Effective Interventions for Oppositional and Defiant Behaviors

Strategies to Rewire the Brain to Improve Behavior and Development

4.6 Avg Course Rating

About Ann-Louise T. Lockhart, PsyD, ABPP

Ann-Louise T. Lockhart, PsyD, ABPP, is a licensed psychologist in the state of Texas, practicing primarily as a pediatric psychologist, and is board certified in clinical child and adolescent psychology. Dr. Lockhart has worked with children, adolescents, adults, and families in a variety of settings. She has worked in the school setting (K-12 and college), hospital, and primary care clinic environments. Dr. Lockhart has provided services to children who have been abused, diagnosed with chronic medical conditions, and facing end-of-life issues. Dr. Lockhart uses play therapy techniques and interventions for children who have undergone transplants and cancer treatment, as well as those with chronic pain (headaches, abdominal pain), diabetes, sickle cell, anxiety, depression, and parent/child issues. Dr. Lockhart has most recently served as the subject matter expert for both 26- and 26-year-olds for a full range of complex behavioral and psychological disorders of infancy, childhood, adolescent, and young adulthood in a large hospital setting for 7 years. Dr. Lockhart has been trained as the Commission on Accreditation APA Site Visitor, serves as an Examiner for the American Board of Professional Psychology. She has specialized training in play therapy, clinical hypnosis and biofeedback, as well as evidence-based behavioral interventions. Dr. Lockhart is board certified in clinical child and adolescent psychology. Dr. Lockhart has published one collaborative article titled Intensive Outpatient Comprehensive Behavioral Intervention for Tics, a case series along with several colleagues (Brown, T. H., Lockhart, A. T., Garcia, R. V., Raj, J. J., & Peterson, A. L.) in 2014. Dr. Lockhart is a dynamic and highly engaging presenter who consistently receives positive feedback from participants. Dr. Lockhart earned her Doctor of Psychology (PsyD) and Master’s (MA) in clinical psychology from the Arizona School of Professional Psychology.

Attendee Reviews

Dr. Lockhart was amazing! This was easily the best continuing education experience I have had in many years, and possibly ever.

Cheryl, TX

Dr. Lockhart is fantastic! The time just flew by thanks to her engaging, research-based presentation.

Barbara, TX

Ann Louise was fantastic! I was really impressed with her connecting the strategies with real-life examples.

Tina, TN

Who Should Attend This Course

• Occupational Therapists
• Occupational Therapy Assistants
• Speech-Language Pathologists
• Special Education Teachers
• Physical Therapists
• Physical Therapist Assistants
• Social Workers
• Early Intervention Specialists
• Early Childhood Educators

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Effective Interventions for Oppositional and Defiant Behaviors

Strategies to Rewire the Brain to Improve Behavior and Development

Many children and adolescents struggle with intermittent or chronic behaviors, where professionals and parents rely on time, behavioral rewards, or pharmacological medication interventions to resolve the issue. Multi-component interventions and strategies have proven to be effective in reducing behavioral problems and increasing positive behaviors. This workshop will translate the research into practice in resolving these issues early on before they develop into a chronic and more complicated issue.

This interactive and highly engaging workshop will apply the research on typical and atypical developmental, to childhood and behavioral disorders. It will teach you to identify when certain behaviors are developmentally appropriate, when it becomes a diagnosable condition warranting effective behavioral strategies, and identify reasons for misbehavior to ensure maximum home and school success. Participants will learn specific strategies for a variety of disorders including ADHD, oppositional defiant, and anxiety. Case discussions, published research articles, and proven self-regulation strategies will address difficult behavior issues associated with a variety of developmental disorders. Practical and ready-to-use handouts and behavioral strategies will be provided for therapists, licensed providers and parents to use immediately upon completing the workshop.

Learning Objectives

1. Examine developmentally-appropriate behaviors.
2. Identify characteristics of ADHD, ODD, anxiety, and other behavioral challenges.
3. Discuss various behaviors and reasons why they persist throughout childhood and adolescence.
4. Articulate practical and helpful coping skills for caregivers.
5. Identify practical ways to reduce and eventually extinguish frequency and intensity of negative behaviors while increasing the positive behaviors.
6. Demonstrate integration of various behavioral and cognitive interventions into a powerful treatment plan.

Course Outline

I. Typical and Atypical Development: Toddlers, Children, Adolescents
   » Characteristics of age-appropriate and developmentally appropriate behaviors
   » Understanding and changing a child’s behavior
   » Functions and purposes of behavior and misbehavior
   » Child, parent, and provider characteristics of misbehavior
   » Finding the best response to behavior

II. Overview of Childhood Disorders
   » Attention-Deficit/Hyperactivity Disorder (ADHD)
   » Oppositional Defiant Disorder (ODD)
   » Anxiety
   » Issues with self-regulation & impulsive control
   » Current research

Hands-On Lab

III. Reasons Why Children Behave & Misbehave
   » The ABCs of behavior (antecedent, behavior, and consequence)
   » How interpretation affects consequence
   » Articulate practical and helpful coping skills for caregivers.

IV. Effective Interventions to Increase Positive Behavior & Decrease Negative Behavior
   » Functional behavior analysis
   » Praise & positive reinforcement
   » Behavior chart
   » Counting behaviors
   » Art of ignoring
   » Effective use of time-out
   » Proper use of contingency management
   » Special play time

V. Multi-Component Strategies
   » Effective strategies to improve focus, better regulation of attention, completion of homework and classroom assignments, improve memory and information retention, assist with developing social skills & self-control
   » Effective strategies for ODD: Enhance adherence to commands, improve compliance, reduce and eliminate problematic behaviors, enhance internal motivation
   » Effective strategies for anxiety: Address physical, cognitive, & emotional aspects of anxiety, effective use of inhaled breathing, visual imagery, progressive muscle relaxation, cognitive restructuring
   » Effective strategies for self-regulation & impulsive control: Identify cause of poor self-regulation, enhance greater self-control, & develop child’s ability to self-soothe

Continuing Education Credit

Summit Professional Education, provider #50-8381, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) approved provider. ASWB Provider Approval Period: 1/12/17 – 1/12/20. Social work participants planning to use this course toward their ASWB certification should verify the course meets their CE requirements. The Illinois Department of Financial and Professional Regulation (IDFPR) has approved this continuing education course for the program. ASWB Approval Period: 1/12/17 – 1/12/20. Social workers should contact their regulatory board to verify the course meets their CE requirements. 6.0 CEUs have been submitted to CE Broker on behalf of the Florida Physical Therapy Association for review and approval. 7.0 CEUs. The FPTA has determined that this application meets all criteria for approval. Florida Board of Occupational Therapy: Practice as a continuing occupation provider – #50-8381, 6.0 hours.

Dates/Locations

West Palm Beach, FL
October 26, 2017
Holiday Inn Palm Beach Airport
1301 Belvedere Rd
West Palm Beach, FL 33405
(561) 659-3880

Fort Lauderdale, FL
October 27, 2017
The Westin Fort Lauderdale Beach Resort
321 N. Fort Lauderdale Blvd
Fort Lauderdale, FL 33304
(954) 467-1111

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