

Managing Anxiety in Children



“Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.”

National Autistic Society UK, 2014. What is autism?

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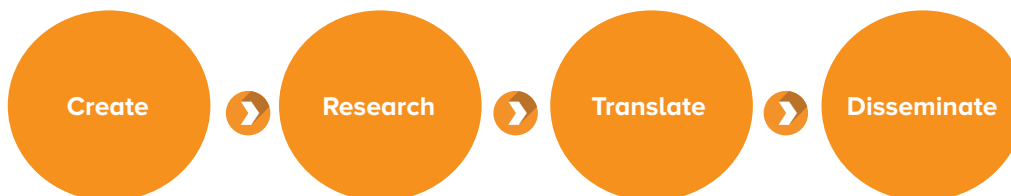
A presentation that looks at what anxiety really is, and how to support young autistic children experiencing anxiety in all contexts of their lives.

What is covered?

- Understand what anxiety is.
- How to identify anxiety disorders from expected worries.
- Understanding how our thoughts impact our brains.
- Exploring strategies for supporting anxiety.
- A chance to explore the application of strategies in some case studies.

Who will deliver the presentation?

The presentation is delivered by a Clinical Psychologist, from The Kids Research Institute Australia’s CliniKids, who works with young autistic children. CliniKids is working to bring research into therapy sessions as soon as possible. CliniKids’ vision is to share with others around the child — educators, parents and the community — the best way to support autistic children to flourish.



Next steps

For further information on this presentation or your unique learning needs, please contact:

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