

TRACKING BETTER WITH ASD

PART 2: UNDERSTANDING STRESS REGULATION, FEELINGS AND MELTDOWNS WITH ASD

WHO IS THE TRAINING FOR?

This is for generalist clinicians who want to adapt their therapeutic practice to be more ASD friendly (primary and secondary school ages) by understanding the unique differences in understanding and processing information for ASD clients so they can better target their clinical approach.

WHO PROVIDES THE TRAINING?

Dr Deeta Kimber is a Child and Adolescent Psychiatrist who works in regional and remote Western Australia, and in juvenile justice and adult prisons and has a special interest in adapting standard clinical practice to unique and challenging environments.

WHAT DOES THE TRAINING INCLUDE?

The workshop draws on the framework of PolyVagal Theory, looking at how survival mode is activated and the challenges for the child with ASD with the social engagement system. It will be a 9-2:30 online workshop with slides, hands-on activities and printed material to work with using real life clinical examples. In this workshop, participants will learn to:

- Understand the stress response in ASD clients
- Understand how to map a stress response so you and the parent understand what's happening and can help the child regulate
- Learn breathing techniques to help a child calm down
- Understand the key differences in emotional understanding for the child with ASD so you can work in a more ASD-targeted way
- Use the Tracking Better® Stress Tool with a client
- Use the Tracking Better® Ride the Feeling Wave tool with a client



View all our ASD training workshops at: mindful.org.au/Autism-Training.aspx

Please note:
We encourage early registration as some workshops reach capacity quickly. Additional workshops may be scheduled if there is sufficient interest.

Fees listed include the Goods and Services Tax (GST).

Where are we?
Mindful – Centre for Training and Research in Developmental Health
Department of Psychiatry,
University of Melbourne

This training will be delivered online via live Zoom videoconference

Enquiries
Please direct enquiries to Frances Saunders, Statewide Autism Training Coordinator at

mindful-asd@unimelb.edu.au
 03 9371 0200

DATE (9.00am - 2.30pm)
Monday 30th August (online)

COST: \$150
Subsidised rate of \$75 is available for Victorian CYMHS/CAMHS clinicians, Headspace clinicians, and other Victorian publicly employed mental health clinicians.

Mindful



Register online at ecommerce.unimelb.edu.au/mindful

Disclaimer: All information correct at time of printing. Mindful reserves the right to make changes to the training calendar or any general or specific information published in this calendar. Mindful reserves the right to cancel courses that do not achieve minimum participation, in which case, course fees will be refunded.

Cancellation Policy: Registered participants who are unable to attend and notify us of this in writing at least 14 days before the workshop may either: (1) cancel their registration and receive a refund of their payment minus administration fee of 10% or \$25, whichever is greater; (2) transfer their registration to another eligible participant (no fee); (3) transfer their registration to an equivalent-cost ASD workshop in the same calendar year, if space is available. Participants who cancel between 14 and 2 business days before the workshop and notify us in writing may transfer their registration to another eligible participant (no fee). In exceptional circumstances, please contact Mindful.