

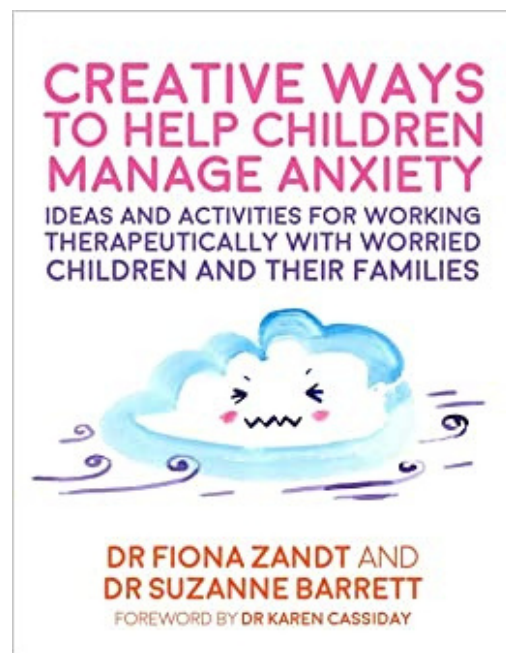
# Autism and Anxiety

## 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.

## Who provides the training?

Dr Fiona Zandt, Clinical Psychologist, has extensive experience working with autistic children and adolescents & their families for the past 20 years. Fiona has worked in a variety of settings including CAMHS, Rehabilitation, and Private Practice. She currently job shares the coordination of the Specialist Autism Team at the Royal Children's Hospital and has a successful 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*.



## What does the training include?

This in person workshop focuses on **children aged 4-12 years** and includes current research of anxiety in autism. Fiona 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

**DATE:** Friday 2nd May

**TIME:** 9:00am - 12:30pm

**LOCATION:** Mindful Centre,  
Travancore, VIC

**COST:** \$140 / \$70\*

\*Subsidised rate for Victorian CYMHS/CAMHS/ICYMHS including Orygen, Victorian headspace, ACCHO/ACCHS, Take Two clinicians.

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

