



# News & Notes

## Clinical News

### New “Chill Skills” Clinical Group

Leah Altemeier, Ph.D. and Julie George, M.Ed. will conduct a 10-week clinical group to help older children learn how to manage stress and strong emotions. Sessions will focus on increasing self-awareness of feelings, identifying triggers, and practicing coping tools. Parents will also learn how to respond to their children during stressful moments. The small-group sessions will be 90 minutes long and will begin on **Thursday, September 13**. Please see our [website](#) for more details and contact Leah Altemeier, Ph.D., at [leaha@uw.edu](mailto:leaha@uw.edu) to determine if your child is a good fit for this group.

### Expanded Speech-Language Services

Due to popular demand, the UW Autism Center has expanded our speech-language-communication services to serve more families. Our speech-language pathologists provide individualized assessments and treatment plans that include detailed reports for use at home and school. Our therapy services range from teaching young children how to communicate their needs, to helping teens initiate and sustain conversations with peers, to using iPads to build language and communication skills. For more information about our services or to schedule an appointment, please call the UW Autism Center Clinic at 206.221.6806.

### Welcome, Christina!



We are pleased to welcome Christina Armstrong, Ph.D., to the UW Autism Center team. Dr. Armstrong is a clinical psychologist working primarily in our UW Autism Center-Tacoma satellite clinic. She provides diagnostic assessments, individual and group therapy, and community training services.

## Training & Outreach News

### Walk Now for Autism Speaks

The annual “Walk Now for Autism Speaks” event is scheduled for **Saturday, September 8** at the Seattle Center. This is a great opportunity to get involved in raising awareness about autism and raising funds for autism research. The UW Autism Center will have both a team and an information booth at the event. If you haven’t already signed up for the walk and would like to join our team, please click [here](#) or visit our home page. If you are already planning to participate please come by our booth and say hi! We look forward to seeing you there.

## Summer Recap

Thank you for the wonderful feedback we received for our summer activities! We had a great turnout and enthusiastic reviews from participants in our July **STAT Training** and **Stepping Stones** workshops. The next Stepping Stones workshop is scheduled for October 13, so don’t forget to register early. We also had the highest attendance ever at this year’s **UWAC Summer Camp**, and the campers as well as the group leaders had a blast. **Our ABA Boot Camp** in August was filled to capacity and we are now accepting registrations for our next session on October 23-25 - sign up soon, as space is limited! For information about registering for either the Stepping Stones workshop or the ABA Boot Camp, please contact Ashley Penney at 206.221.5232.

### Lily’s Foundation Golf Tournament

We would like to extend a huge thank you to all the sponsors and participants at the Lily’s Foundation “Tee It Up Fore Autism Awareness” benefit event on July 30 at the Golf Club at Echo Falls. The weather was beautiful, the golfing was excellent, and the participants were great fun. We hope to see you at next year’s tournament.



### Save the Date!



We are privileged to be hosting **Sally Ozonoff, Ph.D.**, from the UC Davis MIND Institute for a guest lecture on **Wednesday, October 17 at 12pm**. Dr. Ozonoff is a world-renowned clinician and researcher who studies the early development and outcome of infants at risk for autism. For more information about Dr. Ozonoff, please see her [UC Davis faculty page](#). This event is open to the public. Please look for a formal announcement with registration information soon!

## Research News

### New Grant Studies Brain Networks

UW Autism Center researcher Michael Murias, Ph.D., was recently awarded a grant from the National Institutes of Health to study how the brain responds when children and adults with autism view others’ actions. This study uses EEG to understand the development of different brain networks and how they impact understanding of the social world in individuals with and without autism.