

TRACKING BETTER WITH AUTISM 2022

PART 1: HOW DO WE WORK DIFFERENTLY WITH AUTISM

PART 2: UNDERSTANDING STRESS REGULATION, FEELINGS AND MELTDOWNS WITH AUTISM

PART 3: UNDERSTANDING SENSORY EXPERIENCES AND HOW TO START WORKING THEM WITH AUTISM

WHO IS THE TRAINING FOR?

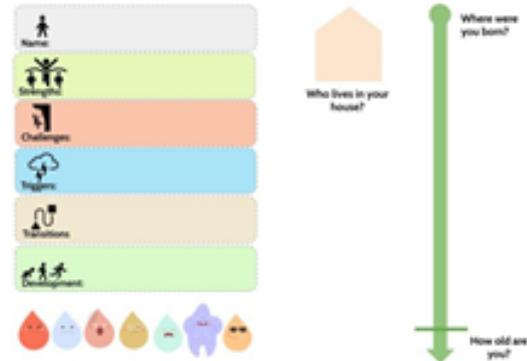
This is for generalist clinicians who want to adapt their therapeutic practice to be more autism friendly (primary and secondary school ages) by understanding the unique differences in understanding and processing information for autistic clients so they can better target their clinical approach.

WHO PROVIDES THE TRAINING?

Dr Deeta Kimber is a Child and Adolescent Psychiatrist who works in regional and remote Western Australia, and in juvenile justice and adult prisons and has a special interest in adapting standard clinical practice to unique and challenging environments.

WHAT DOES THE TRAINING INCLUDE?

This is a series of three workshops drawing on the framework of PolyVagal Theory.



PART 1: HOW DO WE WORK DIFFERENTLY WITH AUTISM

Workshop 1 focuses on how survival mode is activated and the challenges for the autistic child with the social engagement system.

In this workshop, participants will learn to:

- Understand the key shifts in working with children including how to work with the parent
- Teach children and families how to develop regulation skills through childhood
- Understand the difference with neurotypical and ASD clinical work so you can actively adapt your practice
- Understand the importance of visual aides in working with children with autism and what this looks like in practice
- Do a visual assessment in a systematic way
- Help young people construct a social narrative and better understand the missing information
- Understand and apply some key ideas in exploring and explaining social behaviour
- Engage in realistic goal setting and timeframes

PART 2: UNDERSTANDING STRESS REGULATION, FEELINGS AND MELTDOWNS WITH AUTISM

Workshop 2 focuses on how survival mode is activated and the challenges for the autistic child with the social engagement system.

In this workshop, participants will learn to:

- Understand the stress response in clients with autism
- Understand how to map a stress response so you and the parent understand what's happening and can help the child regulate
- Learn breathing techniques to help a child calm down
- Understand the key differences in emotional understanding for the child with autism so you can work in a more autism-targeted way
- Use the Tracking Better® Stress Tool with a client
- Use the Tracking Better® Ride the Feeling Wave tool with a client

PART 3: UNDERSTANDING SENSORY EXPERIENCES & HOW TO START WORKING THEM WITH AUTISM

Workshop 3 focuses on how survival mode is activated and the challenges for the autistic child with the social engagement system.

In this workshop, participants will learn to:

- Explore the different senses and how to work with them in general
- How this is different with autism and what to look for
- How to observe a child's stress response systematically including their body's natural preferences for self regulation
- The science behind sensory regulation
- A hands on sensory experience to better understand sensory bias and how to explore different calming experiences with a child
- Discuss the role of an OT and NDIS to take sensory understanding further

View all our ASD training workshops at:

<https://mindful.org.au/asd-training>

Please note:

We encourage early registration as some workshops reach capacity quickly. Additional workshops may be scheduled if there is sufficient interest.

Fees listed include the Goods and Services Tax (GST).

Where are we?

Mindful – Centre for Training and Research in Developmental Health
Department of Psychiatry,
University of Melbourne

Building C, 50 Flemington St,
Travancore, VIC 3032



This training will be delivered via live Zoom videoconference unless otherwise indicated.

Enquiries

Please direct enquiries to Frances Saunders, Statewide Autism Training Coordinator at:

✉ mindful-asd@unimelb.edu.au



DATE (9.00am - 2.30pm)

Part 1: Tue 23rd August (live webinar)

Part 2: Tue 6th September (live webinar)

Part 3: Tue 27th September (live webinar)

COST: \$330

Subsidised rate of \$165 is available to Victorian CYMHS/CAMHS/AMHS: including Orygen, Headspace, ACCHO/ACCHS, Take Two clinicians, and clinicians employed at Victorian publicly funded Adult Mental Health Services (including Forensicare).



Register online at ecommerce.unimelb.edu.au/mindful

Disclaimer: All information correct at time of printing. Mindful reserves the right to make changes to the training calendar or any general or specific information published in this calendar. Mindful reserves the right to cancel courses that do not achieve minimum participation, in which case, course fees will be refunded in full. Mindful reserves the right to cancel courses at short notice, where unexpected/rare emergency circumstances require it, and will endeavor to move participants bookings to an alternative date or provide a full refund. Please note our workshops are not recorded.

Cancellation Policy: Registered participants who are unable to attend and notify us of this in writing prior to fourteen days before the workshop may either: (1) cancel their registration and receive a refund of their payment minus administration fee of 20% or \$40, whichever is greater; (2) transfer their registration to another eligible participant (no fee); (3) in some circumstances may be able to transfer their registration to an equivalent-cost ASD workshop in the same calendar year, if space is available. Participants who cancel 14 to 2 business days before the workshop may be permitted to transfer their registration to another eligible participant (no fee). In exceptional circumstances, please contact Mindful.