



News & Notes

Happy holidays and best wishes for the New Year!!

Research News

Genetic mutations in ASD



UW Autism Center researcher and Director of Clinical Services, Dr. Raphael Bernier, co-authored a report published in *Science* on November 27, 2012 identifying several recurrent de novo gene mutations - gene mutations that are present in children but neither biological parent. The mutations identified by Dr. Bernier and his colleagues resulted in the disruption of several interacting genes. The six genes showing the most common occurrence are estimated to contribute to 1% of all cases of autism. To achieve this goal, Dr. Bernier and his colleagues in genome sciences developed a low-cost method for gene sequencing to allow for rapid sequencing of genes of interest in large numbers of individuals.

Early behavior therapy research

UW Autism Center researcher Dr. Sara Webb, along with Autism Speaks' Scientific Director Dr. Geraldine Dawson and colleagues, published an article in the November 2012 edition of the *Journal of the American Academy of Child and Adolescent Psychiatry* examining the effects of early behavioral intervention on symptoms of ASDs. Using EEG, the researchers measured brain activity and determined that early behavioral intervention led to normalized patterns of brain activity in young children with ASDs. This research was just named as one of Time Magazine's Top 10 Medical Breakthroughs of 2012. Read Time Magazine's article [here](#) or check out our website for the link.

Clinical News

New service for parents

Parenting a child with ASD can be a challenging experience, with a unique set of joys and stresses. The UW Autism Center now offers individual therapy and family consultation for parents of children with ASD. During sessions, parents may address issues related to managing stress, decreasing anxiety, improving mood, and increasing social support. For more information about this service, please contact our clinic at 206.221.6806.

Training & Outreach News

Science Café

The Tacoma Science Café provides the public with an opportunity to talk with researchers about science and technology, all in the comfortable atmosphere of a local pub. On Tuesday, December 11, UW Autism Center Director of Clinical Services Dr. Raphael Bernier talked with the public and answered questions about possible causes of autism at the The Swiss Pub in Tacoma. For more information about future Science Cafés, please visit the Pacific Science Center's Science Café [webpage](#).

Upcoming workshops and trainings

We are excited to announce several workshops and a new clinical group coming up in the New Year. On **Tuesday, January 15**, we are holding a **Chill Skills Workshop** for parents, educators, and clinicians working with children 9-18 years old with ASD. In addition to the Chill Skills Workshop, we are also offering a 12-week **Chill Skills Group** beginning **Thursday, January 24** for children and parents to address emotion regulation supports in a small group setting. On **Saturday, January 19**, we are offering our quarterly **Stepping Stones Workshop** for parents of young children newly diagnosed with ASD. Finally, our **ABA Boot Camp**, designed for in-home therapists and para-educators, is scheduled for **February 5 – 7**. For more information about any of these trainings and workshops, including registration, please see our website.

Special thanks for toy donation

We would like to say thank you to the women of the Alpha Xi Delta sorority for donating a Fisher Price "Serves Up Surprises" kitchen set. The sorority has been incredibly generous to the UW Autism Center with gifts and their time and effort. The kitchen set will be placed in our waiting room for our clients to enjoy. Make sure to check it out if you are coming through the UW Autism Center!

