

A dramatic scene of a volcanic eruption. A large volcano in the center is actively erupting, with a massive plume of white and grey smoke rising into a blue sky. Bright orange and yellow lava flows are visible on the slopes of the volcano. In the foreground, a city with numerous buildings is visible, partially obscured by the volcanic activity. The overall atmosphere is one of intense natural power and potential danger.

Why Meltdowns Happen -- and What Actually Helps

During this 90-minute workshop learn how to reduce the frequency, intensity, and duration of meltdowns.

What If the Next Meltdown Went Differently?

👉 **Sign up now for the 90 minute online workshop**
Limited time offer now only \$49

Wednesday June 3rd, 2026 – 5:00pm EDT

Imagine approaching the next difficult moment and:
You respond in a way that calms instead of escalates
And afterward...

You don't replay it in your head wondering what you should have done differently.

If you're dealing with meltdowns regularly,
it can start to feel like this:

- “Nothing I try seems to work for long”
- “I'm always reacting... I can't seem to get ahead of it”
- “I don't even know if I'm helping—or making it worse”
- “I feel like I'm just waiting for the next meltdown”

It starts to shape your entire day.

You find yourself planning around triggers.

Adjusting constantly.

Trying to keep things from escalating.

Simple routines feel harder than they should.

And even in calm moments, there's tension - waiting to see what might happen next.

Over time, it becomes exhausting.

Not just physically, but emotionally.

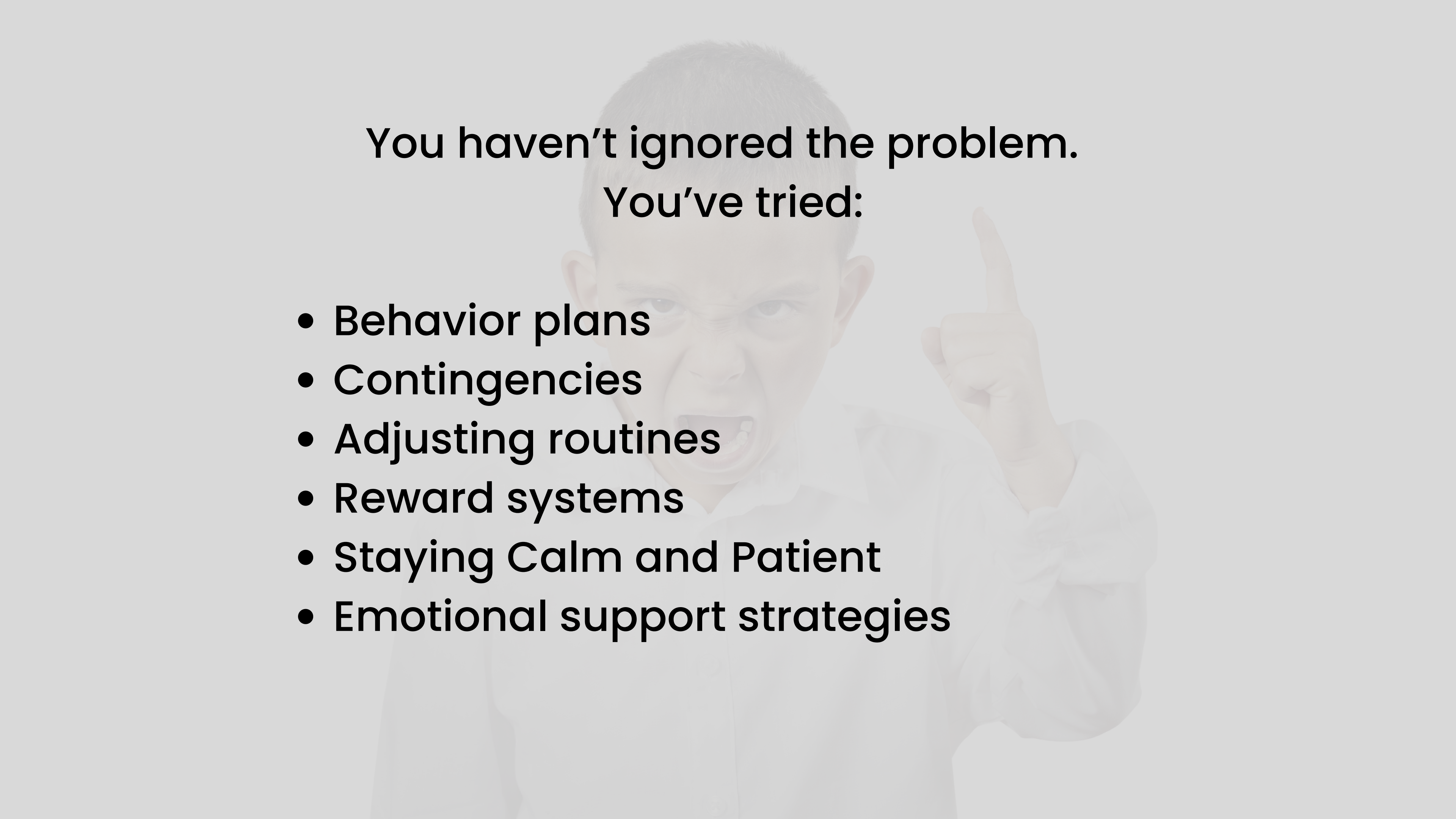
You carry stress from one situation into the next.

