

## ASD & ANXIETY - HALF DAY WORKSHOP

[www.mindful.org.au/Autism-Training](http://www.mindful.org.au/Autism-Training)

### Who is the training for?

Mental Health Clinicians and other professionals such as psychologists, social workers, speech pathologists, occupational therapists, paediatricians, psychiatrists and registrars, working with children young people on the ASD spectrum.

\*\*A limited number of subsidised places are available for CAMHS/CYMHS/Headspace clinicians.

### Who provides the training?

Dr Fiona Zandt, Clinical Psychologist, has extensive experience working with children and adolescents with Autism Spectrum Disorders (ASD) and their families for the past 15 years. Fiona has worked in a variety of settings including CAMHS, Rehabilitation and Private Practice. Fiona currently job shares the coordination of the Specialist Autism Team at the Royal Children's Hospital and has a successful private practice.

### What does the training include?


This workshop will utilise current understanding of anxiety in ASD with clinical experience in order to help participants understand –

- Why anxiety is so common
- How to assess for anxiety
- Why, and how, to provide psychoeducation
- Practical strategies for therapy
- Helpful ideas for parents

*Clinicians are advised to bring a case to the seminar for discussion and treatment planning.*

### Where are we?

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


 Building C, 50 Flemington St,  
Travancore, VIC 3032

**P** Parking is not available on site,  
see Mindful website for further  
information.

### Enquiries

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

 [mindful-asd@unimelb.edu.au](mailto:mindful-asd@unimelb.edu.au)

 03 9371 0200



### DATE

Friday 31st May 2019

Half Day Seminar, 9:00am to 12:30pm Registration 8:45am)

\$99 inc. GST - Non CYMHS clinicians

\$55 inc. GST - Subsidised cost - CYMHS/CAMHS/Headspace clinicians

### Registration and attendance information

#### REGISTRATION

Register online at  
[www.mindful.org.au/Autism-Training](http://www.mindful.org.au/Autism-Training)

We encourage prompt registration as  
some workshops reach their capacity  
early. It is possible that additional  
workshops will be run if there is  
sufficient interest.

The subsidised rate applies to Victorian  
CAMHS/CYMHS only.

#### CANCELLATION

Registered participants who are unable to  
attend and notify us of this in writing prior to  
14 days before the workshop may either:  
(1) cancel their registration and receive a  
refund of their payment minus a \$25  
administration fee;  
(2) transfer their registration to another  
participant (no fee)

#### DISCLAIMER

At the time of printing, all information in this  
poster was correct. 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, all fees will be  
refunded.

#### PAYMENT

Please register and pay online.  
Please note that costs for all  
workshops include the Goods and  
Services Tax (GST).

#### ATTENDANCE

A certificate of attendance will be  
provided.

Dates and prices correct as of 13 December 2018

See Mindful website for further information about  
workshops. Additional workshops may be added  
to the calendar later in the year. Check the  
website for updates

