

# Therapy Modifications for Autistic Adults

## Who is the training for?

Mental health clinicians and other professionals **working with autistic adults**, e.g. psychologists, social workers, speech pathologists, occupational therapists, mental health nurses, headspace clinicians, psychiatrists and registrars.



## Who provides the training?

**Melanie Cooke** is a senior clinical psychologist who has worked with young people and adults in specialist mental health services, community and private practice since 2010. She is skilled in autism diagnostic assessment and is passionate about adapting psychological interventions to make them more effective for autistic people.

**Elle Perry** is an experienced clinical psychologist currently working with adult clients in both private practice and public health settings. Elle is the current coordinator of the Royal Melbourne Hospital Mental Health – Autism Consultation and Evaluation Service. Elle is experienced in assessment for autism and ADHD in adults and is passionate about supporting neurodivergent adults in a therapeutic context.

**Leonie Wilson** is an experienced speech pathologist currently working with autistic clients across the lifespan. She currently works at the Royal Melbourne Hospital – Autism Consultation and Evaluation Service, at The Royal Children's Hospital and in private practice.

Lived experience perspectives and contributions from the Mindful Autism team will be embedded throughout this training day.

## What does the training include?

This workshop will focus on how to adapt mental health therapy to make it more accessible and effective for autistic adults. Learning will include:

- Introduction to neurodiversity affirming practice.
- Key life stages, transitions and experiences that might contribute to autistic adults accessing therapy.
- Lived experience and evidence-based perspectives on adapting psychotherapy for autistic adults.
- Case examples and practical strategies to integrate into your clinical practice.

**DATE:** Monday 15 September

**TIME:** 9:00am – 4:30pm

**LOCATION:** Online via Zoom\*

**COST:** \$260 / \$130\*

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

Register online at [mindful.org.au/autism-training](https://mindful.org.au/autism-training)