You lose patience more quickly than you want to.

And sometimes you walk away wondering if you made things better... or worse.

The relationship can also start to feel strained.

More power struggles. Less ease. And, more reactivity on both.



**You haven't ignored the problem.
You've tried:**

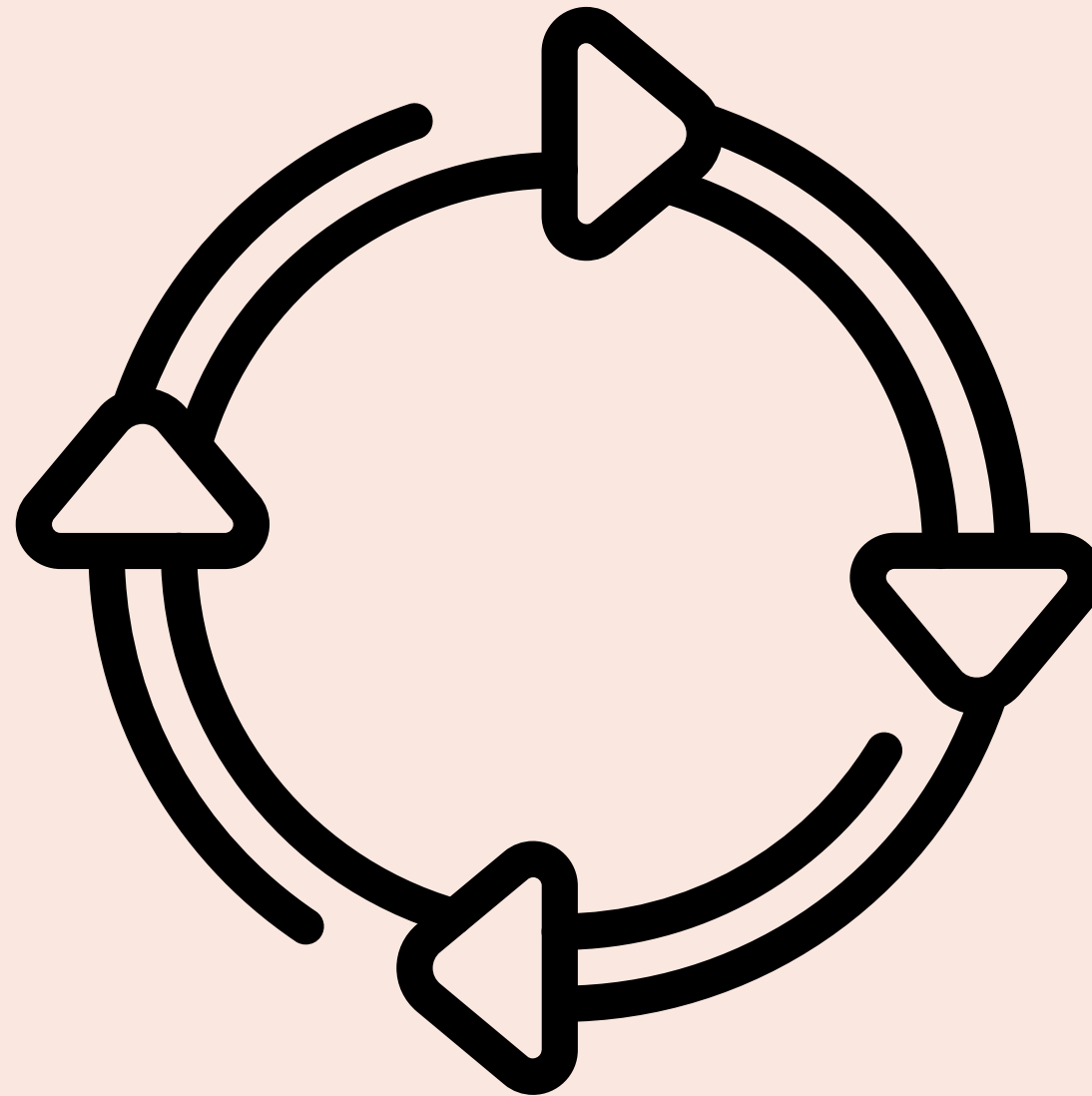
- **Behavior plans**
- **Contingencies**
- **Adjusting routines**
- **Reward systems**
- **Staying Calm and Patient**
- **Emotional support strategies**

