

Helping the body feel Safe & Strong with ASD clients using a sensory focused approach - 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?

In this workshop participants will use the Tracking Better® system to learn how to calm the body and get it feeling just right using sensory calming.

- Participants will learn a quick way to identify individual sensory patterns by observing what the body does naturally to calm itself
- There will also be a "sensory speed dating" activity where participants become aware of their own sensory preferences through exploring different sensory modalities
- We will construct a sensory calming prescription on a 20 minute calming chart

The workshop is part theory and a lot practice in the exploration of different sensory modalities and how to use these in a clinical setting. By the end of the training clinicians should be ready to read and construct a basic sensory calming prescription for their clients, understanding the special sensory experiences of ASD.

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 2nd August 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 6 March 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



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