**Executive Function: Practical Strategies for the OT and SLP**

**Presenter: Chaim Ellis, LCSW**

**AGENDA:**

**8:45 – 9:00** Welcome! Sign in

**9:00 - 9:15** Definition of Executive Function (EF) Skills; Brain development

**9:15 - 10:00** Executive Function Skills throughout the stages of development

**10:00 - 10:25** Application of EF skills - Breakout groups and group presentation

**10:25 - 11:45** Interventions to improve Forethought, Self-Talk, Self-awareness, Cognitive flexibility

**11:45 - 12:15** Strategies addressing Task Initiation, Self-regulation and Organization

**12:15 - 12:35 Lunch *on your own***

**12:35 - 1:35** Treatment Strategies to increase Time Management, homework, and planning long-term projects

**1:35 - 2:05** Introducing the Get Ready \* DO \* Done model

**2:05 - 2:25** Breakout Groups - Practice “The Get Ready \* DO \* Done model”

**2:25 - 3:10** Growth Mindset and how it helps in the development of EF Skills

**3:10 - 3:20** Wrap up - Where do we go from here?

**LEARNING OUTCOMES:**

* Identify and define eleven Executive Function Skills.
* Assess Executive Function skills through the context of brain development, developmental stages and its impact on home and school performance.
* Apply practical strategies to help improve clients’ future thinking, executive function skills of attention, inhibition, self-regulation, and flexible problem-solving. Strategies include modifying the environment, implementing procedures, and coaching clients’ towards improving their EF skills.
* Summarize the relationship between language deficits and weaknesses in Executive Functioning.

**OVERVIEW OF THE SESSION:**

Executive Skills, such as the ability to plan, prioritize, organize, focus and self-regulate are critical for academic and social success. We will study eleven EF skill as well as identify and practice strategies to help our clients in developing their EF skills. Participants will be able to summarize the factors which contribute to EF dysfunction and how intervention can create new neural connections towards the reversal of Executive dysfunction. Session includes: Lecture, Break-out groups, Group presentation, Video/audio and Case Studies.

**ABOUT THE PRESENTER:**

*Chaim Ellis, MSW, LSCW is a graduate from Cleveland State University. He is a Licensed Social Worker in the states of Ohio and New Jersey. For over fifteen years he has shared his time between the classroom, school social work and private practice. Chaim and his family reside in Passaic, New Jersey where he is the school social worker at a large local school. He maintains a private practice focusing on treating children and adolescents who struggle with ADHD, Anxiety, OCD, Bereavement, behavioral and relationship issues. In the last couple of years he has extended his practice to children world-wide through his advice column that appears bi-weekly in the Mishpacha Junior Magazine. He also provides trainings and consultations to schools, organizations and mental health agencies across the United States and Canada.*