

TRACKING BETTER WITH AUTISM 2023

Who is the training for?

This is for generalist clinicians who want to adapt their therapeutic practice to be more autism friendly (primary and secondary school ages) by understanding the unique differences in understanding and processing information for autistic clients so they can better target their clinical approach.

The logo features a red square background. On the left is a white icon of a sun with rays. To the right of the icon, the text "Tracking better." is written in a white, sans-serif font. Below this, the text "with Autism." is written in a smaller, black, sans-serif font.

Who Provides the Training?

Dr. Deeta Kimber, a Child and Adolescent Psychiatrist with extensive experience in regional and remote Australia, has developed a user-friendly program called Tracking Better®. She has adapted standard mental health assessments and clinical care into visual and modular steps, making it easier for children, families, and clinicians to understand and use.

In this workshop, Dr. Kimber shares her expertise and resources in supporting children and families with ASD, presenting simple and practical steps that clinicians can implement with their clients. The focus is on addressing common challenges faced by children and families with autism, offering autism-friendly tools that are tailored to their specific needs.

Participants will engage in a hands-on experience, gaining valuable skills to effectively support individuals with autism and their families through the use of practical and helpful techniques.

What does the training include? - Part 1

This workshop outlines how to identify autism in your clients and then proceeds to explore how its unique challenges with communication, emotional awareness, social intuition can be navigated in an episode of care in a practical hands-on way.

In this workshop, participants will learn to:

Section 1 - Diagnosing ASD:

- Criteria for diagnosing autism spectrum disorder.
- Identifying common co-occurring conditions associated with autism.
- Recognizing red flags and when to suspect autism in a child.
- Importance of pursuing an autism diagnosis if suspicions arise.

Section 2 - CAMHS Ax for ASD:

- Understanding the Maudsley interview and its role in assessing ASD.
- Challenges related to language differences in autistic children.
- Addressing concerns and needs of parents seeking help for their child with ASD.
- Dispelling common misconceptions about goal setting for autistic children.

Section 3 - Language Differences:

- What language differences in ASD look like
- Strategies to facilitate communication with autistic individuals.
- Promoting effective communication and understanding in autistic individuals.

Section 4 - Polyvagal Framework:

- Overview of the polyvagal theory and its relevance to autism.
- Understanding fight, flight, and freeze responses in autistic individuals.
- Role of sensory processing in triggering and regulating emotions.
- Supporting autistic individuals in developing social maps and coping strategies.

Section 5 - Polyvagal Regulation Framework:

- Overview of regulation strategies to calm
- Breathing techniques and how to teach them
- How to cue an autistic child to feeling safe
- Sensory and movement interventions to assist regulation.

The logo consists of the word "Mindful" written in a cursive, handwritten-style font.

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What does the training include? - Part 2

Section 5: Working with Emotions

- Practical skills to work with emotions in autistic individuals, distinguishing between survival and social emotions.
- Understanding how autistic individuals experience and express emotions differently.
- Implementing visual support and strategies to aid emotional understanding and regulation in autistic individuals.

Section 6: Meltdown Process

- Learning how meltdowns serve as a form of communication and managing external defensive emotions during meltdowns.
- Helping autistic individuals explore and understand their internal emotions during meltdowns.
- Supporting parents in effectively assisting their child during meltdowns.

Section 7: Sensory Issues

- Recognizing sensory overload and its impact on autistic individuals.
- Identifying signs and symptoms of sensory overload in individuals with autism.
- Implementing strategies to assist autistic individuals in managing sensory issues effectively.
- Utilizing a sensory toolkit to provide support for individuals with autism.

Section 8: Crawl-Walk-Run Parenting

- Understanding the crawl-walk-run approach to parenting and regulation development.
- Applying the crawl-walk-run approach to parenting children with autism.
- Identifying other sources of support, particularly within the school setting, for children with autism.

Section 9: Crawl-Walk-Run Goal Setting

- Addressing challenges arising from invisible difficulties and trauma in goal setting for autistic individuals.
- Adapting goal-setting techniques to account for increased difficulty in learning and regulation for individuals with autism.
- Recognizing the importance of a longer childhood for autistic individuals and its impact on goal setting.
- Learning how to effectively support autistic individuals in their goal-setting journey.

Section 10: Working with School

- Giving permission to teachers to take a more relaxed approach in supporting autistic children.
- Integrating sensory breaks into the school day to aid autistic students.
- Defining realistic milestones for progress in autistic individuals.
- Ensuring schools have adequate support to meet the needs of autistic students.

View all our ASD training workshops at:

<https://mindful.org.au/asd-training>

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



This training will be delivered via live Zoom videoconference unless otherwise indicated.

Enquiries

Please direct enquiries to Frances Saunders, Statewide Autism Training Coordinator at:

✉ mindful-asd@unimelb.edu.au



DATE (9.00am - 2.30pm)

Part 1: Thu 12 October (live webinar)

Part 2: Thu 19 October (live webinar)

COST: \$220

Subsidised rate of \$110 is available to Victorian CYMHS/CAMHS/AMHS: including Orygen, Headspace, ACCHO/ACCCHS, Take Two clinicians, and clinicians employed at Victorian publicly funded Adult Mental Health Services (including Forensicare).



Register online at ecommerce.unimelb.edu.au/mindful

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 in full. Mindful reserves the right to cancel courses at short notice, where unexpected/rare emergency circumstances require it, and will endeavor to move participants bookings to an alternative date or provide a full refund. Please note our workshops are not recorded.

Cancellation Policy: Registered participants who are unable to attend and notify us of this in writing prior to fourteen days before the workshop may either: (1) cancel their registration and receive a refund of their payment minus administration fee of 20% or \$40, whichever is greater; (2) transfer their registration to another eligible participant (no fee); (3) in some circumstances may be able to transfer their registration to an equivalent-cost ASD workshop in the same calendar year, if space is available. Participants who cancel 14 to 2 business days before the workshop may be permitted to transfer their registration to another eligible participant (no fee). In exceptional circumstances, please contact Mindful.