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# an INSIDERS' PERSPECTIVE on AUTISM & ASPERGER'S SYNDROME

*"I have waited 35 years for this opportunity. Deborah is a true pioneer!"*

- Mary Ellen Ponder, Exceptional Needs Teacher

*"Deborah is an inspiration to all—autistic and non-autistic alike. Thank you for your dedication and advocacy to the field!"*

- Jen Yager, MA, CCC-SLP

**SEPTEMBER 28, 2010 • SAN RAFAEL, CALIFORNIA**

**SEPTEMBER 29, 2010 • CONCORD, CALIFORNIA**

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# an INSIDERS' PERSPECTIVE on AUTISM & ASPERGER'S SYNDROME

**Bridging the Gap Between  
Understanding & Intervention**



**Presented By The Inspirational Deborah Lipsky, M.Ed.  
2006 RECIPIENT OF A TEMPLE GRANDIN AWARD**

*"You helped me understand our son more clearly in one day than I have his whole life. That may seem like an exaggeration, but so much of his childhood was explained today—as well as a great deal about him now. He was undiagnosed and then misdiagnosed until he was twelve, two years ago."*

- Valerie Martin, LCSW, Portland, ME

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# Agenda

## An Insider's Perspective on Autism & Asperger's Syndrome

**7:30** **Registration, Sign-In, & Course Materials**

**8:00** **Course begins** (a.m. & p.m. breaks determined by Ms. Lipsky.)

### How Does Autism Impact an Individual?

- Exploring the "Rainman" Myth
- Sensory Issues & Integration Difficulties
- Self-Stimming Behaviors
- The Importance of Rituals & Routines
- Monotropism...The Core of Autism
- "Special Interests"
- Do Individuals with Autism Express Emotion?

### Communication

- Literalism, Metaphors, & Concrete Language
- Common Pitfalls in Communicating with Individuals with Autism
- Inductive vs. Deductive Reasoning
- Strategies to Help Facilitate Communication
- Understanding the Nonverbal Body Language of Autism
- Difficulties with School & Social Settings

**11:30** **Lunch** (on your own)

**12:30** **Recognition of What a Catastrophic Reaction/Meltdown is & How it Develops**

- Novel Situations & Unpredictability
- Triggers
- Fight, Flight, Freeze Responses
- What Happens to the Thought Process in a Meltdown
- What a Person with Autism Experiences During a Meltdown
- Transition Issues as a Cause
- Sensory Overload
- Some Common Behaviors Seen in Meltdowns

### Effective Interventions for Catastrophic Reactions

- Behavior as a Form of Communication
- Inappropriate Interventions...What Never To Do
- Appropriate Strategies to De-Escalate the Situation
- Intervention in the School System
- Creating a Personalized Intervention/Crisis Plan
- Strategies to Minimize Catastrophic Reactions

**3:30** **Evaluations, Adjournment, & Certificates**

# Learner Objectives

At the conclusion of this program, you will have the knowledge required to:

- Explain the impact autism has on an individual's behavior and communication patterns.
- Differentiate between the communications styles of an autistic and non-autistic individual in order to establish effective communication techniques.
- Identify meltdown triggers and the conditions that lead up to a catastrophic reaction.
- List effective strategies for handling meltdowns.

### Comprehensive Program Manual Included with Your Registration!

An Insider's Perspective on Autism & Asperger's Syndrome, designed specifically for this program by Ms. Lipsky, will be provided to each registrant at sign-in.

**FREE SHIPPING** when PURCHASING this CD with program registration!

### Build Your Professional Library

with **Sensory Integration in Children** By Susan Larson Kidd, PhD

With exuberant energy, engaging wit, and profound knowledge, Dr. Larson Kidd gives a dynamic presentation on *Sensory Integration in Children* for a wide variety of professionals working with children with neurobehavioral disabilities. She mixes lecture, case studies, and lively audience interaction to build the insight necessary for success with sensory integrative strategy execution. Dr. Larson Kidd's strategies and processes are embedded in best practices, research-based interventions, positive behavioral support, and brain-based learning research. Particular attention is given to identification and explanation of related learning, behavior, and social skills for children ages 3-young adulthood along with intervention in a variety of settings. Program manual (PDF) is on CD-ROM.

www.health-ed.com | 800-839-4584

# Location

**SEPTEMBER 28, 2010**

**SAN RAFAEL, CALIFORNIA**

EMBASSY SUITES SAN RAFAEL – MARIN COUNTY  
101 McInnis Parkway | San Rafael, CA 94903  
415-499-9222

**SEPTEMBER 30, 2010**

**PALO ALTO, CALIFORNIA**

SHERATON PALO ALTO HOTEL  
625 El Camino Real | Palo Alto, CA 94301  
650-328-2800

\*\$10 parking fee, non-negotiable with hotel

For additional hotel information, including driving directions and parking, please contact hotel directly or view hotel website at [health-ed.com](http://health-ed.com).