In this 90-minute workshop you will learn how to recognize when the meltdown cycle is starting and learn what to do at each stage.

Because once you begin to understand what's actually driving meltdowns, you will notice that they are not happening randomly.

And you won't see them as isolated behaviors that you have no control over.

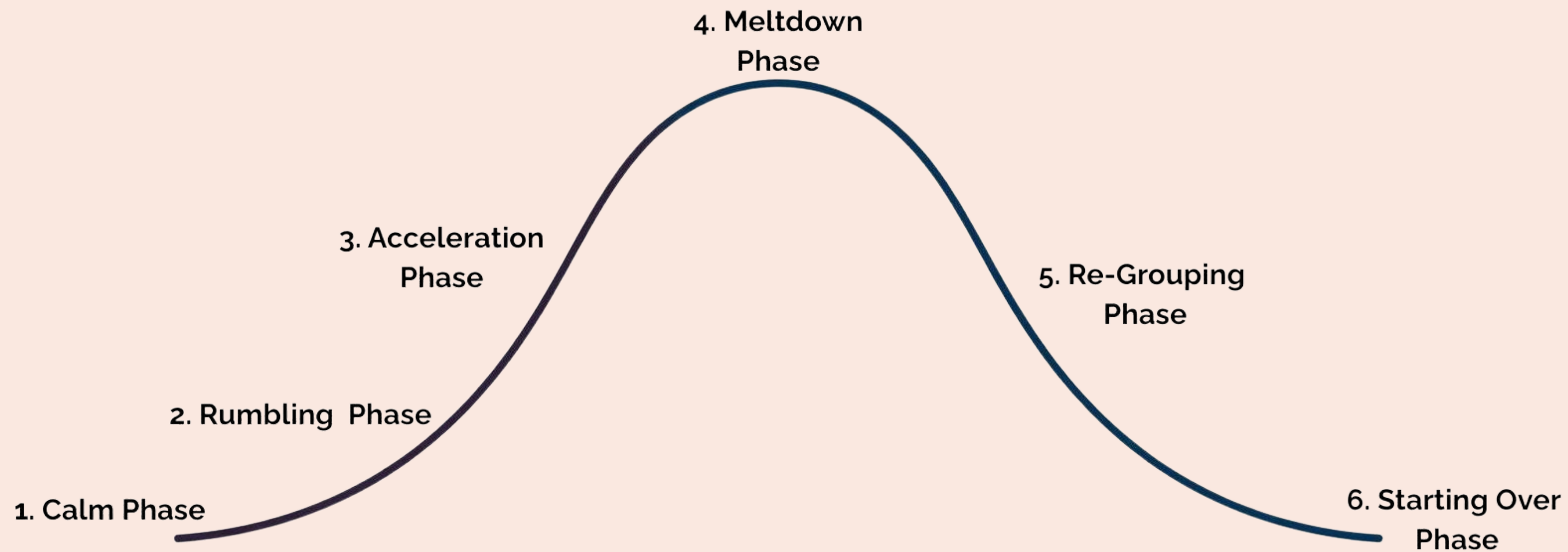
You begin to see a pattern.



