

ASD TRACKING BETTER (PART 1)

MANAGING STRESS & EMOTIONAL REGULATION

mindful.org.au/Autism-Training.aspx

WHO PROVIDES THE TRAINING?

Dr Deeta Kimber is a Child and Adolescent Psychiatrist who works in regional and remote Western Australia, and in juvenile justice and adult prisons and has a special interest in adapting standard clinical practice to unique and challenging environments. 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 (stress, body, feeling, self-image and relationships) called Tracking Better®. Deeta has adapted these tools to be used with children and young people with ASD.



WHAT DOES THE TRAINING INCLUDE?

This is for generalist clinicians who want to adapt their therapeutic practice to be more ASD friendly (primary and secondary school ages) by understanding the unique differences on how an individual manages their stress, feelings and social behaviour. The workshop draws on the framework of PolyVagal Theory, looking at how survival mode is activated and the challenges for the child with ASD with the social engagement system. It will be a full day workshop with slides, hands-on activities and printed material to work with using real life clinical examples. In this workshop, participants will learn to:

- Track the early warning signs of getting stressed
- Explore survival mode thinking
- Explore what may trigger the client with ASD
- Learn breathing techniques to calm down
- Look at how feelings are mapped and intero-cepted in the body to assist understand them better.
- Learn to ride out feelings using visual charts that are individualised for the child.
- Understand and explore vulnerable or “Sneaky Feelings” held in the body that may trigger a behavioural response.

Prior to the training, you will be sent a reminder and information about the venue. Morning/afternoon tea and lunch will be provided.

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 - 4.30pm)

Friday 21 February 2020

COST: \$198

Subsidised rate of \$110 is available for Victorian CYMHS/CAMHS clinicians, Headspace clinicians, and other Victorian publicly employed mental health clinicians.

Mindful



Tracking Better®

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.