

Changing Minds PBS and ATCBS.org, *in cooperation with the*
Region 1 DD Co-op offers
Self Regulation Depletion and Caregiver Performance
(Approved for 6 hours)

Loss of self regulation (formerly "self control") is a serious issue for those of us who encounter challenges supporting individuals with IDD. Interviews with providers as well as Protector Services investigators indicates that loss of control is a major factor in failures in providing care. New research, including the use of brain imaging technology, has redefined the idea of self-control. This presentation will cover the latest research into "depletion" of self-control, the connection between self-control and weakened skills, and suggest several ideas to improve our performance as caregivers (as well as those individuals we support). Several independent research projects (including neuroscience, behavioral psychology and positive behavior support) have been studied in conjunction with work by several of the APBS networks to give us a better understanding of how self-control depletes over time. We will also discuss the brain's tendency to conserve energy and how that affects numerous behaviors.

Kelley Gordham is a Behavior Consultant and was a three term (2010-2016) member of the Board of Directors of the International Association for Positive Behavior Supports (APBS) and Chair of the APBS, Home and Community Supports Network. He has studied self-control and stress management for more than 20 years. He is currently studying Epigenetic Influences on Behavior. All of our presenters have been "Invited Speakers" at the International Conferences for Positive Behavior Supports.

PRESENTER(S): Kelley Gordham
DATE: December 5th (Tuesday), 2017
TIME: 9am – 4pm
LOCATION: Community Access Services – 1815 NW 169th Place, **Beaverton**, OR 97006
COST: \$75
CONTACT: KelleyGordham@gmail.com

Onsite registration accepted. Pre-registration is suggested.

Directions:

The address is Community Access Services, 1815 NW 169th Place (Twin Oaks Plaza), Suite 1060, Beaverton Oregon 97006. From Portland area, take Highway 26. Take the Cornell exit and turn left onto Cornell. Twin Oaks Plaza will be on your left off of Cornell (169th Place). If you get lost, please call Community Access Services at 503.533.4373.

ATCBS Registration

Please make checks payable to:

Kelley M Gordham

23951 NE Poplar Ct

Troutdale, Oregon 97060

Please PRINT or TYPE your registration information below.

Name	
Agency	
Address	
Email	
Check #/Amount Enclosed	
Class Date: December 5, 2017	Self Regulation Depletion and Caregiver Performance