A cycle.

One that builds over time, moves through predictable phases,
and can be understood—and managed.

You will learn to understand the 6-phase meltdown cycle



And that's what begins to change everything.

Most challenging behavior focus on
just one piece of the puzzle.

- Some focus on behavior.
- Some focus on emotions.
- Some focus on strategies.

But very few bring all the necessary elements together.

 **Enroll in the workshop Now!**

That's where this approach is different.
There are three pillars that support this framework

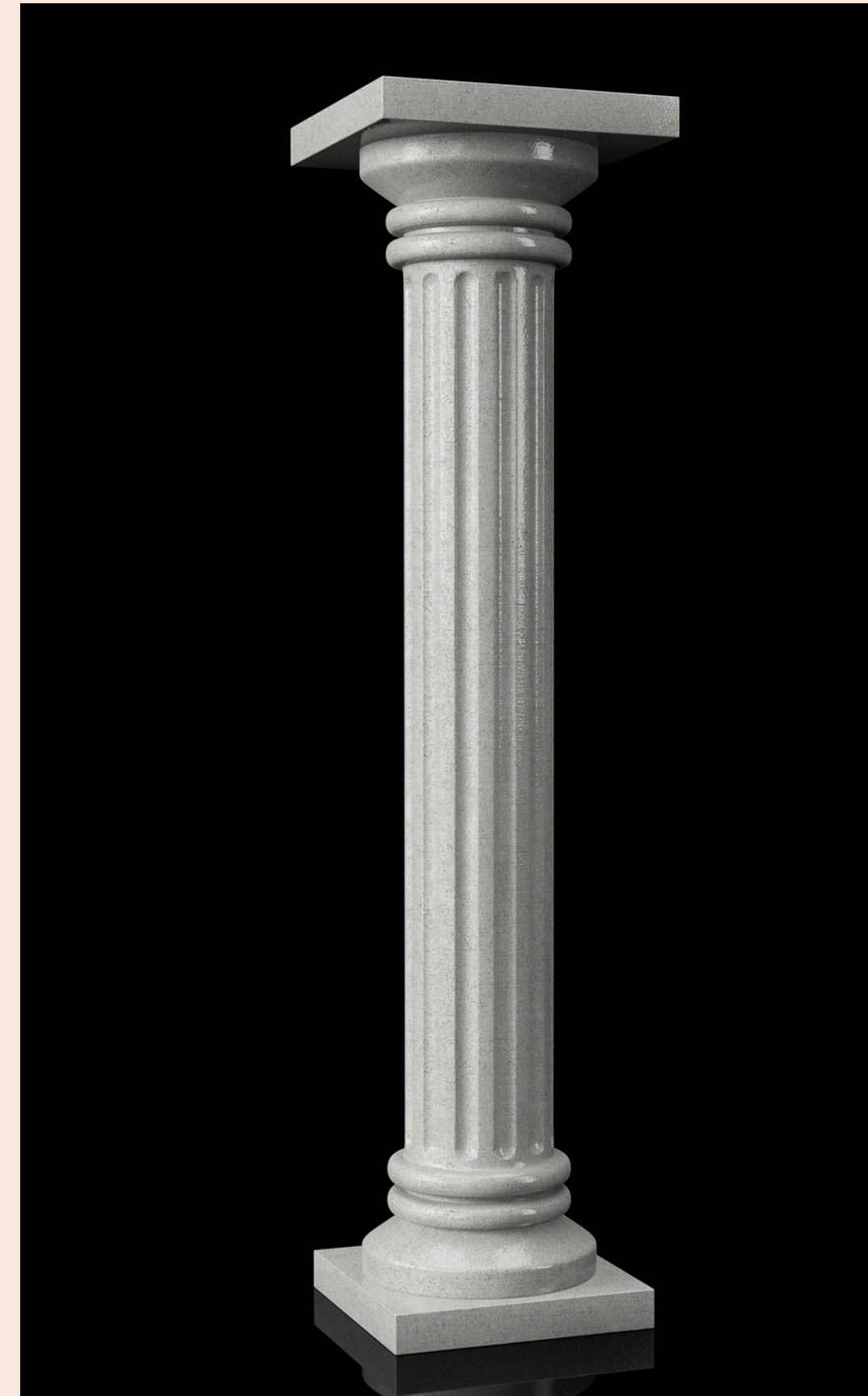
Pillar 1 – Stress Drives Dysregulation

What looks like:

Aggression, Refusal, Yelling, or Running away

**Is often a nervous system
that has tipped into overload.**

**When you understand this,
you will address
the stress that's driving it.**





Pillar 2 – Safety and Structure Work Together

Some say, “You just need to be firmer.”
Others say, “You just need to be more loving.”

But this is a false choice.

To prevent the nervous system from being overloaded,
you must provide
both emotional safety and clear structure.

When these work together,
Interactions become more stable.

Pillar 3 – The Dual-Track Capacity Model

Most advice focus only on the person
with the behavior.

But meltdowns happen in relationships.
So, we build capacity on two parallel tracks.

This model recognizes that the
person being supported

AND

the person providing the support are
part of the system.

And when capacity grows on both tracks...
The interaction itself becomes more stable.





The Three Pillars – Simple but Profound.

