

AUTISM AND ANXIETY

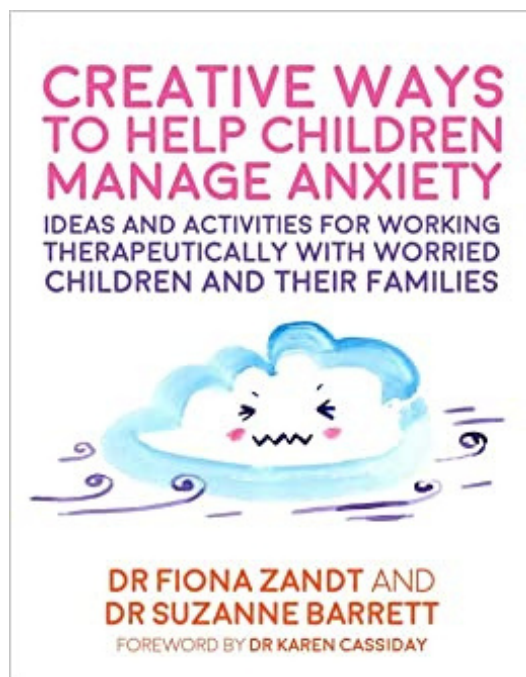
July - December 2024

WHO IS THE TRAINING FOR?

Mental Health Clinicians and other professionals such as psychologists, social workers, speech pathologists, occupational therapists, mental health nurses, headspace clinicians, paediatricians, psychiatrists and registrars, working with autistic children and young people.

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 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 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

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 16th Aug (face to face)

COST: \$130

Subsidised rate of \$65 is available to Victorian CYMHS/CAMHS/ICYMHS: including Orygen, Children's Health & Wellbeing Locals, Victorian headspace, ACCHO/ACCHS, Take Two clinicians.

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



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