

Foundation for Children with Behavioral Challenges (FCBC)
The Fourth Annual Conference

***Beyond Discipline:
From Compliance to Community***

Shifting the paradigm from a reliance on consequences and control
to
collaboration with children
to foster their social and emotional growth

Keynote Speaker: *Alfie Kohn*

Along with featured speakers:

Dr. Ross W. Greene

Dr. J. Stuart Ablon

Saturday, October 27th, 2007

**Sheraton Ferncroft Hotel
Danvers, Massachusetts**



A ground breaking conference for parents, educators and clinicians interested in expanding their repertoire of interventions for minimizing struggles with children and enhancing their capacities for flexibility, frustration tolerance, communication and self-regulation.

REGISTER EARLY TO ENSURE YOUR SPACE!!!

Our conferences have filled in the past.

Registration Deadline: October 20th, 2007

*Exhibit and advertising opportunities are available. Contact FCBC at: (978) 475-3759
or email: Beth@fcbcsupport.org for details.*

About the FCBC Conference

The Annual FCBC Conference provides a unique opportunity for parents and professionals to learn and network together. The conference offers cutting edge information and innovative techniques for understanding and helping children with social, emotional and behavioral challenges. **This year we are pleased to offer both pre and post conference sessions for additional networking.** Refer to [Conference Details](#) for more information.

Course Objectives-What you will learn

- Why traditional approaches for understanding and helping children with social, emotional and behavioral challenges may not be well suited to address their needs.
- A new perspectives, research and resulting trends for understanding and helping these children.
- How to assess and teach the lacking skills that are likely contributing to each child's challenging behavior.
- How to promote collaboration between caregivers and children to foster growth.

Who should attend?

Educators, higher education faculty, advocates, child care providers, parents, grandparents, psychologists, mental health counselors, marriage and family therapists, social workers, occupational and physical therapists, speech and language pathologists, program administrators, policy makers and others caring for children with social, emotional and behavioral challenges. **CEUs will be available.** Refer to [Registration Information](#) for details.

Conference Schedule

7:30- 8:15	Continental Breakfast and Registration	12:15-1:15	Lunch and Exhibits
8:15- 8:30	Welcome: <i>Beth Edelstein, Founding Director</i>	1:15-2:45	Workshop Session II
8:30-10:00	Keynote Address: <i>Alfie Kohn, Beyond Discipline...</i>	2:45-3:00	Break and Exhibits
10:00-10:15	Break and Exhibits	3:00-4:30	Workshop Session III
10:15-12:15	Workshop Session I	4:30-6:00	Post-Conference Networking

Alfie Kohn.....

Keynote Speaker



A world renowned author and speaker on issues related to education and parenting. He has written eleven books and numerous articles, including **Unconditional Parenting, Punished by Rewards, The Schools Our Children Deserve, and Beyond Discipline.** He has also been featured on numerous TV and radio programs, including the "Today" show and "Oprah". His work has helped to reshape the thinking of parents and educators.

Workshop Schedule

Concurrent Workshops • Session I: 10:15-12:15 (choose one)

