

Managing Stress and how to track Survival Mode with ASD clients - 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 uses the Tracking Better® system to teach how to track Survival Mode with a focus on clients with ASD. In this workshop participants will learn how to use the Stress tool to:

- Recognise the early warning signs of getting stressed
- Identify different characteristics of fight, flight and freezer behaviour
- Learn to clarify triggers for going into survival mode
- Learn breathing techniques for reversing survival mode and get control back
- Become confident in using the visual tools to do this

The workshop combines theoretical work with activities and clinical vignettes to help the clinician have a working knowledge of how to use the stress tool.

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 3rd 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

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).

Dates and prices correct as of 6 March 2019

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.

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