

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 intuition can be navigated in an episode of care in a practical hands-on way.

Participants will engage in a hands-on experience, gaining valuable skills to effectively support autistic individuals and their families by using practical and helpful techniques.

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: Working with Meltdowns
Section 7: Sensory Issues
Section 8: Coregulation - Crawl-Walk-Run Parenting
Section 9: Coregulation - Crawl-Walk-Run Goal Setting
Section 10: Working with Schools



Tracking
better.
with Autism.

DATES: Part 1: Monday 17th March
Part 2: Monday 24th March

TIMES: 9:00am - 2:30pm

LOCATION: Online via Zoom*

COST: \$350 / \$175*

*Subsidised rate for Victorian CYMHS/CAMHS/ICYMHS/AMHS (including Forensicare): Orygen, Children's Health & Wellbeing Locals, Victorian headspace, ACCHO/ACCCHS, Take Two clinicians.

Register online at mindful.org.au/asd-training

