

# July 2020 RAAC Training Institute: Autism and Mental Health Series

## Working with Students with Autism: Thinking Beyond Behavior

Understanding the internal state of a person with autism can be challenging for the person and the caregivers around them. Many trainings focus on managing behavior to lead toward successful outcomes, but this may inadvertently interfere with self-acceptance. This presentation will emphasize building empathetic relationships, enhancing strengths, and promoting autonomy. It is critical to understand how shame and anxiety show up in conflict and how autism fits in the context of the family system. Learn therapeutic strategies to effectively support people with autism and their families.

Date: July 9th  
Time: 1:00pm-3:00pm

Presenter: Todd  
Haydon, PhD. LISW

## Utilizing Visual Supports & Organizational Strategies to Support People with Autism

This presentation will explore the learning styles of people on the autism spectrum. Learn how to use Visual and Organizational Supports to fit those styles. Learn quick and easy ways to implement practical supports across environments to enhance mental health.

Date: July 14th  
Time: 10:00am-12:00pm

Presenter: Tom  
Galperin, LISW-S

## Practical Strategies of Mindfulness and Interoception

The interoceptive system is one of 8 sensory systems in our bodies. It is the least known and least understood. The word interoception is the Latin word for looking inside. One way to think about interoception is how we answer the question, "Am I okay?" when tapping into internal sensations. Established evidence proves mindfulness practice can improve interoceptive awareness. Mindfulness helps us to be focused. Interoceptive awareness grounds us in the direct experience of the present moment. Participants will learn how to adapt practical mindfulness strategies to effectively meet a variety of needs and improve outcomes.

Date: July 20th  
Time: 10:00am-12:00pm

Presenter: Sherry  
McHenry

## Healing in Action: Moving from Trauma to Resilience

Traumatic experiences disproportionately impact people with autism. Accessible techniques for building emotional regulation skills are critical resources to grow resilience. The speaker will share compelling stories of growth and development. This session will offer three straightforward strategies that can be implemented and integrated into existing relationships. Participants will have the opportunity to practice and hone their ability to apply these methods.

Date: July 23rd  
Time: 10:00am-12:00pm

Presenter:  
Maggie Center

- ◆ Attend 1 session or all 4! All sessions are live via zoom or recorded
- ◆ CEUs pending ◆ Certificate of Attendance Available
- ◆ Professionals: \$20 each or \$50 for all ◆ Caregivers: \$5 each or \$20 for all
- ◆ RAAC Members 50% Off
- ◆ Registrants will receive directions on how to access live or recorded sessions
- ◆ Questions? Email [Anne.Tapia@cchmc.org](mailto:Anne.Tapia@cchmc.org).



Register: <https://raacmentalhealthautism2020.eventbrite.com>