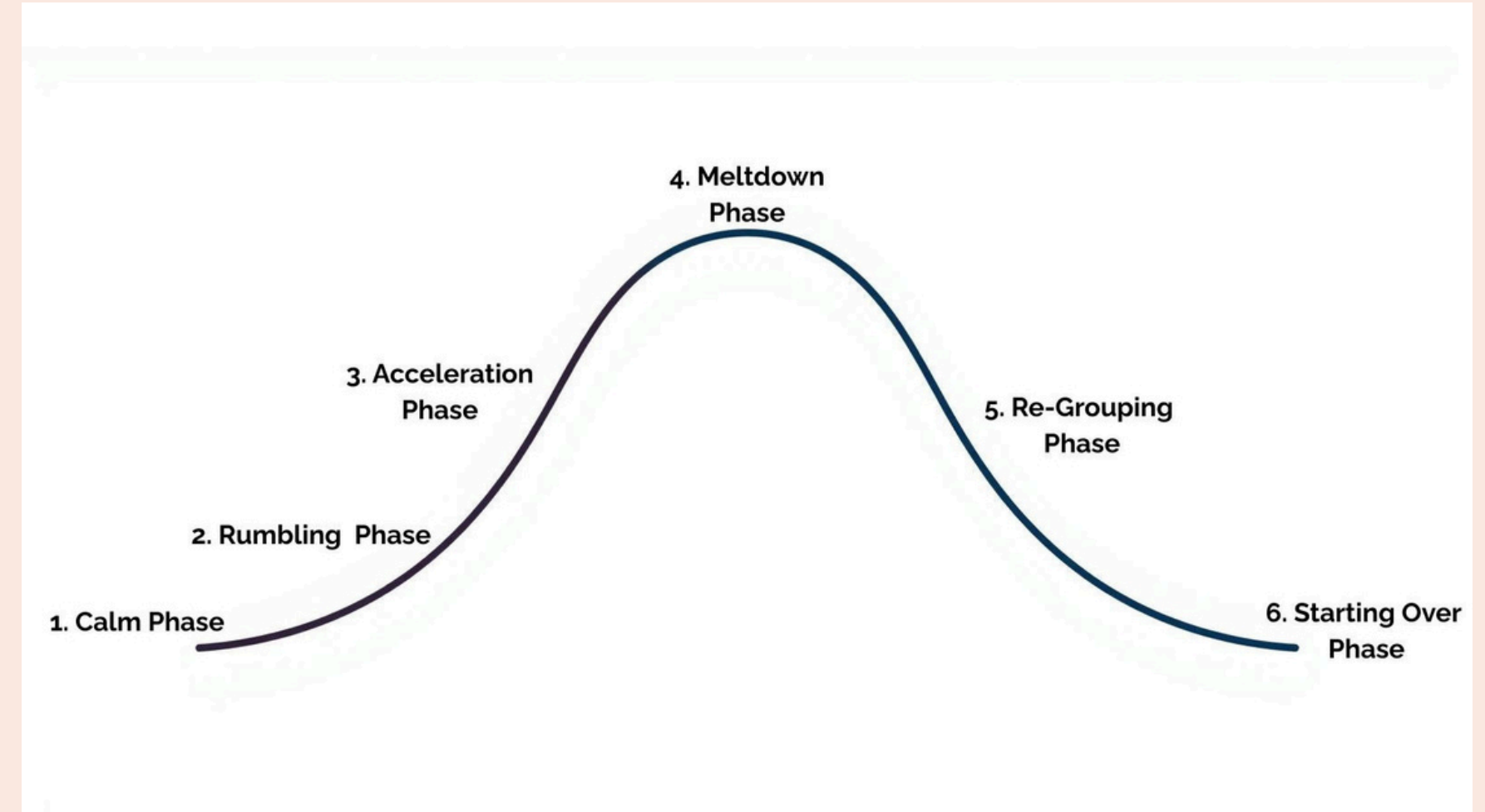
What makes this approach different
is
not just the individual procedures.

It's how they work together.

You're not learning isolated strategies to better manage meltdowns.

You need to:

- **understand stress**
- **create safety and structure**
- **strengthen both sides of the interaction**



...across every phase of the meltdown cycle

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HERE'S WHAT YOU GET

You're not getting a collection of tips.

You're getting a clear, step-by-step system that shows you how to:

- Understand what's driving behavior (stress-based dysregulation)
- Respond with both emotional safety and clear structure
- Strengthen both sides of the interaction over time

○

So instead of reacting...

You begin managing the entire cycle.

The Results Over Time

When you apply this system,
you begin to see:

- Fewer meltdowns
- Less intense escalation
- Faster recovery
- More predictable interactions
- Greater confidence in your responses

Enroll Now!

But.....

“I’m overwhelmed already... I don’t think I can take on something new ”

That overwhelm is coming from the cycle itself.
This program is designed to reduce that.

Not by adding more pressure...
But by giving you clarity.

And clarity reduces overwhelm.

“What if the person I support doesn’t change? ”

That’s exactly why this model includes both tracks.
You’re not waiting for them to change first.
You’re strengthening the interaction itself.
And when the interaction becomes more stable, change becomes more possible.



But.....

“I’ve already tried so many things... what if this doesn’t work?”

That’s exactly why this will feel different.

Most approaches you’ve tried focus on one piece of the problem—behavior, emotions, or strategies.

This program shows you the entire cycle and how the pieces fit together.

You’re not just trying something new.

You’re finally seeing what’s been missing.

“I don’t have time for another program ”

You’re already spending the time.

In repeated meltdowns.

In recovery.

In thinking about what went wrong.



This is the first time that you are getting access to this methodology, so I am offering it now at the low price of just \$49.

**Sign up for MANAGING THE CYCLE OF
MELTDOWNS Workshop**

The next version of this program will cost at least \$199.

**Wednesday, June 4th, 2026
2:00 to 3:30 PM PDT**

**Live, Online
\$49!**