

Wake Up Sleeping Dogs

An Interactive Discussion on Positive Behavior Management

5th Annual ADHD Symposium

Chesapeake Bay Academy & Children's Hospital of The King's Daughters

March 23, 2019 11:45 AM - 12:30 PM

James Paulson, Ph.D.

Peter M. Dozier, M.D.

Division of Psychiatry and Psychology
Children's Hospital of The King's Daughters



1. Amygdala's 4 Fs



2. Direct Your Attention



3. Choose Your Expectations



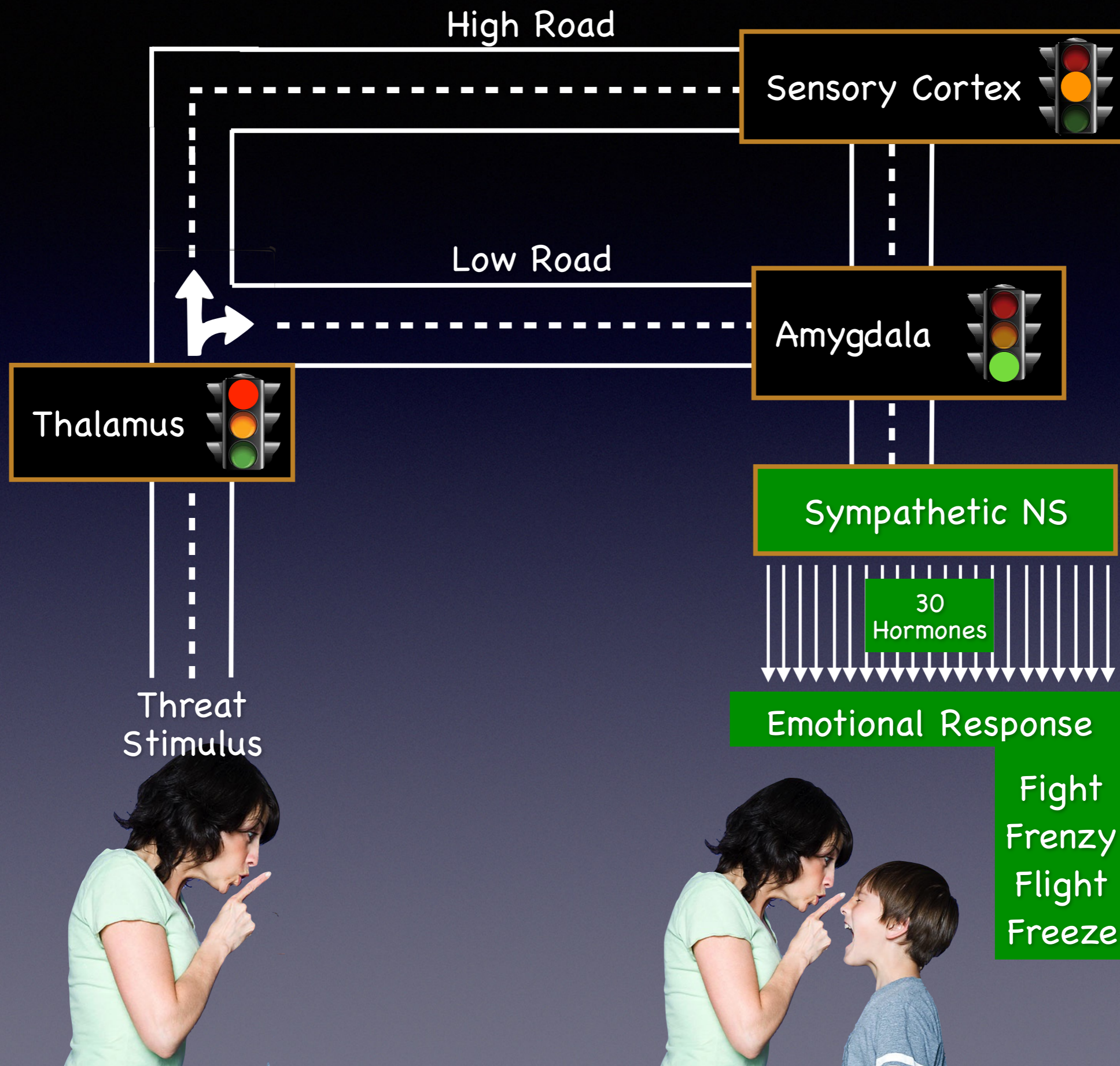
4. Mantras



5. Choose Your Battles



1. Amygdala's 4 Fs



2. Direct Your Attention



1. Any **behavior** which receives
negative attention **is reinforced**
positive attention **is reinforced**
2. Any **behavior** which is denied
attention **is extinguished**

