

Skill Development 2026

Autism and Anxiety

This in person workshop focuses on **children aged 4-12 years** and includes current research of anxiety in autism. Dr Fiona Zandt draws on her extensive clinical experience 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

Who is the training for?

Mental Health Clinicians and other professionals working with **autistic children aged 4-12 years**, e.g. psychologists, social workers, speech pathologists, occupational therapists, mental health nurses, headspace clinicians, paediatricians, psychiatrists and registrars.

CREATIVE WAYS TO HELP CHILDREN MANAGE ANXIETY

IDEAS AND ACTIVITIES FOR WORKING
THERAPEUTICALLY WITH WORRIED
CHILDREN AND THEIR FAMILIES



DR FIONA ZANDT AND
DR SUZANNE BARRETT
FOREWORD BY DR KAREN CASSIDAY

Who provides the training?

Dr Fiona Zandt, Clinical Psychologist, has extensive experience working with autistic children/adolescents and their families for the past 20 years. Fiona has worked in a variety of settings including CAMHS, rehabilitation, and private practice. Fiona is also the author of *Creative Ways to Help Children Manage Anxiety*, *Creative Ways to Help Children Manage Big Feelings*, and *Creative Ways to Help Children Regulate and Manage Anger*.

DATE: Friday 1 May

TIME: 9:00am – 12:30pm

LOCATION: Mindful Centre,
Travancore, VIC

COST: \$150 / \$75*

*Subsidised rate for Victorian clinicians in ICYMHs, headspace, Take Two, ACCHOs, & Children's Health & Wellbeing Locals.

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

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



mindful-asd@unimelb.edu.au