Up to 84% of individuals with Autism Spectrum Disorder (ASD) have been found to experience anxiety symptoms (White et al., 2009). It is important to understand how anxiety may impact symptoms of ASD and how to respond when someone with ASD is experiencing anxiety.

**Course Objectives:** In this training, participants will learn:

- The difference between everyday worry and diagnosable levels of anxiety
- Symptoms of various Anxiety Disorders
- How to recognize anxiety in someone with ASD
- Behavioral strategies and treatments shown to reduce anxiety

**Who should attend:** This workshop is an introduction to ASD and anxiety and is intended for parents, providers, and educators of individuals with ASD at any age

**Content level:** Beginner to intermediate

**Clock hours:** OSPI clock hours available for an additional fee

**Instructor:** Patricia Mateestic, PhD

**WHEN**
Saturday, November 2, 2019
9:00 AM – 4:00 PM

**WHERE**
UWAC Tacoma Campus

**COST**
$155 per person

To register, visit
https://www.regonline.com/anxiety110219

Advanced registration is required.

Email us at uwautism@uw.edu
Visit us at www.uwautism.org
Call us at 1-877-408-UWAC