3. Choose Your Expectations



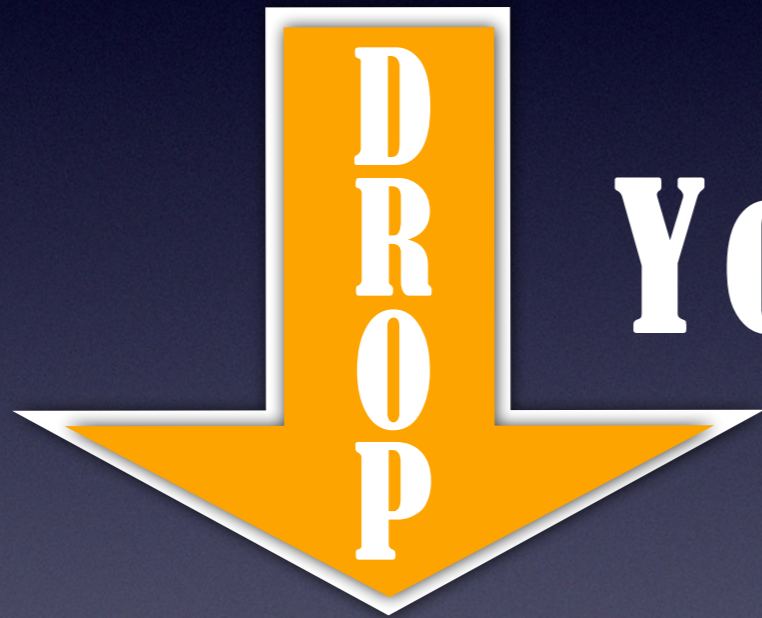
You're making it difficult for me to be the parent I always imagined I would be.

Let It Go!





Your Engagement

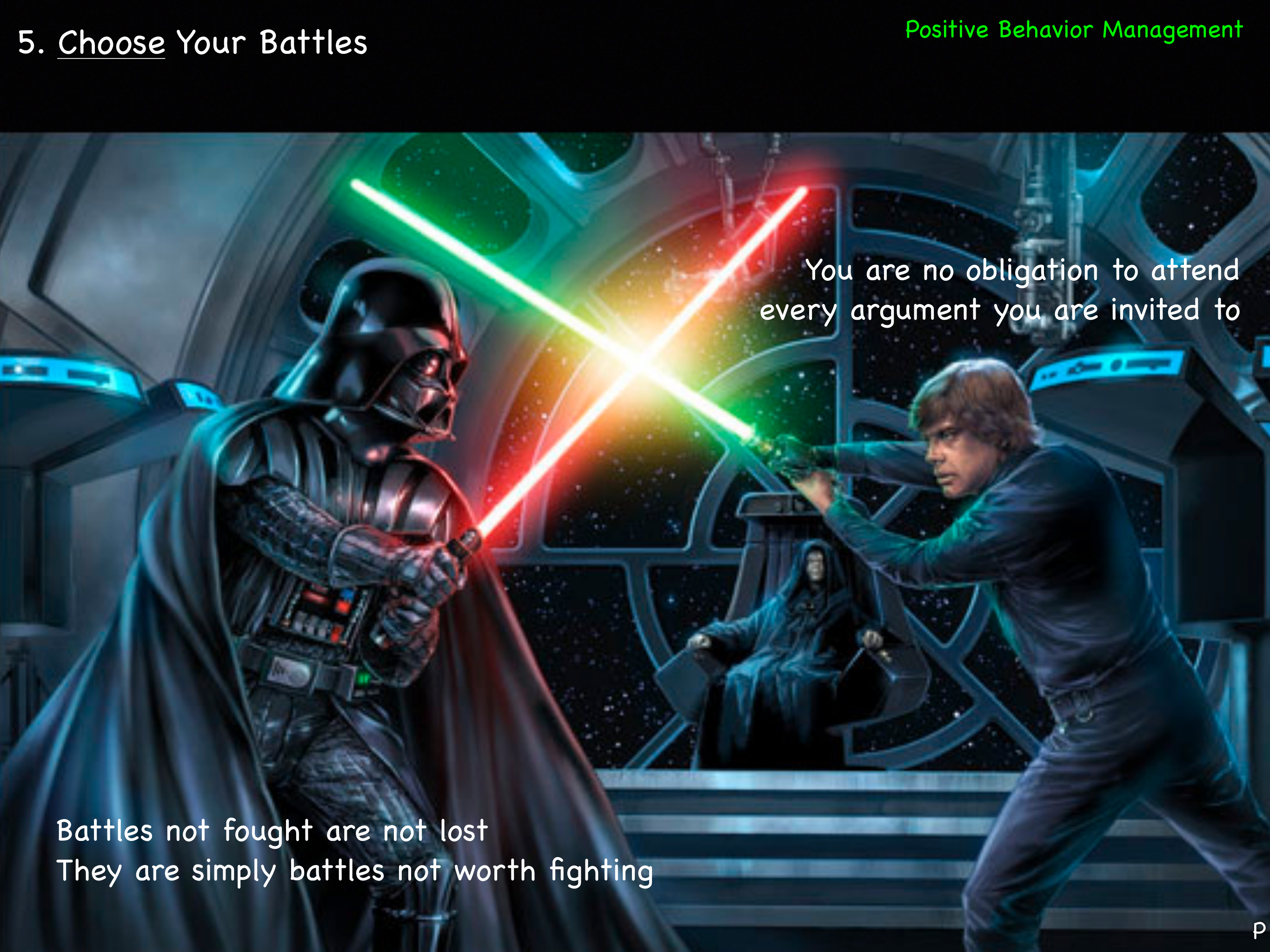


Your Emotion



Your Plan

5. Choose Your Battles

A scene from Star Wars: The Force Awakens showing Darth Vader and Luke Skywalker in a lightsaber duel. Vader is on the left, holding a red lightsaber, and Luke is on the right, holding a green lightsaber. They are in a futuristic, metallic environment with a large window in the background showing a starry space. A hooded figure is seated in the background. The scene is lit with blue and green tones.

You are no obligation to attend
every argument you are invited to

Battles not fought are not lost
They are simply battles not worth fighting

1. Amygdala's 4 Fs



2. Direct Your Attention



3. Choose Your Expectations



4. Mantras



5. Choose Your Battles

