

# Tracking Better with Autism: Polyvagal Theory in Practice

## Who is the training for?

Mental health clinicians and other professionals working with **children and adolescents (primary/secondary school)** wanting to adapt their therapeutic practice to be more autism friendly.

## 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.

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

## What does the training include?

Learn how to identify autism in your clients and explore how their unique differences in communication, emotional awareness, & social relationships can be navigated in an episode of care in a practical hands-on way.

♥ Pulse  
check.



Catch stress early  
& get control back  
in just 12 breaths  
Tracking  
better.

Includes **Tracking Better®**  
**Pulsecheck Z-card**

Understand, Track, and Transform  
Your Stress in 12 Breaths

### DAY 1

Section 1: Recognising Autism  
Section 2: Working with Language  
Section 3: CAMHS Assessment for Autism  
Section 4: Polyvagal Framework  
Section 5: Working with Emotions

### DAY 2

Section 6: Crawl-walk-run coregulation  
Section 7: Working with emotions & autism  
Section 8: Sensory triggering & calming  
Section 9: Goal setting in an autism affirming way  
Section 10: Working with Schools

**DATES:** Part 1: Tuesday 18 November  
Part 2: Tuesday 25 November

**TIMES:** 9:00am – 2:30pm

**LOCATION:** Online via Zoom\*

**COST:** \$360 / \$185\*

\*Subsidised rate for Victorian clinicians in  
ICYMHS/Orygen, 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)

