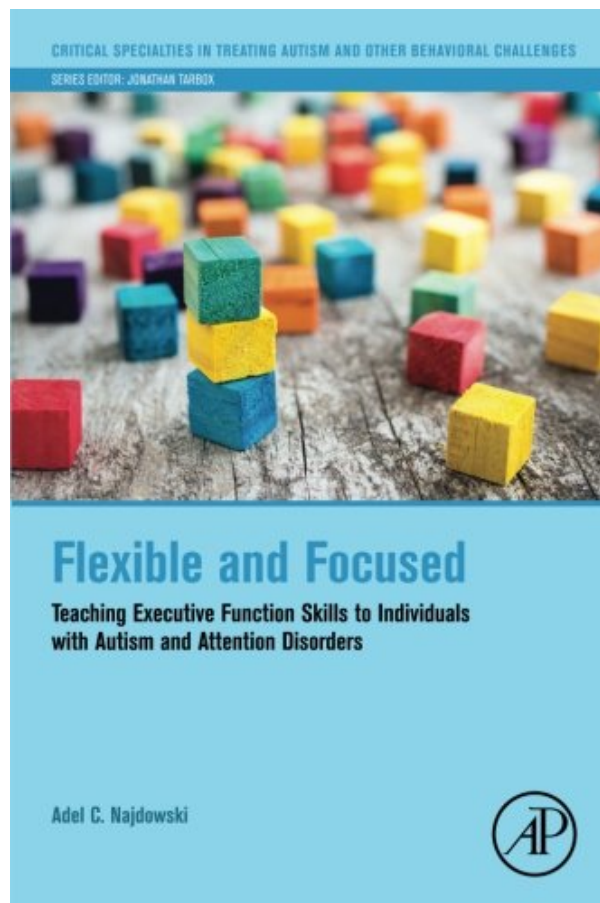


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Flexible and Focused

Teaching Executive Function Skills to Individuals
with Autism and Attention Disorders

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About the Author

Adel Najdowski, Ph.D., BCBA-D is an Associate Professor and Program Director of M.S. in Behavioral Psychology at Pepperdine University. Dr. Najdowski has provided ABA-based services to children with autism for 20 years. Between 2005 and 2010, she led the development of Skills®, an online curriculum for children with autism. In 2014, Dr. Najdowski co-authored, Evidence-Based Treatment for Children with Autism: The CARD Model. She has over 40 publications in peer-reviewed journals, book chapters in scientific texts, and articles in popular media. Dr. Najdowski has served on the editorial boards of the Journal of Applied Behavior Analysis and Behavior Analysis in Practice and as a Guest Editor for a special issue in Research in Autism Spectrum Disorders. Her current research interests include teaching higher-order skills to children with autism and assessment and curriculum design for children with autism.

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Flexible and Focused: Teaching Executive Function Skills to Individuals with Autism and Attention Disorders is a manual written for individuals who work with learners who struggle with executive function deficits. The manual takes the perspective that executive function skills can be improved through effective intervention, just like any other skills. This how-to manual provides practical strategies for teaching learners to be focused, organized, flexible, and able to effectively manage themselves. Ready-to-use lessons, data sheets, worksheets, and other tools for practitioners, educators, and parents are provided to help them tackle common problems associated with executive function deficits in learners of any diagnosis, ages 5 to adult. The principles of applied behavior analysis (ABA), which form the foundation of this manual, are translated into simple, easy-to-use procedures. Lessons for improving executive function skills in real-life everyday situations are provided in the following areas:

- Self-awareness
- Inhibition and impulse control
- Self-management
- Attention
- Organization
- Problem solving
- Time management
- Planning
- Working memory
- Emotional self-regulation
- Flexibility

- Provides an overview of what constitutes executive function skills
- Outlines how techniques based on applied behavior analysis can be used to teach skills
- Presents step-by-step lessons for practitioners, educators, and parents to implement with individuals with executive function deficits
- Includes data sheets, task analyses, worksheets, and visual aids

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