

# NUTRITION THERAPY FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

Please select a date and location: **PORTLAND - April 27** **MANCHESTER - April 28** **BOSTON - April 29**  
**PROVIDENCE - May 11** **WORCESTER - May 12** **HARTFORD - May 13**

## Register Today!

 **PHONE (800) 397-0180**

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 **ONLINE**  
 express.crosscountryuniversity.com  
 use express number: 70870

 **MAIL this form with payment to:**

**CROSS COUNTRY EDUCATION**  
 P.O. Box 305006  
 Nashville, TN 37230-5006

## Registration Fee:

	Early*	Regular
Single Registrant	\$179	\$189
2 to 4**	\$159 ea.	\$169 ea.
5 or more**	\$139 ea.	\$149 ea.

\*Registrations received seven days prior to seminar date.  
 \*\*Price per person when registering at the same time.

Please send \_\_\_ copies of the audiotaped program and workbook, *Nutrition Therapy For Children With Autism Spectrum Disorder* for \$179 each, plus \$8 S & H. Allow 4-6 weeks after seminar date for delivery.

Please send \_\_\_ copies of the audiotaped program and workbook, *Orthopedic Rehabilitation of the Knee and Shoulder*, for \$179 each, plus \$8 S & H. Allow 4-6 weeks after seminar date for delivery. **Product Code: PTKNEE**

REGISTRANT NAME 1 (as it will appear on certificate)

REGISTRANT NAME 2 (as it will appear on certificate)

REGISTRANT NAME 3 (as it will appear on certificate)

FACILITY/COMPANY

ADDRESS

CITY STATE ZIP

PHONE FAX (for confirmation)

E-MAIL ADDRESS (for confirmation)

## Method of Payment: Amount \$

**Check Enclosed - Payable to:**  
**Cross Country Education**

**Credit Card:** Visa / MC Discover AmEx

CREDIT CARD NUMBER EXP. DATE

NAME ON CARD

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PRESORTED STANDARD  
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 NASHVILLE, TN  
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## Nutrition Therapy For Children With Autism Spectrum Disorder Autism, Asperger's, PDD and other related disorders

An essential one-day seminar that provides an objective overview of the role of nutrition therapy in the comprehensive treatment of Autism Spectrum Disorder

Gain an in-depth understanding of the relationship between nutrition and autism  
 Learn to confidently guide parents to safe and effective nutritional interventions  
 Understand the value and limitations of the popular GF/CF Diet  
 Strategies to improve mealtime problems and food refusal

Continuing education available for Social Workers, Nurses, Counselors, Speech-Language Pathologists, Audiologists, Marriage and Family Therapists, Psychologists, Occupational Therapists, Dietitians and Dietary Managers. Please see inside for details.



www.crosscountryuniversity.com

Portland, ME - April 27  
 Manchester, NH - April 28  
 Boston, MA - April 29  
 Providence, RI - May 11  
 Worcester, MA - May 12  
 Hartford, CT - May 13

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# Nutrition Therapy For Children With Autism Spectrum Disorder

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## Autism Spectrum Disorder

Autism Spectrum Disorder is increasing at an alarming rate in our society, to the point that it is being referred to as an epidemic. Its prevalence rate makes autism one of the most common developmental disabilities. Children with autism are at risk for many nutrition problems such as nutritional deficiencies, drug/nutrient interactions, food allergies/sensitivities/intolerances, gastrointestinal disorders, and feeding problems. Parents are participating actively in their child's nutritional treatment and taking action trying complementary and alternative therapies. Parents are increasingly utilizing diet and nutritional supplements, which they learn about from support groups, the press, the Internet and other non-medical sources. Parents are seeking guidance from professionals to guide them through the maze of emerging nutrition information. Unfortunately, most professionals do not feel prepared to assist parents in this area of treatment. Health care professionals, dietitians, educators and therapists are seeking reliable information so they can assist parents in making informed decisions regarding appropriate nutritional interventions.

This one-day seminar is designed to provide the most authoritative current scientific-based information on nutritional interventions for the treatment of Autism Spectrum Disorder. Participants will leave the seminar with the knowledge, strategies and resources to help families make informed decisions regarding diet, nutritional supplements and feeding problems. All professionals and parents wanting a better understanding of the role of nutrition therapy in the treatment of Autism Spectrum Disorder will benefit from attending this seminar.

