

## St. Louis Children's Hospital is excited to offer two Cari Ebert courses

# Autism Strategies and Addressing Challenging Behavior



**November 8 | 8 a.m.–4:30 p.m.**

St. Louis Children's Hospital, 3rd floor auditorium  
One Children's Place, St. Louis, MO 63110  
0.6 ASHA CEUs

### Session 1: Autism Strategies and Neurodiversity-Affirming Practices

**Time:** 8:30 a.m.–2 p.m. (4 hours; lunch provided)

**Target Audience:** This course is for SLPs, OTs, PTs, therapy assistants, social workers, psychologists, educators, medical staff, and any other professionals who support autistic children and youth.

**Description:** This course provides an overview of how to provide strengths-based, neurodiversity-affirming services to autistic children and their families. The strategies and goals addressed in this course are not focused on establishing compliance or fixing deficits identified on standardized tests, but rather on helping autistic children learn, grow, and thrive as their authentic selves. Participants will leave this training with a plan for creating neurodiversity-affirming learning environments for autistic children that support regulation, connection, communication, motor planning skills, autonomy, and self-advocacy.

#### **Objectives**

##### **Participants will:**

1. Describe the differences in how autistic children develop and learn using neurodiversity-affirming language.
2. Explain what makes a program or a provider "neurodiversity-affirming."
3. Summarize the racial and gender disparities in diagnosing autism.
4. Define ableism and how it is promoted by the medical model of disability.
5. Formulate neurodiversity-affirming therapy/IEP goals.

### Session 2: Using Compassion, Connection, and Co-Regulation to Address Challenging Behavior

**Time:** 2–4 p.m. (2 hours)

**Target Audience:** This course is for SLPs, OTs, PTs, therapy assistants, social workers, psychologists, educators, medical staff, and any other professionals who support autistic children and youth.

**Description:** Using research from the field of neuroscience, this course will **1.)** Reframe challenging behavior as dysregulation, **2.)** Outline the limitations of using reinforcers and punishment to manage behavior, and **3.)** Explore the importance of using curiosity, compassion, connection, and co-regulation to support children during times of distress. Rather than focusing on extinguishing challenging behaviors, participants will gain effective strategies for assessing and addressing the why behind the behaviors.

#### **Objectives**

##### **Participants will:**

1. Explain the importance of reframing "challenging behavior" as "dysregulation."
2. Describe how traditional behavior modification approaches that rely on the use of reinforcers and punishment are often co-escalating rather than co-regulating.
3. Summarize the importance of using the 4 Cs (curiosity, compassion, connection, and co-regulation) to address challenging behavior.

## Agenda and course content

Time	Topic
8–8:30 a.m.	Registration and Sign-in
8:30–8:45 a.m.	Listening to Autism Experts
8:45–10:15 a.m.	Reframing Autism Through a Neurodiversity-Affirming Lens
10:15–10:30 a.m.	BREAK
10:30 a.m.–noon	Reframing Autism Through a Neurodiversity Affirming Lens (continued)
Noon–1 p.m.	LUNCH (provided)
1–1:15 p.m.	Two Autism Approaches
1:15–1:30 p.m.	Writing Neurodiversity-Affirming Therapy Goals
1:30–1:45 p.m.	Q&A and Discussion
1:45–2 p.m.	Difficult Behavior vs. Challenging Behavior
2–2:15 p.m.	Assessing Challenging Behavior
2:15–2:30 p.m.	BREAK
2:30–3 p.m.	Limitations of Traditional Behavior Management Approaches
3–3:30 p.m.	Understanding the Brain Science Behind Behavior
3:30–4 p.m.	<b>A Better Discipline Approach: Using the 4 Cs to Address Behavior</b> <ul style="list-style-type: none"> <li>• <b>Curiosity:</b> Determining the why behind behavior</li> <li>• <b>Compassion:</b> Using empathy to relate to the child</li> <li>• <b>Connection:</b> Building trust and engaging authentically</li> <li>• <b>Co-Regulation:</b> Using “therapeutic use of self” strategies to de-escalate the situation</li> </ul>
4–4:15 p.m.	Course Survey and Sign-out



Any course handouts will be made available to registrants electronically. Registrants can choose to print their own handouts before or after the course.

## Satisfactory Completion Requirements

Participants must sign in upon arrival as well as after breaks, attend the entire session, and complete an intent-to-change statement on the post-presentation survey to receive credit. This course is offered for up to 6 ASHA CEUs. This course provides up to 6 hours of instruction in a related professional area for PTs, PTAs, OTs, COTAs, and other professionals.

## Contact

Questions regarding this conference may be directed to Pam Carpenter at St. Louis Children's Hospital at 314-358-4807 or [pamela.carpenter@bjc.org](mailto:pamela.carpenter@bjc.org).

**Fees:** \$175 external; free to BJC Health System employees

**Maximum number of registrants:** 100

## Please Note

Conference room temperature may be variable, so please dress in layers for comfort.

## Cancellations

If needing to cancel, please contact Pam Carpenter at [pamela.carpenter@bjc.org](mailto:pamela.carpenter@bjc.org).

*Refunds will be given on cancellations received by Oct. 31 minus a processing fee. No refund will be given for cancellations received after Oct. 31.*

*BJC employees who register, but fail to attend, will be charged a \$50 no-show fee.*

## Parking

Parking is available in the St. Louis Children's Hospital visitor garage for all non-employees. Please take a ticket and bring it into the session. You will receive a parking validation ticket during check-in. *SLCH employees should park in the Forest Park Laclede garage and enter with badge access.*



## Speaker

**Cari Ebert, MS, CCC-SLP**, is a pediatric speech-language pathologist in the Kansas City, Missouri area. She received her bachelor's degree from the University of Iowa in 1993 and her master's degree from Southern Illinois University at Carbondale in 1995. Cari is a therapist, consultant, author, product developer, and nationally recognized speaker who gets paid to do what she loves most—TALK! She has an animated personality, and this translates to a high-energy speaking style. Most importantly, Cari has an autistic son, allowing her to engage audiences both as a professional and as a parent of a neurodivergent child.

## Disclosures

**Nonfinancial Disclosure:** Cari has an autistic son and shares personal experiences in her trainings.

**Financial Disclosure:** Cari is the author of *The Learning to Learn Program*, which she will briefly reference in this training. Cari receives royalties from all book and product sales on her website. She also benefits financially from presenting this course.

## Register by Oct. 31



### BJC team members:

Register by scanning this QR code.

*Registration is free*



### All other non-BJC attendees:

please register by scanning this QR code.



**ASHA CE  
APPROVED PROVIDER**

**St. Louis Children's Hospital**  
Intermediate Level  
0.6 ASHA CEUs