**SEPTEMBER 29, 2010**

**CONCORD, CALIFORNIA**

HILTON CONCORD  
1970 Diamond Boulevard | Concord, CA 94520  
925-827-2000

## CONTINUING EDUCATION HOURS:

**Sponsor: HEALTH Education Network, LLC**

To receive verification of successful completion of the following credit hours, participants must sign-in, attend the entire program, and complete an evaluation. The certificate verifying attendance will be available at the end of the program day. For continuing education inquiries, please go to this program's page at [www.health-ed.com](http://www.health-ed.com) or contact [ssell@health-ed.com](mailto:ssell@health-ed.com).

**COUNSELORS: 6.0 Hours.**

**NBCC** - HEALTH ED, (provider #5655), is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

**NURSES/NURSE PRACTITIONERS/NURSE SPECIALISTS: 6.0 CONTACT (60 MINUTE) HOURS; 7.2 CONTACT (50 MINUTE) HOURS.**

HEALTH ED is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**California** - 7.2 Contact Hours. Provider approved by the California Board of Registered Nursing (provider #CEP11382), for 7.2 contact hours. Please bring your license number.

Full attendance is required. No partial credit will be offered for partial attendance.

**OCCUPATIONAL THERAPY PRACTITIONERS/OCCUPATIONAL THERAPY ASSISTANTS: 6.0 Hours.**

**AOTA** - .6 CEUs (6.0 Contact Hours). HEALTH ED is an Approved Provider of Continuing Education for occupational therapists and occupational therapy assistants by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**PHYSICAL THERAPISTS/PHYSICAL THERAPIST ASSISTANTS: 6.0 Hours.**

This program has been designed to meet the criteria for 6.0 clock hours of acceptable continuing education. Licensees are to determine the acceptability of the program based upon the rules of their licensing board.

**PSYCHOLOGISTS: 6.0 Hours.**

**APA** - HEALTH ED is approved by the American Psychological Association to sponsor continuing education for psychologists. HEALTH ED maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance.

**SOCIAL WORKERS AND MARRIAGE AND FAMILY THERAPISTS: 6.0 Hours.**

**California** - This course meets the qualification for 6 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (provider #PCE694).

**ASWB** - This organization (HEALTH ED, provider #1033) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) Approved Continuing Education Program (ACE). Approval Period: December 15, 2009 through December 15, 2012. HEALTH ED maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6.0 continuing education (6.0 clinical) clock hours.

**SPEECH-LANGUAGE PATHOLOGISTS: 6.0 Hours.**



HEALTH ED is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**ASHA** - This course is offered for 0.6 ASHA CEUs (Intermediate level, Professional area).

**ASHA account number required for ASHA Registry.**

**California** - 6.0 CPDs. HEALTH ED is approved as a Continuing Professional Development Provider with the California Speech-Language Pathology and Audiology Licensing Board (provider #PDP 206).

**TEACHERS/SCHOOL-BASED PERSONNEL: 6.0 Hours.**

This program has been designed to offer six professional development hours. It is recommended that you check with your Professional Development Committee/Coordinator or the school district contact for recognition of this program.

## CANCELLATIONS/TRANSFERS

To make registration changes, please email [smartin@health-ed.com](mailto:smartin@health-ed.com) prior to the program for transfers or credit coupons which can be applied toward a future program. A refund, minus a \$30 administrative fee, is available for cancellations received no later than seven (7) business days prior to the start of the program. No refunds will be granted after that date. Purchase orders are considered the same as a check or credit card and the same policy will apply. In the unlikely event HEALTH ED has to cancel or postpone a program for an unforeseen reason, you will be notified immediately to discuss options.

HEALTH Education Network, LLC | 304 Gray Street Suite 201 | Eau Claire, WI 54701

## Purpose

Unlike other continuing education programs on autism, Ms. Lipsky presents a rare and unique perspective from someone who lives with autism every day. The goal of this program is to provide you with a better understanding of what an individual with autism experiences on a daily basis and how to utilize intervention strategies that empower the individual with autism. After attending this program, you will be able to “bridge the gap” and meet the autistic person half way.