- A. The Collaborative Problem Solving (CPS) Approach: An Innovative Model for Parenting, Teaching and Treating Children with Social, Emotional and Behavioral Challenges
J. Stuart Ablon, Ph.D., Associate Director, CPS Institute; Co-Director Center for Collaborative Problem Solving; Assistant Professor of Psychiatry, Harvard Medical School; Co-author of *Treating The Explosive Child*;
An up-to-date overview of the Collaborative Problem Solving Approach (CPS Approach), as first articulated by Dr. Ross Greene in his book, The Explosive Child. The CPS Approach proposes that challenging behavior is best understood as a byproduct of lacking cognitive skills in the domains of flexibility/adaptability, frustration tolerance and problem solving. The model helps adults teach the lacking skills while reducing the frequency and intensity of explosive-non-compliant episodes in diverse settings. (Recommended for those who have not taken this workshop in the past 2 years).
- B. The DIR/Floortime™ Approach: Using Affect and Relationship Building as Tools for Fostering Growth in Children with Developmental and Emotional Challenges
Karen Levine, Ph.D., Developmental Psychologist; Instructor at Harvard Medical School; Clinical Director of the Autism Program and Developmental Disabilities Program of the Center for Child and Adolescent Development at Cambridge Hospital Alliance; Clinical Consultant, Autism Services for North Shore Arc.
An overview of the approach for working with children with developmental and/or emotional challenges developed by Stanley Greenspan, M.D. and Serena Wieder, Ph.D. Learn how to use high affect and relationship building to stimulate the child's social-affective system and for the more socially advanced child; the flexible, creative and abstract thinking skills needed for problem solving and handling frustrations.
- C. Creating Connections: Beyond Brain Gym® in the Classroom and Home
Candis Cosgrove, M.Ed., Educational/ Brain Gym® Consultant, www.candiscosgrove.com.
An interactive workshop where you will learn about Brain Gym, Movement Based Learning and Bal-A-Vis-X and how they can be used together to foster the development of children with social, emotional and behavioral challenges.
- D. Understanding and Promoting Executive Skills
Sarah Ward, M.S., CCC/SLP: Speech and Language Pathologist, Private Practice, Lincoln, MA.
Gain an understanding of executive skills and functional strategies to foster your child's ability to independently execute tasks from start to finish. Topics covered will include helping your child with the skills of: forethought, hindsight, initiation, self regulation and gray scale thinking.
- E. Creating the Child Centered Classroom (for educators)
Bethany Nelson, M.Ed., K-8 Director at Sparhawk School. Faculty Member at Emerson College.
Research shows that a sense of belonging in schools, fostered through reciprocal respect and caring, differentiated instruction, student agency, and shared problem solving, is key to student achievement. This workshop offers strategies for creating a child-centered classroom that fosters belonging for all students (and teachers!)
- F. Looking Back to Move Forward: Getting Rid of the Ghosts in the Nursery
Sally Sacks, M.Ed., LMHC, Author of *How to Raise the Next President*, Private Practice, Westford, MA.
The workshop will explore how a parent's own past may influence their parenting style. Participants will learn how to refocus and move forward to learn the skills, language and behavior needed to create an emotionally secure child.

Concurrent Workshops – SESSION II: 1:15-2:45 (Choose one)

- G. The Collaborative Problem Solving Approach: Implementing Plan B
Ross W. Greene, Ph.D., Director, CPS Institute; Co-Director of the Center for Collaborative Problem Solving; Associate Professor of Psychiatry, Harvard **Medical** School; Author of The Explosive Child, Co-Author of Treating The Explosive Child.
An opportunity for those with a basic understanding of CPS to gain more insight into implementing Plan B, primarily through questions and answers. (Recommended for those who have taken CPS workshop IA or equivalent, with no or limited experience implementing Plan B).
- H. Current Trends in Social Skills Intervention for Adolescents
Matthew D. Lerner, Founding Director of the Spotlight Program at the North Shore Arc in Danvers MA., Program Effectiveness Research Project Co-Director at Cambridge Health Alliance, Recent recipient of the prestigious Jefferson Fellowship at the University of Virginia.
This presentation will provide a brief history of social skills programming, as well as characteristics of target populations. This information will then be used to point towards several emergent trends in social skills programming, including a novel approach called “Drama-Based Social Pragmatics”.
- I. Anxiety in the School-Age Child
Janice Goldstein, Ph.D. and Kate Goldfield, M.Ed. Psychologists at Andover Counseling.
Anxiety can pervade and intrude upon the functioning of children and teens both at school and at home. Through lecture and case studies learn how to recognize the early signs of anxiety, how it might manifest at each developmental level, and explore interventions and alternatives for treatment. Questions will be encouraged to make this an interactive and informative presentation.
- J. Replays: Using Play to Enhance Emotional and Behavioral Regulation in Young Children (Ages 1- 5)
Karen Levine, Ph.D., Developmental Psychologist, Instructor at Harvard Medical School, Clinical Director of the Autism Program and Developmental Disabilities Program of the Center for Child and Adolescent Development at Cambridge Hospital Alliance, Clinical Consultant, Autism Services for North Shore Arc. **Naomi Chedd, LMHC**, Mental Health Counselor and Educational Consultant.
Replays is a fun interactive play based technique for addressing intense responding and resulting challenging behaviors in children with a variety of developmental challenges. Therapists and parents learn to support the child in very playful re-enactments of challenging everyday events. Children become desensitized to trigger situations, form new emotional memories, and develop increasing regulatory capacity. This replays workshop is geared for caregivers of young children, ages 2-5.
- K. Building Community in the Classroom (*for educators*)
Fran Perlman, M.Ed., Retired Special Needs Teacher, Daniel Butler School, Belmont, Educational Consultant, Private Practice. **Jennifer Pressey, M.Ed.**, Elementary School Teacher, Daniel Butler School, Belmont.
Inclusion, we all know what it means, but are students always really included? When children get to know and appreciate each others interests and unique abilities, inclusion happens. This workshop will teach how this can be accomplished in a respectful, purposeful manner to create a classroom community.
- L. School Advocacy for The Child with Social, Emotional and Behavioral Challenges
Martina Roy Linde, MSW, LADC, Consultant/Advocate, Private Practice, Newton, MA., 20 years as school placement specialist - Brookline, **Barbara Ball, EdM, MS, LICSW**, Clinician, Consultant/Advocate in the greater Boston area, former special educator and preschool teacher;
This workshop will include all phases of advocacy. It will address the importance of outside private evaluations, as well as the results of in-school assessments, and translating both into meaningful IEPs and securing appropriate services.

