

AUTISM AND ANXIETY

July - December 2023

WHO IS THE TRAINING FOR?

Mental Health Clinicians and other professionals such as psychologists, social workers, speech pathologists, occupational therapists, paediatricians, psychiatrists and registrars, working with children and young people with autism.

WHO PROVIDES THE TRAINING?

Dr Fiona Zandt, Clinical Psychologist, has extensive experience working with children and adolescents with Autism Spectrum Disorders (ASD) and their families for the past 20 years. Fiona has worked in a variety of settings including CAMHS, Rehabilitation and Private Practice. Fiona 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 a co-author of *Creative Ways to Help Children Manage Anxiety* and *Creative Ways to Help Children Manage Big Feelings*.



WHAT DOES THE TRAINING INCLUDE?

This 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
- Morning tea will be provided

Clinicians are advised to bring a case to the seminar for discussion and treatment planning.

View all our Autism 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 Street,
Travancore VIC 3032

 This training will be delivered as a live webinar via Zoom unless otherwise indicated.

Enquiries

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

mindful-asd@unimelb.edu.au



DATE (9.00am - 12.30pm)

Friday 13th October (face to face)*

*This workshop is planned to be in person at the Mindful Centre. If due to COVID-19 the workshop is unable to be conducted in person, participants will be given the option of a refund or participating in this workshop as a live webinar. Other costs associated with attending in-person training remain the responsibility of the participant if training is cancelled. In finalising bookings, preference will be given to Victorian participants.

COST: \$120

Subsidised rate of \$60 is available to Victorian CYMHS/CAMHS, Orygen, ICF Hubs, Headspace, ACCHO/ACCHS and Take Two clinicians.

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

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.