

Inova Kellar Center invites you to attend this informative workshop!

Monday, January 13, 2020

Fair Oaks Medical Campus, Fairfax, VA

Unstuck and On Target: Improving Executive Function, On-Task and Flexible Behavior in Elementary School Age Children

Impaired executive function (EF) skills are common in children and can cause academic, social and adaptive problems. Children with autism spectrum disorders, ADHD, traumatic brain injury and other disorders often have difficulties with EF skills. For these children, poor EF skills can also interfere with communication, daily living skills and socialization.

Unstuck and On Target is a cognitive-behavioral, school- and home-based intervention program that teaches the concept of flexibility, goal setting and planning. The program explains why these skills are important and how to use self-regulating scripts that guide these desired behaviors. The presenter will use demonstrations and video models of key skills. This workshop will provide attendees with tools for identifying when a child is having trouble with EF to better distinguish a “can’t” from a “won’t” and therefore intervene more effectively.

Workshop Objectives:

- Learn specific strategies to support improvement in executive functioning at home, in treatment and/or at school
- Understand key accommodations that can be implemented to support children with executive dysfunction
- Learn specific scripts, vocabulary and appropriate timing to improve executive function skills when working with children
- Describe the research results examining the effectiveness of the *Unstuck and On Target* intervention

Agenda

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| 7:30 a.m. to 8 | Registration & Networking Breakfast |
| 8 a.m. to 3 p.m. | Workshop Session |
| 11:30 a.m. to Noon | Lunch Included |
| 3 to 3:30 p.m. | Questions & book signings when available |

Cost

\$70 for each workshop includes networking breakfast, lunch and attendee resource tool kit! Register today at inova.org/EducationSeries2019.

Register early! Space is limited!

**To register online, visit us at
inova.org/EducationSeries2019**

Presenter



Lauren Kenworthy, PhD

Director, Center for Autism Spectrum Disorders, Children’s National Health System and Professor of Neurology,

Pediatrics and Psychiatry at George Washington University School of Medicine & Health Sciences

Dr. Kenworthy received a B.A. from Yale University and Ph.D. from the University of Maryland. She completed her internship and residency training in clinical psychology/pediatric neuropsychology at Harvard Medical School, Children’s Hospital Boston, Johns Hopkins Medical School and Mount Washington Pediatric Hospital. She has been on the faculty at Children’s National and George Washington since 1995.

Dr. Kenworthy’s research interests are in describing and treating the neuropsychological phenotype of autism. She is an author of more than 60 peer-reviewed publications documenting non-social deficits in autism. She is a co-author of the Behavior Rating Inventory of Executive Function (BRIEF), which has been used in over 1,000 research publications to document executive functioning in various clinical groups

Her recent publications have focused on the role of executive dysfunction in autism and its treatment. She is author of a school-based, executive function intervention for children on the autism spectrum, *Unstuck and On Target*. She is currently completing a trial of the program in low-income schools for children with ADHD and ASD.

Earn CEU Credits!

These workshops have been submitted to the **National Association of Social Workers (NASW)** for approval to award CEUs.