Concurrent Workshops • SESSION III: 3:00-4:30 (Choose one)

- M. The Collaborative Problem Solving Approach: Trouble Shooting Plan B
Ross W. Greene, Ph.D., Director, CPS Institute; Co-Director of the Center for Collaborative Problem Solving; Associate Professor of Psychiatry, Harvard **Medical** School; Author of The Explosive Child, Co-Author of Treating the Explosive Child
*An interactive workshop with video clips and extensive audience participation will provide an opportunity for those with experience implementing Plan B to further develop proficiency. Prerequisite: Must have taken CPS workshop IA or equivalent at a **previous** conference **and** had experience implementing the approach.*
- N. Using Drama and Theatre Games to Teach Social Skills to Adolescents
Matthew D. Lerner, Founding Director of the Spotlight Program at the North Shore Arc in Danvers MA., Program Effectiveness Research Project Co-Director at Cambridge Health Alliance, Recent recipient of the Jefferson Fellowship at the University of Virginia
An in-depth exploration of a successful “current trends” social skills program called Spotlight, which employs the “drama-based social pragmatics” approach. Program methodology and mechanics will be explored, and specific, practical uses of activities and approach (across modalities) will be presented.
- O. Crisis Planning: What You Should Know About Psychiatric Hospitalization
Kathleen Regan, RN, MHA, CNA, BC, Nurse Manager, Child Assessment Unit, Cambridge Health Alliance. Author of Opening Our Arms, Helping Troubled Kids Do Well.
Explore a typical day on a Psychiatric Inpatient Unit. Learn when needed, what to expect, and how to prepare.
- P. Replays: Using Play to Enhance Emotional and Behavioral Regulation in Older Children (Ages 5 +)
Karen Levine, Ph.D., Developmental Psychologist, Instructor at Harvard Medical School, Clinical Director of the Autism Program and Developmental Disabilities Program of the Center for Child and Adolescent Development at Cambridge Hospital Alliance, Clinical Consultant, Autism Services for North Shore Arc. **Naomi Chedd, LMHC**, Mental Health Counselor and Educational Consultant.
This Replays workshop will be geared towards older children, ages 5+. Refer to workshop description: SessionII-J.
- Q. The Power of Listening and Responding to Children (for educators)
Ben Mardell, Ph.D., Associate Professor, Lesley University; Research, Harvard Project Zero. **Megina Baker**, Preschool Teacher, Cambridge Nursery School.
What do five and six year olds think makes a classroom beautiful? How can children be democratically engaged in redesigning their room? The former kindergarten team from the Elliot-Pearson Children’s School will share the story of how children, parents, and teachers worked together to plan and implement a room makeover. The presentation will highlight how documentation helped the teachers listen and engage their students.
- R. One Parent’s Journey Through Residential Care
Lois DeRusha, Parent Support Coordinator for Wayside Youth and Family Support Network; member of PAL-Parent Professional Advocacy League.
How do you know if residential care might be appropriate for your child? How do you prepare? What to expect? What to look for? What are the different models of care? A review of one Mom’s experience with her daughter will be explored along with strategies for those considering the option of residential care.