### Top Benefits for Attending: Ideas You Can Use Tomorrow

- New insights into the thought processes of an individual with autism
- An appreciation of the gifts of autism
- Innovative approaches to helping those with autism
- Effective communication tools
- Self-coping skills and body awareness
- Plan ‘B’ for novel situations
- Personalized intervention plan

## Presenter

**DEBORAH LIPSKY, M.Ed.** is an accomplished presenter traveling the United States and Canada delivering seminars, presentations, and keynote addresses on understanding autism from an insider’s viewpoint. Diagnosed in 2005 with high functioning autism, she is a former board member of the Autism Society of Maine, and currently writes a regular humorous column for their newsletter. In 2005, she was awarded the Autism Society of Maine’s outstanding volunteer award, and in 2006, she became the recipient of a Temple Grandin award for “outstanding success in her life thereby being an inspiration to others”. Her message of inspiration, delivered with a delightful sense of humor, makes her a highly sought after motivational and educational speaker. Before the day is out, Deborah will have you understanding what it is like to be autistic.

She is an international author, having co-authored a book on managing meltdowns for autistic individuals experiencing a catastrophic reaction [meltdown]. S.C.A.R.E.D. is an easy to read book designed to de-escalate a meltdown in progress and is available from Jessica Kingsley Publishers. This is a must for anyone working with individuals on the autism spectrum. Deb is also under contract with Jessica Kingsley Publishers for her second and solo book on understanding anxiety and how it influences thoughts and behaviors in individuals on the autism spectrum. It is scheduled to be published in early 2011. In addition to being a consultant for various agencies, Ms. Lipsky is a captain with the USAF-AUX for search and rescue and homeland security, a registered Maine Guide, a civil war re-enactor, avid WW2 and Viet Nam military collector and historian, antique tractor collector/restorer, and former licensed wildlife rehabilitator specializing in raccoons. She is still known affectionately as the “raccoon-lady” having spent 24 years studying them in the wild learning social skills she then adapted for use around humans.

### A Personal Message from Your Presenter Deborah Lipsky

My name is Deborah Lipsky and I have high functioning autism. My program offers you insight into the world of an individual with autism from someone who lives it on a daily basis. I have encountered many similar problems that children with autism face as they grow up and have a true understanding of their difficulties so I am able to offer ideas for effective strategies and interventions. My specialty is meltdowns and in this program we will understand and explore their causes, interventions, and the differences between a meltdown and a behavioral tantrum. With my Master’s Degree in Counseling, I have worked with both verbal and nonverbal individuals with autism and have developed the unique ability to “read” their nonverbal communication, which enables me to identify problem areas more quickly.

I also offer the unique perspective of telling my audience what it is like and how it feels to be autistic—how, as an individual with autism, my world differs from a “non-autistic” view. I am able to combine personal experiences with professional knowledge to bring to you a seminar unlike any other you have attended. I celebrate the gifts of autism and try to encourage people not to look at autism as a “dysfunction” or “disease”, but just a neurological difference in the perception of the world. With some of my interactive exercises where you are “autistic” for a moment you will gain a greater appreciation of the challenges we autistic individuals face. I look forward to sharing my world view with all of you.

Deb

## Program Planning Team

Debra Lipsky, M.Ed • Sandra Sunquist Stanton, MS, NCC, LPC • Lois B. Taft, RN, DNSc  
Louise J. Armstrong, OTR • Kay Gautsch, PT • David Steinweg, PhD  
Judith Kay Nelson, PhD, LCSW • Linda R. Schreiber, MS, CCC-SLP

# An Insider's Perspective on Autism & Asperger's Syndrome

CADLAPG10n

## How to Register:

**ON-LINE** health-ed.com (*secure website*)  
**PHONE** 800-839-4584 • 715-839-8055  
8:00 am - 5:00 pm CT  
**FAX** 715-839-8680  
**MAIL** HEALTH ED  
P.O. Box 1075  
Eau Claire, WI 54702-1075  
**Federal Tax ID** 39-1779320

## Registration Policy:

A completed registration form, payment, or purchase order hard copy is required at time of registration for **each** attendee. Use only one registration form per person. Please copy this form for multiple registrations. **Pre-Registration** rates apply only to individuals and groups registering with payment in full before 12:00 noon CT the day before the program. **Groups must register at the same time.**

**ADA:** Contact us a minimum of 3 weeks prior to the program for accommodations.

**Receipt/Confirmation:** Register on-line at [www.health-ed.com](http://www.health-ed.com) or email your request to [smartin@health-ed.com](mailto:smartin@health-ed.com).

### 1 To expedite the processing of your registration, please complete form in its entirety.

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### 3 Tuition Fee includes program manual and refreshments.

- \$169** per person for a group of 2 or more **pre-registering** at the same time  
 **\$179** per person **pre-registering**  
 **\$199** per person when registering **after** the pre-registration deadline  
 **\$30 Sensory Integration in Children** - Order **NOW** with registration and receive **FREE SHIPPING!**  
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