*"What an incredible seminar! Elizabeth addressed the major feeding and nutritional challenges families face every day caring for their autistic child. I feel more confident to help families in the future."*

Joanne Nelson, ACSW, CICSW  
Milwaukee, WI

## Course Director

**ELIZABETH STRICKLAND, MS, RD, LD**, is a practicing clinical nutritionist specializing in nutrition therapy for Autism Spectrum Disorder. She has over 20 years of professional experience ranging from providing individual nutrition therapy, training professionals and parents and coordinating nutrition services statewide for children with disabilities. She has presented at local, national and international conferences of professional organizations, on the topic of nutrition services for children with developmental disabilities. She is an accomplished lecturer with a professional, yet approachable style that has made her a sought-after presenter for professional and parent audiences alike. She has provided nutrition consultation to Early Childhood Intervention, WIC, Head Start, Home Health, School Food Service and Autism Programs. She is currently in private practice providing seminars, consultation and nutrition therapy to children with Autism Spectrum Disorder. She earned a Bachelor of Science degree in Dietetics from Louisiana State University and a Master of Science degree in Nutrition from the University of Georgia. She is a Registered Dietitian and a member of the American Dietetic Association and the Pediatric Nutrition and Nutrition in Complementary Care ADA Practice Groups.



## Who Should Attend

Registered Dietitians	Social Workers
Dietary Managers	Counselors
Dietetic Technicians	Marriage and Family Therapists
Registered Nurses	Educators
Occupational Therapist	Special Education Teachers
Speech-Language Pathologist	Physicians
Psychologists	Parents

## Confirmations & Cancellations

Confirmations of registration are sent via fax within three days of receipt in our office. If a faxed confirmation cannot be sent, a post card is mailed. **If you have not received a confirmation within five days of the program, please call our office at (800) 397-0180 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. For cancellations received later, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time.

## Audiotapes & Course Material

An audiotaping of this seminar (3 or 4 cassettes) is available for those who cannot attend or for staff training for \$179, plus \$8 shipping and handling. The seminar workbook is included at no additional charge. Please order using registration form. Audiotaping of this seminar by participants is not permitted. Please allow 4 to 6 weeks following the seminar date for delivery. There is no continuing education available for audiotape material.

Register online at [express.crosscountryuniversity.com](http://express.crosscountryuniversity.com)  
Use Express Registration Number: 70870

## What You Will Learn

- Understand how nutrient deficiencies compromise learning, behavior, mood and brain function
- Gluten Free/Casein Free Diet: Is there a scientific basis for recommendations?
- Vitamin B6: Are therapeutic doses safe and effective?
- Discuss the medical, developmental, sensory integration and behavioral factors contributing to feeding problems
- Provide practical strategies using ABA, Social Stories and Art Therapy to treat mealtime problems and food refusal
- Process to objectively assess effectiveness of nutritional interventions

## Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over half a million health care providers, managers, nurses, professionals and key personnel through our seminars, conferences and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our one-day seminars and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days of the program. We will issue a credit voucher that you or anyone in your facility may use toward another one-day seminar or audio program.

**Disclaimer:** Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

## COURSE CONTENT

### AUTISM SPECTRUM DISORDER—OVERVIEW

- Define Autism, Asperger's and PDD-NOS
- Prevalence and causation theories
- Federally funded research projects

### TREATMENT APPROACHES

- Integration of Conventional, Complementary and Alternative therapies
- Education IEP and IFSP to include nutrition goals and objectives
- Medication and nutrient interactions

### BIOMEDICAL TREATMENT

- Immune system dysregulation
- Detoxification system impairment
- Gastrointestinal disorders
- Nutritional supplements commonly recommended
- Controversial and emerging role of biomedical treatment

### NUTRITIONAL INTERVENTIONS

- Vitamin and mineral supplementation
- Gluten Free/Casein Free Diet (GF/CF)
- Specific Carbohydrate Diet (SCD™)
- Vitamin B6 and magnesium
- Dimethylglycine (DMG and TMG)
- Omega 3 fatty acids (DHA and EPA)
- Other nutrients (carnitine, carnosine, amino acids, etc.)
- Dietary restrictions for food allergies, sensitivities and intolerances
- Rationale, theories and science behind the common nutritional interventions

### GASTROINTESTINAL DISORDERS

- Variant form of Inflammatory Bowel Disease—"Autistic Enterocolitis"
- How undiagnosed GI disorders may contribute to behavior and feeding problems
- Symptoms, diagnosis and treatment of GI disorders
- Reestablishing a healthy GI tract
- Diet and nutritional supplements to treat bowel problems

### FEEDING PROBLEMS

- Distinguish a problem feeder from a picky eater
- Identify underlying contributing factors
- Strategies to increase acceptance of new foods
- Develop a home-based treatment plan



# Continuing Education Credit

**Social Workers:** Cross Country Education, Inc. provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (approved through 1-27-06). Cross Country Education, Inc. maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information.