Conference Details

Conference Location

Sheraton Ferncroft
50 Ferncroft Road
Danvers, Massachusetts
Phone: (978) 777-2500

- **Conveniently located off I-95, 19 miles north of Boston.**
- **Easily accessible from Logan Airport via the Logan Express Bus to Satellite Parking in Peabody. (\$10 each way). Free shuttle service from Satellite Parking to hotel. Other options: Flightline Shared Van Service (800) 245-2525. North Shore Shuttle (private cars & shared van service) (800) 649 8660, or online at: www.northshoreshuttle.com.**
- **Lots of amenities: New indoor water park, 9 and 18 hole golf courses, driving range, tennis, racquetball, indoor pool, health club, day spa, 2 restaurants, lounge, Starbucks...**
- **Minutes from whale watching, museums, historic Salem, Gloucester, Rockport and Boston**

Directions

From Logan International Airport: Take Route 1A North to Route 60 West. Follow Route 1 North approximately 11 miles to Route 95 North. Continue on I-95 North to the Topsfield exit (Exit 50). Turn left onto Route 1 South, Danvers. Take the first right onto Ferncroft Road.

From the North: Take Route 95 South to exit 50. Follow signs to Ferncroft Road.

From the West: Take the Mass Pike (I-90) to Route 128 North to Route 95 North. Take exit 50, Topsfield exit. Bear left at Route 1 South, Danvers. Take first right onto Ferncroft Road.

From the South: Take Route 93 North to Boston. Take Route 128 North to Route 95 North. Take exit 50, Topsfield exit. Bear left at Route 1 South, Danvers. Take first right onto Ferncroft Road.

Overnight Accommodations

A limited number of rooms have been reserved at the Sheraton Ferncroft Hotel at a rate of \$135 per night, plus tax. We urge you to make your hotel reservations as soon as possible, by calling the hotel directly at: (978) 777-2500. Be sure to mention the FCBC Conference to receive the discounted rate.

Pre and Post Conference Events

Pre-Conference: Join us in the Georgetown Room on **Friday evening, October 26th, from 7:30-9:00 P.M.** for some warm and humorous support and networking, featuring **guest entertainers: The Shut Up Sisters (www.shutupaboutyourperfectkid.com)**. **Pre-registration is required.**

Post-Conference: Join us in the lounge area, from 4:30-6:00 P.M. to relax after the conference and network with others.

Registration Information

Register by mail or online at www.fcbsupport.org

Registration Fee

Includes: continental breakfast, lunch and snacks, conference program, pre and post conference events.

\$109 FCBC members, or 3 or more individuals registering at the same time

\$129 All other registrants

Cancellations

Requests for refunds must be made in writing. Full refunds will be given less a \$25 service charge for requests postmarked by October 13th. No refunds will be given after that date. Substitutions may be made at any time.

Scholarships

A limited number will be offered to those in need.

Deadline for applying: September 14th. Email Beth@fcbsupport.org or call (978) 475-3759 for details and to receive a scholarship application.

Scholarship applications can also be downloaded at: www.fcbsupport.org.

Registration Deadline

Registration will close when space is filled, or at 5:00 P.M. on October 20th, 2007.

Confirmation

Email confirmation will be sent when complete registration form and payment are received.

Continuing Education Credit

CE credits and attendance certificates will be awarded at the completion of the conference. There will be a \$15 fee for CE credits, no fee for attendance certificates.

MA. Teachers/ Other professionals: A certificate of attendance will be awarded for 6.5 hours of course work upon completion of the conference which may be submitted to the appropriate licensing board or association.

Social Workers: An application has been submitted to the Collaborative of the Massachusetts NASW, Boston College, and Simmons College for 6.5 approved entity C.E.H.s

Licensed Mental Health Counselors: An application has been submitted to MMCEP for continuing education hours.

Licensed Marriage and Family Therapists: An application has been submitted to Family Development Associates/Continuing Education Certificates for CE credits.

Questions

Contact Beth at (978) 475-3759 or email Beth@fcbsupport.org

About the Foundation

The Foundation for Children with Behavioral Challenges (FCBC) began eight years ago as a grassroots organization with a small number of families. Since that time, it has grown into a world-wide parent driven non-profit organization. We are dedicated to providing education and support for caregivers of children with social, emotional and behavioral challenges, including those who struggle with: low frustration tolerance; difficulty managing their emotions; explosive outbursts; irritability; anxiety; limited capacity for flexibility; difficulty complying with adult demands; and difficulty making or keeping friends. Many of these children carry a diagnosis such as: Sensory Processing Disorder, Attention Deficit Disorder, Obsessive Compulsive Disorder, Oppositional Defiant Disorder, Intermittent Explosive Disorder, Bipolar Disorder, Generalized Anxiety Disorder, Asperger's Syndrome, Nonverbal Learning Disorder, Autism, Pervasive Developmental Disorder.

