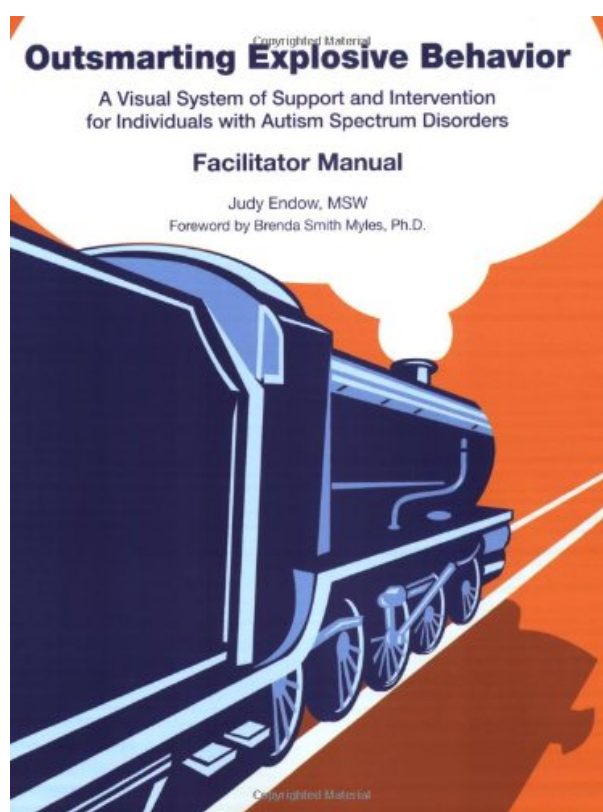


OUTSMARTING EXPLOSIVE BEHAVIOR: A VISUAL SYSTEM OF SUPPORT AND INTERVENTION FOR INDIVIDUALS WITH AUTISM SPECTRUM DISORDERS BY JUDY ENDOW



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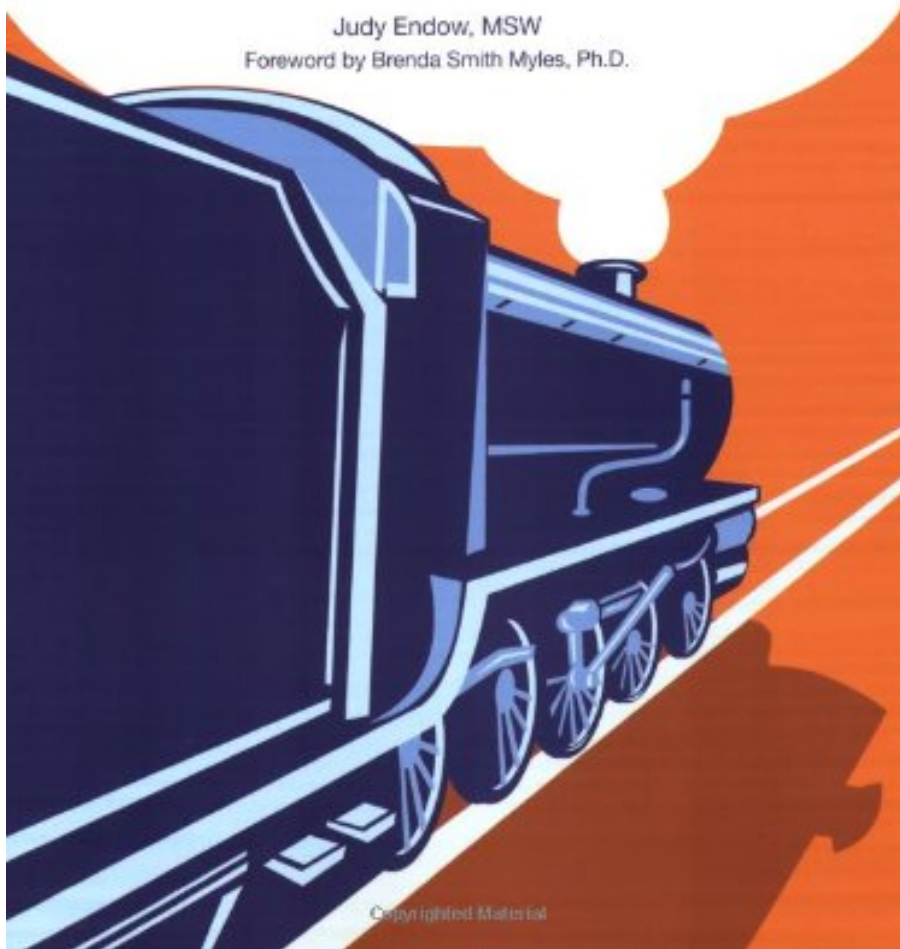
Outsmarting Explosive Behavior

