



# Autism and Anxiety

A recent review of epidemiological and treatment research found up to 84% of children with Autism Spectrum Disorder (ASD) experience symptoms of impairing anxiety and additionally 42-55% of those with ASD also met criteria for at least one anxiety disorder diagnosis. To effectively address and manage anxiety symptoms, it is important to have a solid foundational understanding of ASD as well as how anxiety may impact areas of difference for those with ASD such as communication, social interaction, and restrictive and repetitive behaviors.

Join us for this **two-part webinar** to learn about anxiety symptoms and strategies to manage anxiety. See back page for more information.

**Who should attend:** Providers, educators, and parents of individuals with ASD preschool and older

**Content level:** Beginner to intermediate

**Clock hours:** 6 WA State approved clock hours

**Instructor:** Patricia Matestic, PhD

## WHEN

Fridays  
January 21 & 28, 2022  
2:00–5:00 PM PT

## WHERE

Live Webinar

## COST (per person)

**\$125** – register by Dec. 24, 2021  
\$145 – register after Dec. 24, 2021  
*\*10% off for groups of 5 or more*

To register, visit <https://cvent.me/VywEmm>.

*Advance registration is required.*



Email us at  
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1-877-408-UWAC



## Session One

### Understanding ASD & Anxiety

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

- Strengths and challenges associated with ASD
  - The difference between everyday worry and diagnosable levels of anxiety
  - How to recognize anxiety symptoms in someone with ASD
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## Session Two

### How to Help: Evidenced-Based Therapies and Tools to Manage Anxiety for those with ASD

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

- What to do if you suspect an Anxiety Disorder
  - Barriers and factors to consider when selecting treatment approaches
  - How to create an anxiety reduction toolkit – hands on strategies to manage anxiety
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Participants must attend both sessions.

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