Our mission is to promote awareness of more enlightened, compassionate and effective approaches, such as the *Collaborative Problem Solving (CPS) Approach for understanding and helping these children. We accomplish this by serving as a resource for information and support through our web site, www.fcbcsupport.org, educational materials, an annual conference where we strive to offer partial scholarships to caregivers in need, local FCBC support groups, advocating for adaptive and supportive environments where these children can thrive, and promoting collaboration among caregivers.

The Collaborative Problem Solving Approach (CPS) was first articulated in the book, **The Explosive Child, by Dr. Ross W. Greene. While challenging behavior has traditionally been thought of as attention-seeking, manipulative, goal oriented and willful, the CPS model proposes that challenging behavior is best understood as a learning disability or developmental delay in critical cognitive skills essential for handling frustration and demands for flexibility and adaptability. The approach focuses on identifying and teaching the underdeveloped skills that account for each child's challenges. The CPS model has been applied in diverse settings, including homes, schools, in-patient units, and juvenile detention facilities, often with dramatic results. In families, research has demonstrated that the CPS model is significantly more effective than traditional approaches in reducing explosive outbursts, improving compliance and parent-child interactions and decreasing parental stress. In numerous in-patient units and juvenile detention facilities, the CPS model has been shown to dramatically reduce the use of restraints and locked door seclusion, reduce staff and patient injuries, improve the quality of care, and reduce rates of recidivism. (www.thinkkids.org; and www.ccps.info)*

FCBC Membership

We invite you to support our efforts by becoming an FCBC member now! All FCBC members are entitled to a reduced conference registration fee! Memberships start at \$25/year. In addition to reduced conference registration fee, all members receive: advance notice of conferences and other events; discounted prices on select FCBC merchandise; and a bi-annual newsletter.



FOURTH ANNUAL FCBC CONFERENCE REGISTRATION FORM

Please mail this completed form to: FCBC, 4 Russett Lane, Andover, MA. 01810

Name: _____ Check one: Parent Educator Clinician Other _____

Address: _____ Phone: _____

City: _____ State _____ Zip _____ Email: _____

I heard about the conference from: Emailed Brochure Mailed Brochure FCBC Website Friend Colleague Other _____

WORKSHOP SELECTION Please indicate your 1st and 2nd choice for each session.

Session I: (A-F) _____ 1st choice
_____ 2nd choice

Session II: (G-L) _____ 1st choice
_____ 2nd choice

Session III: (M-R) _____ 1st choice
_____ 2nd choice

PRE AND POST CONFERENCE EVENTS Check those you plan to attend

Pre Conference Event (Fri. 10/26, 7:30-9PM) Post Conference Event (Sat. 10/27, 4:30-6PM)

PAYMENT INFORMATION

\$ _____ **Registration Fee:** \$109 FCBC members (or if 3 or more registering at the same time), \$129 all other registrants

\$ _____ **CE Credit (\$15)** (check one): LMFT LCSW LMHC Certificate of attendance (no fee) Yes, I would like to receive one.

\$ _____ **FCBC Membership** (\$25/year). Yes, please list my membership in the conference program.

\$ _____ **FCBC Scholarship Fund** for caregivers in need. Yes, please list my donation in the conference program.

\$ _____ **TOTAL AMOUNT DUE**

PAYMENT METHOD Check one: Check (Payable to FCBC) P.O. (Must be attached) Credit Card

Card: MC VISA Discover AmEx Card # _____ Security Code _____ (3 digits, on back)

Expiration _____ / _____ Name on Card _____ Signature _____



FCBC
4 Russett Lane
Andover, MA 01810
www.fcbcsupport.org

The Fourth Annual FCBC Conference

Beyond Discipline: From Compliance to Community

Shifting the paradigm from a reliance on control to collaboration with children to foster their social and emotional growth

The Fourth Annual Conference of FCBC:

THE FOUNDATION FOR CHILDREN WITH BEHAVIORAL CHALLENGES

Beyond Discipline: From Compliance to Community:

Shifting the paradigm from a reliance on consequences and control to collaboration with children to foster their social and emotional growth



Saturday, October 27th, 2007

**Sheraton Ferncroft Hotel
Danvers, Massachusetts**