UW Autism Center Spokane Workshops

The **University of Washington Autism Center** and **NorthEast Washington ESD 101** are excited to partner together again to present workshops for <u>educators, providers and parents</u> of autistic individuals. Attend one, two, three, or all four sessions in-person, virtually, or watch on-demand after the live event.

Tuesday, August 2, 2022

Session 1: Understanding Autism and Anxiety + Strategies to Support and Address Related Behaviors

Session 2: Understanding Autism and ADHD + Strategies to Support and Address Related Behaviors

Wednesday, August 3, 2022

Session 3: Introduction to Teaching and Understanding Social Skills

Session 4: Strategies to Support Inclusion

WHEN
August 2-3, 2022
9:00 AM – 4:00 PM PT

WHERE
NEWESD Talbott Event Center or Online

COST (per session)
$80 – register by July 5
$90 – register after July 5
*plus $13 registration fee per person
*10% discount for groups of 5 or more
*clock hours included

To register, visit https://cvent.me/2OqBdZ.
Advance registration is required.

✉ Email us at
uwactrain@uw.edu

🌐 Visit us at
www.uwautism.org

📞 Call us at
1-877-408-UWAC

Session 1: Understanding Autism and Anxiety + Strategies to Support Related Behaviors

A recent review of epidemiological and treatment research found up to 84% of autistic children experience symptoms of impairing anxiety. 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.

Who should attend: Providers, educators, and parents of autistic individuals preschool and older

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Session 2: Understanding Autism and ADHD + Strategies to Support Related Behaviors

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common co-occurring diagnoses for autistic individuals. An overview of both ADHD and ASD, including diagnostic criteria, will be provided in this training. Participants will gain an increased understanding of how ADHD and ASD impact executive functioning, social interactions, communication, and motivation. Specific behavioral strategies which help support individuals with ADHD and ASD both at home and in the classroom will be presented.

Who should attend: Parents and educators of individuals of all ages with ASD and/or ADHD

Session 3: Introduction to Teaching and Understanding Social Skills

Planning to teach social skills? Not sure where to start? You've come to the right place! In this introductory training, participants will develop an understanding of the complex components that make up social skills and how autism can impact those skills. Along the way, participants will have the opportunity to increase their knowledge around the developmental stages of friendship and learn to set age and developmentally appropriate expectations. Person centered and individually affirming social skills strategies will be introduced with opportunities for practice in the moment.

Who should attend: Educators and providers serving individuals with social skills deficits in elementary school through young adulthood

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Session 4: Strategies to Support Inclusion

Acceptance. Understanding. Diversity. Support. These are the driving principles behind the practice and philosophy of inclusion. In this training, participants will have the opportunity to explore what inclusion means to them and how to create an environment that reflects these driving principles. Specific neurodiversity affirming strategies to support individuals with ASD and other developmental disabilities in the classroom will be discussed.

Who should attend: General education teachers & para educators supporting students in the gen. ed. setting