Anxiety in Autism Spectrum Disorder (ASD): Cognitive Behavioral Therapy (CBT)

Provider Workshop

All health care professionals, educators, and graduate students are invited to attend a provider workshop focused on conducting cognitive behavioral therapy (CBT) with youth with autism spectrum disorder (ASD) and anxiety. CBT is the gold standard treatment for anxiety in youth yet many providers do not feel sufficiently trained to conduct CBT with youth on the autism spectrum. It is a mission of the MIND Institute’s Anxiety in ASD Treatment Program to enhance awareness and competence in serving youth with ASD and anxiety in local clinics, schools, and communities at-large. By attending this workshop, participants will learn practical steps to approaching CBT for anxiety in the context of ASD, such as:

- Modifications to standard CBT for success with youth with ASD
- Integration of co-occurring symptoms into treatment planning
- Conducting exposures for atypical fears associated with ASD

WORKSHOP FEES:
1. Workshop Fee: $100.00

REGISTER AT: http://www.cvent.com/d/76q89c
Deadline to register – March 4, 2019

Light refreshments will be served. Please contact Meg Tudor, Ph.D. at 916-703-0365 or metudor@ucdavis.edu.

Location: MIND Institute Auditorium
2825 50th Street • Sacramento, CA 95817