

---

# Learning Objectives

MedBridge

*Prevention Plans for Meltdowns in Children with ASD*

Jed Baker, PhD

## Course Objectives

- Apply strategies to prevent frustration related to new or challenging task demands
- Assess how to overcome anxieties through creating motivation, designing fear ladders to gradual face fears, using simple CBT strategies, using exercise and meditation, and possibly biological interventions
- Apply strategies to prevent challenges triggered by having to wait, accept no, handle a disappointment, or stop a favored activity
- Apply strategies to prevent challenges related to making a mistake, losing a game, or being teased
- Apply strategies for avoiding challenges associated with sensory overload, need for more stimulation, and self-stimulation including the issue of masturbation
- Define when to use a relaxation folder to preparing for unexpected challenges