

ASD AND ANXIETY

mindful.org.au/Autism-Training.aspx

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 and young people on the ASD spectrum.



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. Fiona is also a co-author of *Creative Ways to Help Children Manage Big Feelings*.

WHAT DOES THE TRAINING INCLUDE?

This workshop focuses on children aged 4-15 and 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.

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

Building C, 50 Flemington St,
Travancore, VIC 3032

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 (9.00am - 12.30pm)**
Friday 12 June 2020

COST: \$99

Subsidised rate of \$55 is available for Victorian CYMHS/CAMHS clinicians, Headspace clinicians, and other Victorian publicly employed mental health clinicians.

Mindful



Register online at mindful.org.au/Autism-Training.aspx

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.