



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

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A Non Profit
Organization

Successfully Managing Strong Willed and Defiant Children and Teens



Presented by
ADDA-SR

Attention Deficit Disorders Association
Southern Region

Saturday, January 30, 2010
8:30 a.m. to 12:30 p.m.

**St. Stephen
United Methodist Church
Sanctuary
2520 Oates Drive
Mesquite, Texas 75150**

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.

St. Stephen is located in northwest Mesquite. Exit Interstate 635 at Oates Drive and go southwest about one quarter mile.

Additional parking at Florence Elementary School behind the church. Directions on our website.

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

January 30, 2010

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 January 26, 2010
- For more information or to learn about our support groups and other events contact Melissa Petty at 972-458-9226 or 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

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



Please Print \$40 per person, 2 from same family \$75 Defiant Workshop (Mesquite)

Name _____

Address _____ County _____ City _____

State _____ Zip _____ Phone _____ E-mail _____ Attendance Cert. Yes / No _____

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

Total # Registrations _____ **Total \$** _____
Purchase orders accepted, please list PO number _____
Payment Method _____ Check _____ Credit Card _____

*Print Name on Card _____ *Signature _____

*Exp. Date _____ *Acct. # _____