them feeling depleted and overwhelmed. Their strong reactions and explosive behavior can cause parents and schools to accommodate them instead of helping them learn better coping skills. Many parents end up overreacting or “walking on eggshells,” but over time these approaches backfire.

In this workshop parents, educators and mental health professionals will learn to take a practical, proactive and highly effective approach to working with difficult youths. Participants will learn to use relationships more positively to shape good behaviors. Methods to help children develop better frustration tolerance and coping skills will be taught. This approach will encourage the child to increase flexibility, decrease explosiveness, and accommodate to their family instead of the family accommodating to them. Kelly Smith will use role-play, extensive handouts, and humor to illustrate the technique of applying a respectful yet persistent approach to creating change with challenging children and adolescents.

Reservations ensure your seat and handouts; however, walk-ins are welcome.

Attention Deficit Disorders Association
Southern Region
12345 Jones Rd. Suite 287-7
Houston, TX 77070



About the Speaker

Kelly Smith, M.S. has been with Mesquite I.S.D. for the last 12 years as their Behavior Specialist. She consults with teachers, counselors, administrators and parents to create individualized behavior intervention plans for the classroom and home. She has co recorded CD's *I've had it with that Kid!* for parents and educators using a simple but effective tools for changing misbehaviors to good behaviors.

Objectives

By the end of this workshop participants will:

- learn how to build better relationships
- understand how a good relationship can become better reinforcement than behavior charts
- be able to discuss why praise often backfires, and what to use instead
- be knowledgeable about how to direct children/adolescents toward appropriate behaviors rather than punishing for misbehaviors

CE Credits

Continuing Education Credits available as follows:

LPCs 3 credits
LMFTs 3 credits
Social Worker 3 credits
Educators 3 CPE credits

November 14, 2009

Workshop Information

- Cost is \$40 per person or \$75 for 2 from same family
- Walk-ins add \$5.00 per person
- Pre-registration deadline, is November 12, 2009
- For more information or to learn about our support groups and other events contact ADDA-SR at 281-897-0982 or www.adda-sr.org

Schedule

8:30– 9:00 Registration

9:00-10:00

Understanding why kids misbehave
Building better relationships and self-esteem

10:00-10:15 Break

10:15-11:15

Building kids' coping skills

11:15-11:30 Break

11:30-12:30

Getting kids to do what you want them to do



Please Print \$40 per person, 2 from same family \$75 Defiant Workshop (Houston) CE? Y / N

Name _____

Address _____ County _____ City _____

State _____ Zip _____ Phone _____ Email _____

Online registration preferred at www.adda-sr.org or mail registration to ADDA-SR, 12345 Jones Rd., Suite 287-7, Houston, TX 77070, or with credit card fax to 281-894-6883

Total # Registrations _____ Total \$ _____ Payment Method _____ check _____ credit card

Print Name on Card _____ Exp. Date _____

3 digit Validation Code _____ Account # _____