

ASD & THE MECHANICS OF EMOTION REGULATION - HALF DAY WORKSHOP



Tracking Better®

www.mindful.org.au/Autism-Training

Who provides the training?

Dr Deeta Kimber is a Child and Adolescent Psychiatrist who has been working in regional and remote Western Australia for the past 4 years. She also worked in juvenile justice and adult prisons and has a special interest in the impact and treatment of developmental trauma.

What does the training include?

This workshop will look at the physiology, survival role and classification of feelings to a level of detail that clinicians understand how to adapt this work for children with ASD (primary and secondary school age). It will be a half day workshop with slides, hands on instructions and printed material to work with using real life clinical examples.


Dr Deeta Kimber has constructed a visual developmental mental health program that teaches individuals to track themselves in the 5 key domains of self-regulation Tracking Better®. Deeta will demonstrate how to use this visual developmental mental health system and tools, Tracking Better® to assist with emotional regulation in children and young people with ASD.

Participants benefit by:

- understanding the importance of using visual aides when exploring and discussing feelings
- understanding the dysregulation effects of strong feelings and the need to teach tools to reset body regulation (breathing and sensory grounding)
- understanding the impact of ASD on a discussion of feelings when exploring them
- starting to see feelings from a perspective of core/survival and social feelings and look at intermediate states such as body language/feelings
- the ability to probe for triggered vulnerable feelings "sneaky feelings" and protective "big feelings" and the importance of addressing both
- the ability to use social stories as a means of exploring more helpful responses to strong feelings
- learning to titrate feeling regulation work to level of stress arousal in a client at any given time

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

 03 9371 0200



DATE

Friday 15th February 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

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.

PAYMENT

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

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)

ATTENDANCE

A certificate of attendance will be provided.

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.

Dates and prices correct as of 12 December 2019

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