

Skill Development 2026

Autism & Girls

This 3.5 hour live webinar explores **recognising and diagnosing autism in children and young people assigned female at birth**. Learning will include:

- Review of current research in this area.
- An introduction to non-prototypical presentations of autism often seen in girls, and common co-occurring mental health and health conditions.
- An introduction to masking in autism.
- An overview of considerations and adjustments needed when completing autism assessments with girls.
- Case examples and practical strategies to integrate into your clinical practice.
- Learn from lived experience perspectives.
- Helpful resources for clinicians, families and autistic girls.

Please note this workshop will not focus on post-diagnostic supports.

Who is the training for?

Mental health clinicians working with **children and adolescents**, e.g. psychologists, psychiatrists, speech pathologists, occupational therapists, social workers, mental health nurses, paediatricians, advanced trainees in child & adolescent psychiatry, ICYMHS clinicians, headspace clinicians and paediatric fellows.

Who provides the training?

Dr Julia Cook, Autism Lecturer and Clinical Psychologist, Mindful
A/Prof Frances Saunders, Statewide Autism Coordinator and Senior Speech Pathologist, Mindful

Jo Rouse, Autism Lecturer and Senior Occupational Therapist, Mindful
Willow Metcalfe, Expert by Lived Experience.



DATE: Friday 13 February

TIME: 9:00am - 12:30pm

LOCATION: Online via Zoom*

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.



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