Course: treating anxiety in autistic children and adolescents

Address: https://asadis.net/en/course/treating-anxiety-in-autistic-children-and-adolescents/

Duration: 4h30

Type of course: Continuing education

Location: Online course

Individual price: $200.00

Overview:
Many anxiety symptoms are closely related to the core characteristics of autism. Individuals on the autism spectrum often struggle to anticipate how others will respond due to difficulties understanding social norms, further complicated by their unique sensory experience. In fact, anxiety is so frequently comorbid with autism that experts debate whether it should be regarded as one of autism's core symptoms.

This workshop—led by Dr. Barlow, an expert in autism treatment—will guide you in adapting anxiety interventions for individuals on the autism spectrum. You will learn to recognize both typical and atypical presentations of anxiety in autistic clients, as well as how the core symptoms of ASD can predispose individuals to anxiety. In addition, you will discover how to modify empirically supported treatments to better suit the needs of this population.
Topics covered include specific strategies and case examples for treating generalized anxiety, social phobia, specific phobias, selective mutism, OCD, and body-focused repetitive behaviors.

Dr Barlow will also cover approaches to address distress and anxiety arising from sensory experiences, social settings, and disruptions in routines, along with interventions for challenges such as picky eating, stimming, and pathological demand avoidance.
Learning objectives:
1. Understand the challenges in identifying and diagnosing anxiety disorders in autistic individuals
2. Identify predisposing conditions inherent in autism that increase an individual's risk of developing anxiety
3. Differentiate between typical and atypical presentations of anxiety in ASD
4. Modify and develop interventions to treat various presentations of anxiety in autistic clients

Learning material:
A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert
Dr. Meghan Barlow, Ph.D., is a pediatric psychologist in private practice specializing in the assessment and treatment of children with autism spectrum disorder, anxiety, attention deficit disorders, and chronic medical problems. She earned her Ph.D. from Kent State University in Clinical Psychology and completed a post-doctoral fellowship at the Cleveland Clinic.

After several years on staff at the Cleveland Clinic, Dr. Barlow opened a private practice where she uses a cognitive behavioral approach to therapy and a variety of evidence based therapeutic interventions in treatment. She provides trainings to professionals and frequently presents to parent and community groups about topics in child and adolescent mental health.

Syllabus
PowerPoint
Introduction
Anxiety in Autism: Patterns, Causes, and Case Insights
Autism and Anxiety
Conceptualizing Anxiety in ASD
Typical Presentations of Anxiety in ASD
Atypical Presentations of Anxiety in ASD
ASD as Predisposing Condition for Anxiety Part 1
ASD as Predisposing Condition for Anxiety Part 2
ASD as Predisposing Condition for Anxiety Part 3
What's the Point
Case Example Stephen
Typical or Atypical Presentation
Treating Typical and “Ish” Presentations
Adjusting and Modifying for ASD
Treating GAD
Sorting Worries
ANTs and Parent-Educator Guidance
Social Phobia
Case Example Heather
Specific Phobia
OCD

Body Focused Repetitive Behaviors
Treating Anxiety Secondary to ASD features
General Considerations
Sensory Sensitivities and Picky Eating
Distress-Worries Related to Interests
Social Situations, Crowds
Stimming and Repetitive Behaviors
Distress Due to Rigidity
Pathological Demand Avoidance
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*