



# News & Notes

## Volunteer Spotlight



At the University of Washington Autism Center, we are so grateful for the volunteers who assist with our research efforts. This month, we would like to recognize Zeynab Shirin Zargar. Shirin

volunteered for two years at the UWAC during her undergraduate career at the University of Washington. Her primary role was coding assessment videos for the Infant Brain Imaging Study (IBIS) under Dr. Annette Estes. Shirin's work was invaluable to IBIS and also had a personal impact as she is now working toward her master's degree in Speech Pathology at Portland State University, with a focus on Bilingualism. Thank you, Shirin, for your commitment and dedication to the UW Autism Center!

## Clinic Updates

### Summer Camp Booster Program

As a follow up to our Apex Summer Camp, we are running an innovative weekly booster program for our camp participants, focusing on social skills, self-efficacy, and confidence. This program was developed based on input from families who participated last summer. We are also busy preparing for next summer's camp program. Tentative dates are July 7th through August 8th, 2014, with applications available starting in January. For more information, contact our camp line at 206-221-CAMP (2267) or email us at [apex@uw.edu](mailto:apex@uw.edu)

## Training and Outreach Updates

### Free Public Lecture

The UW Autism Center is delighted to co-sponsor an upcoming lecture by Dr. Kristen Neff on Self-Compassion and Psychological Well-Being. Dr. Neff's talk will present theory and research on self-compassion, which empirical literature has shown to be powerfully



associated with psychological well-being. The lecture will be held at the University of Washington, Kane Hall Room 220 on Friday, December 6 from 7-8:30 p.m. Advance registration is required. Please see this [link](#) for more details.

## Research Updates

### Autism Speaks Baby Siblings Research Consortium

Siblings of children with ASD may have needs that differ from children with typically developing siblings. In addition, parents of children with ASD often have questions related to younger siblings. Recently, the Autism Speaks Baby Siblings Research Consortium came together to answer the following questions:

1. If I have a child with ASD, how likely it is that my next child will have ASD or a related developmental challenge?
2. What are the earliest signs of ASD and when do they appear?
3. What can parents do if they are concerned about their child's development?

Answers to these questions can be found by clicking this [link](#). Several UW Autism Center researchers are members of the Consortium.