Applications of CBT to Address Emotional Functioning in Youth with ASD

Date: June 19 and 20, 2018

Place: York University – Keele Campus

This two-day intensive training is for mental health clinicians experienced in CBT with an interest in adaptations relevant to neurodevelopmental disabilities (e.g., autism, ADHD, learning disability).

Day 1 - Understanding mental health problems and ASD – evidence-based case conceptualization to inform treatment planning

Learning Objectives:

- Recognize common emotional and behavioural problems associated with ASD
- Differentiate mental health problems from ASD symptoms
- Conceptualize common case frameworks that can inform CBT planning
- Consider ethical issues in working with individuals with ASD using a CBT framework

Day 2 - Principles of cognitive behavioural therapy for youth with ASD: Common therapeutic activities and adaptations

Learning Objectives:

- Identify and explore adaptations to commonly used CBT techniques
- Learn about common strategies employed to assist in developing a therapeutic alliance with youth with ASD receiving therapy

About the Presenter:

Dr. Jonathan Weiss holds the Canadian Institutes of Health Research Chair in Autism Spectrum Disorders Treatment and Care Research. He is a Clinical Psychologist and Associate Professor in the Department of Psychology at York University in Toronto. Dr. Weiss’ research focuses on the prevention and treatment of mental health problems in people with ASD and/or intellectual disabilities across the lifespan. He is interested in their health service needs, their emergency service use, and their experiences of psychiatric crisis. As well, he has a particular interest in cognitive-behavioural and social skill interventions to promote resilience and improve the mental health of children and adults with developmental disabilities.

Fees: Early Bird Special (register by April 19, 2018) $450.00; after this date $495.00
Student fees with valid ID number: $375.00