

Skill Development 2026

Autism and Perinatal Mental Health

This 5.5-hour live webinar will focus on the **autistic experience of the perinatal period** and associated mental health experiences through a multidisciplinary lens.

During this training you will:

- Review the current literature in this area
- Explore how social communication, sensory and cognitive differences experienced by autistic women or birthing people may affect the perinatal experience, mother-infant relationship, mental health and wellbeing
- Demonstrate your understanding through case-based discussion and activities
- Learn from a lived experience perspective.

Who is the training for?

Mental Health Clinicians and other professionals **working with autistic women or birthing people**, e.g. psychologists, social workers, speech pathologists, occupational therapists, midwives, psychiatric nurses, paediatricians, psychiatrists and registrars.



Who provides the training?

Dr Emma Radford is a Consultant Psychiatrist at The Royal Melbourne Hospital. She works in General Adult Psychiatry and with the Mental Health Autism Consultation & Evaluation Service (MH-ACES). Dr Radford has a particular interest in the diagnostic assessment of autism in adults and meeting the unique needs of neurodivergent consumers presenting to mental health services.

Emily Mawson is a Clinical Psychologist, with a particular interest in women's health issues, autism and trauma. Emily works across both the public and private mental health sectors and has previously worked in the Werribee Mother Baby Unit.

Dr Abbey Love is an Educational Psychologist and Research Fellow at Aspect. Abbey led the development of the Aspect Autistic Pregnancy and Parenthood Hub, as well as published research relating to autistic people's experiences of the perinatal period.

Johanna Rouse, Autism Lecturer and Senior Occupational Therapist: Mindful

DATE: Friday 19 June

COST: \$210 / \$105*

TIME: 9:00am – 2:30pm

*Subsidised rate for Victorian clinicians in ICYMHS, AMHS/Forensicare, headspace, Take Two, ACCHOs, Adult Mental Health and Wellbeing Locals & Children's Health & Wellbeing Locals.

LOCATION: Online via Zoom*

Register online at mindful.org.au/autism-training

*These workshops are not recorded.
Please read our [Cancellation and Attendance policy](#) before booking.



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