A Visual System of Support and Intervention
for Individuals with Autism Spectrum Disorders

Facilitator Manual

Judy Endow, MSW

Foreword by Brenda Smith Myles, Ph.D.



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About the Author

Judy Endow, MSW, maintains a private practice in Madison, Wisconsin, providing consultation for families, school districts and other agencies. Besides having autism herself, she is the parent of three now grown sons, one of whom is on the autism spectrum. Judy does workshops and presentations on a variety of autism-related issues, is part of the Wisconsin DPI Statewide Autism Training Team and a board member of the Autism Society of America, Wisconsin Chapter. Her first book, *Making Lemonade, Hints for Autism's Helpers* (CBR Press, 2006), shows how Judy has used the lemons of her autism to "make lemonade" in her own life. Judy is also the author of a soon-to-be released book, *Paper Words, Discovering and Living with My Autism*, and a DVD, *The Power of Words: How we talk about people with autism spectrum disorders matters!* (AAPC, 2009). She brings a great depth of understanding and compassion to all the work she does.

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OUTSMARTING EXPLOSIVE BEHAVIOR: A VISUAL SYSTEM OF SUPPORT AND INTERVENTION FOR INDIVIDUALS WITH AUTISM SPECTRUM DISORDERS BY JUDY ENDOW PDF

This revolutionary program is designed to help decrease and in some cases eliminate explosive behavior in children with autism spectrum disorders. Tantrums and meltdowns are among the greatest challenges presented by ASD, often leaving parents and educators searching for answers. Outsmarting Explosive Behavior is a visual program, laid out as a fold-out poster, that can be individualized for each user. Four train cars represent the four stages of explosive behavior: Starting Out, Picking up Steam, Point of No Return, and Explosion. By using visuals to appeal to children with ASD, this program makes it easy to help them identify their current state and take steps to decrease the chances of a meltdown.

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2 of 2 people found the following review helpful.

It works

By Mike

Neat idea but students had a hard time grasping the idea. Still for home use, if your child can understand and communicate, this will work for her / him.

0 of 0 people found the following review helpful.

Five Stars

By Granny

good book

1 of 1 people found the following review helpful.

Thank you! Thank you! Thank you!

By Hong Kong'er

As a parent with an ASD child with an explosive temper, I have struggled for years and years with how to help my son regulate his emotions. Between my husband and myself, we have had our lowest of lows and plenty of self doubts. After my son get suspended twice from the school within the first 3 weeks of the school year, I was so desperate I didn't know where to turn for help. On impulse I googled "autism and temper tantrum" and Judy Endow's name came up. She had a couple of articles online that introduced us to this book and we liked the concepts we saw. We immediately ordered this kit and what a life changer! My son has enjoyed working with me, 30 minutes at a time, in completing the kit and figuring out what makes his train 'go' and what helps to slow down his train. Being able to contribute to this process helps bring awareness to everyone in the family on the triggers of problem behavior and the ways to help the child de-escalate. In the past two weeks since we got the book, he has not had a single full-blown tantrum which happened a lot previously in school and at home. With the strategies from the book, we were able to de-escalate effectively before any situation got out of hand.

The fact that Ms. Endow is on the spectrum herself, and an ASD consultant helps bring a very unique perspective that we were lacking. The key message for me, is to give my child the benefit of doubt when he acts up, and trust that there's always an underlying reason for the negative behavior. Ms. Endow states that when in doubt, choose the autism neurology as the cause of a certain problem behavior and I wholeheartedly support that approach. I only wish I had this book earlier so we could have a calmer home life much earlier. I can already feel that our relationship is improving and my son is more trusting of us.

Thank you Ms. Endow for sharing your insights. We will be forever grateful. I am really glad I found your book and please keep up the good work.

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