

Outline

Autism and Trauma: Overlap and Treatment Implications

What is the window of tolerance and its relevance to Polyvagal theory?
Rethinking autism: A Polyvagal Model of autism
Implications of trauma on executive dysfunction and memory
A case study of an autistic child with PTSD and dissociative amnesia

The Diagnostic Intersection of Autism, OCD and PTSD

Diagnostic criteria for ASD
Diagnostic overshadowing in ASD, Obsessive Compulsive Disorder and PTSD
Applying Polyvagal theory to the intersection of a state specific model of autism
Implications to diagnosis and treatment of autism and PTSD

EMDR for Kids with ASD and PTSD: Adapting Social Stories and Tapping for Enhanced Treatment

EMDR protocol walkthrough
Visual aids for improved psychoeducation on trauma symptoms
Adapting social stories to the treatment of trauma in children with ASD
Using tapping for simple stress reduction
Case study
Research and limitations

Objectives

1. Apply a Polyvagal Model of autism to the treatment of ASD and PTSD.
2. Develop differential diagnostic practices to prevent diagnostic overshadowing between PTSD, OCD and ASD.
3. Use social stories to help individuals with ASD process thoughts and feelings about their trauma and learn coping skills.
4. Use simplified language to overcome deficits in expressive and receptive language differences and ensure comprehension when teaching breathing and relaxation techniques to neurodiverse clients.
5. Investigate the research limitations of applying trauma treatment techniques to children and adolescents with trauma.
6. Apply specific modifications to adapt EMDR, TF-CBT and Sensorimotor Psychotherapy for use with children and adolescents with autism and PTSD.

Sensorimotor Psychotherapy:

Treat the Symptoms of Unresolved Trauma in the Body
Mindful awareness of the body – helping kids with autism identify triggers
Modified mindfulness exercises to activate calm in children with ASD and PTSD
Simplified language to teach deep breathing and relaxation techniques
Case study
Research and limitations

Trauma Focused Cognitive Behavioral Therapy:

Adaptations to Address Developmental Level and Increase Comprehension
Modifications for using Trauma-Focused Cognitive Behavioral therapy
Strategies to increase generalization
Tips for overcoming concrete thinking
Integrating visual learning to illustrate points
Deepening TF-CBT practices with motivational interviewing
Research and limitations
Applying EMDR, TF-CBT, and Sensorimotor Psychotherapy to a state specific model of ASD

Live Webinar Schedule (Times listed in Eastern)

- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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Trauma-Focused Therapy for Autistic Children

Using EMDR, TF-CBT and Sensorimotor Therapy with Kids and Teens on the Spectrum

LIVE Interactive Webinar
Wednesday, March 15, 2023

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Trauma-Focused Therapy for Autistic Children

Using EMDR, TF-CBT and Sensorimotor Therapy with Kids and Teens on the Spectrum

- Adapt proven treatments for effective use with ASD clients
- How to use simplified language to address developmental level
- Strategies for overcoming therapy interfering behaviors
- Visual aid tools to increase comprehension

Live Interactive Webinar
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Trauma-Focused Therapy for Autistic Children

Using EMDR, TF-CBT and Sensorimotor Therapy
with Kids and Teens on the Spectrum

So many kids today are on the autism spectrum...and up to 70% of them have trauma or other co-occurring disorders. It's a rapidly growing population needing services.

And if you provide therapy for kids and adolescents, the current lack of those services will push them into your care... and push you beyond your traditional scope of practice.

How can you work with this growing wave of trauma clients in a way you feel comfortable?

Sean Inderbitzen, LCSW, has worked with hundreds of clients with autism and co-occurring disorders. And not only does Sean work with clients with autism he himself is on the autism spectrum.

In this live one-day training Sean will show you simple solutions for adapting the skills and techniques you already know to successfully treat trauma in kids and adolescents with autism.

Full of insights from the perspective of both a clinician and a person on the spectrum, Sean will show you how you can:

- Use strategies for overcoming therapy interfering behaviors and concrete thinking
- Employ a Polyvagal lens to make trauma treatment clear and understandable
- Create visual aids for enhanced psychoeducation on trauma symptoms
- Bring specific simplified language into your work with ASD clients
- Adapt proven techniques from EMDR, TF-CBT and Sensorimotor Psychotherapy

Whether or not you consider yourself an autism expert, these kids and teens need your help.

Don't miss this one-of-kind chance to grow your clinical skills and expand your scope of practice, so you can comfortably and confidently treat trauma in kids with autism.

Register now!

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Physicians
Addiction Counselors • Therapists • Marriage & Family Therapists
Nurses • Other Mental Health Professionals



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Meet Your Speaker

Sean Inderbitzen, LCSW, MINT, has lived 32 years with Autism Spectrum Disorder and is an active clinical social worker within a community health center specializing in the treatment of autism and co-occurring trauma.

In addition to his work as a therapist, Sean is a doctoral student of Tulane University's School of Social Work, and a collaborator on two studies on the treatment of PTSD in children with autism utilizing modified EMDR and utilizing Sensorimotor Psychotherapy (SP). He works closely with Sensorimotor Psychotherapy Institute on the SP study under the research and clinical guidance of Dr. Bonnie Goldstein and is under the research direction of Dr. Bruce Thyer, BCBA-D, LCSW, a distinguished research professor from Florida State University, for the EMDR study.

Sean is an active member of the Motivational Interviewing Network of Trainers and regularly lectures for state governments, foundations, and universities on motivational interviewing and the intersection of autism and mental health. His writings can be found regularly featured on Differentbrains.org, a non-profit group devoted to advancing the neurodiversity movement. Learn more at seaninderbitzen.com

Speaker Disclosure:

Financial: Sean Inderbitzen is a consultant, and has an employment relationship with Northlakes Community Clinic. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Sean Inderbitzen is an adult who is on the autism spectrum.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



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Recommended Reading:



**Hands-on Activities for Children
with Autism & Sensory Disorders**

Teresa Garland, MOT, OTR/L

~~\$29.99~~ **\$22.99***

PUB084350



**CBT Toolbox for Children and
Adolescents**

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat

~~\$36.99~~ **\$27.99***

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** Discount Included with purchase of the Webinar*

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