**Counselors:** Cross Country Education, Inc. is recognized by the National Board for Certified Counselors to offer 6 hours of continuing education for National Certified Counselors (provider #5904). Cross Country Education, Inc. adheres to NBCC Continuing Education Guidelines.

**Marriage and Family Therapists:** Application has been submitted (but not yet approved) to the Family Development Associates for Massachusetts and Rhode Island Marriage and Family Therapists for 6 continuing education hours.

**Psychologists:** Cross Country Education, Inc. is approved by the American Psychological Association to offer continuing education credit for psychologists. Cross Country Education, Inc. maintains responsibility for this program. This program offers 6 CE credits for psychologists.

**Speech-Language Pathologists, Audiologists:** Cross Country Education, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. This program is offered for .6 CEUs (Introductory level; Related area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures.

**Dietitians:** This program has been approved for 6 CPE hours by the Commission on Dietetic Registration.

**Dietary Managers:** This program has been approved for 6 educational clock hours by the Certifying Board for Dietary Managers (approval #79031).

**Nurses:** 7.2 contact hours for nurses are awarded. Cross Country University, a Division of Cross Country TravCorps, Inc., is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Cross Country University is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country University is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country University is an approved provider by the Florida Board of Nursing, provider #50-3896. This course is offered for 7.2 contact hours.



**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education, Inc. is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT.

**Other professions:** This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Florida licensed professionals:** Please provide your license number.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education, Inc. and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education, Inc.

**ADA:** Accommodations will be made in accordance with the law. If you require ADA accommodations, please contact Cross Country Education, Inc. at least two weeks before the seminar date so that arrangements can be made.

## Dates & Locations

### PORTLAND - April 27, 2005

Sheraton South Portland  
363 Maine Mall Rd., Portland, ME 04106 (207) 775-6161

### MANCHESTER - April 28, 2005

Radisson Hotel Manchester at the Center of New Hampshire  
700 Elm St., Manchester, NH 03101 (603) 625-1000

### BOSTON - April 29, 2005

Holiday Inn Boston-Logan Airport  
225 McClellan Hwy., Boston, MA 02128 (617) 569-5250

### PROVIDENCE - May 11, 2005

Bristol Harbor Inn  
259 Thames St., Bristol, RI 02809 (401) 254-1444

### WORCESTER - May 12, 2005

Crowne Plaza Hotel  
10 Lincoln Sq., Worcester, MA 01608 (508) 791-1600

### HARTFORD - May 13, 2005

Doubletree Hotel at Bradley International Airport  
16 Ella Grasso Turnpike, Windsor Locks, CT 06096 (860) 627-5171

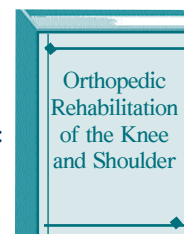
## Course Hours

Registration begins at 7:30 a.m. with a **complimentary continental breakfast**. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Lunch is on your own from 11:30 a.m. to 12:30 p.m.

## ADDITIONAL RESOURCES FOR HEALTH CARE PROFESSIONALS Orthopedic Rehabilitation of the Knee and Shoulder

*Orthopedic Rehabilitation of the Knee and Shoulder*, presented by Terry Trundle, PTA, ATC/L, contains essential information about progressive rehabilitation programs that are necessary to meet patient's goals despite the pressures of health care reform. A wide variety of topics is covered, including:

- basic knowledge of clinical principles of exercise science
- the concept of mobility, recruitment and functionality
- application of progressive kinetic chain exercises
- mobility lab and lower kinetic chain progressive exercises



This popular seminar is now available in audio format. The comprehensive package includes a complete set of audiotapes (four cassettes) and a course manual that contains complementary information and is an excellent reference tool. It is the perfect resource for PTs, OTs, PTAs, COTAs and other rehab therapists.

**To order this audiotope/manual package, please use the registration form on back of brochure. Return completed form to Cross Country Education. Please note that shipments are not made until payment is received.**