



UNC TEACCH Autism Program
and
**NC Area Health Education
Centers (AHEC)**

TRAINING PARTNERSHIP



**TEACCH/AHEC
Workshop
Catalog**

ANXIETY & ASD

Understanding and Treating Individuals with Autism Spectrum Disorder and co-Morbid Anxiety



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Describe the learning style of individuals with autism spectrum disorder
- Explain the differential diagnostic characteristics of autism vs. anxiety disorder
- Explain how the interaction between the learning style of autism and avoidance behavior affects the functioning and treatment of co-existing anxiety
- Discuss the Structured TEACCHing approach for addressing behavior problems, as well as social, learning, and communication domains for high-functioning individuals with ASD
- Identify treatment strategies to assess and develop emotional regulation in individuals with ASD and anxiety

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, adults
- Individuals working with IDD population
- All interested mental health professionals

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

DESCRIPTION

The incidence of autism has been steadily increasing over the last 20 years, especially for the group of individuals with good verbal skills and at least average intelligence. This group has been referred to as individuals with high-functioning autism (HFA) (formerly Asperger's Syndrome). In the Diagnostic and Statistical Manual (DSM-5), these individuals all fall under the category of autism spectrum disorders (ASD) with good intelligence and good verbal skills. These high-functioning children, adolescents, and adults with ASD present with significant social-communication and emotional regulation difficulties despite their well-developed cognitive skills. Many of these individuals present with significant anxiety issues which affect their functioning across a variety of settings. Due to the rising incidence, there is an increased need for professionals trained to address the emotional and social needs of this population.

This workshop will focus on recognizing the learning characteristics of individuals with HFA and how they impact anxiety and emotional regulation. Treatment considerations will also be discussed, including the Structured TEACCHing approach to decrease stress by improving abilities in the domains of social, communication, and behavior. Cognitive behavioral strategies for addressing emotional regulation and developing coping strategies will be highlighted. The presenters will cover treatment interventions for school-aged children, adolescents, and adults.

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

AUTISM 101

Understanding the Diagnostic Symptoms and Learning Styles of Individuals with ASD in a Therapeutic Setting



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Recognize the diagnostic symptoms of autism spectrum disorder (ASD)
- Identify learning styles of individuals with ASD and how these learning styles affect behavior and therapy engagement
- Review core Structured TEACCHing strategies and supports that can help to improve therapy participation and encourage skill generalization across settings
- Discover resources that are available in North Carolina for those with ASD and their families

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

In this virtual workshop, we will review the diagnostic symptoms of autism spectrum disorder (ASD). We will also discuss the the learning styles of ASD and their impact have on accessing and engaging in therapy.

We will also highlight core Structured TEACCHing strategies and supports to increase engagement in therapy and encourage skill generalization outside of the therapeutic setting.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

BEHAVIOR PROBLEM SOLVING AND ASD

Managing Challenging Behaviors in ASD



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Participants will learn how to view challenging behaviors and maintaining factors through the lens of cognitive differences common in ASD.
- Participants will apply this knowledge to a scenario, identifying ASD-related factors that may underlie the challenging behavior
- Participants will demonstrate the ability to identify evidence-based interventions and teaching strategies to decrease challenging behaviors and increase skill acquisition/demonstration by their clients.

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

This workshop will teach participants how to implement behavior management strategies that utilize Structured TEACCHing methods for children and adolescents with autism spectrum disorder (ASD).

Participants will learn how ASD affects the learning style and behavior of individuals and how to avoid, analyze and address behavior problems.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

CBT IN OUTPATIENT SETTINGS

Using CBT with Clients on the Autism Spectrum



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Identify common learning characteristics among individuals with autism.
- Explain common challenges in implementing CBT with clients on the autism spectrum.
- Describe the basic principles of CBT and how to tailor CBT strategies to individual clients on the autism spectrum.
- Identify treatment strategies to address emotion regulation difficulties.
- Implement improved exposure-based intervention strategies.

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, adults
- Individuals working with IDD population
- All interested mental health professionals

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

DESCRIPTION

In many cases, children, adolescents, and adults with ASD present with significant social-communication and emotional difficulties despite their well-developed cognitive skills. These individuals may also present with a range of co-occurring psychiatric symptoms. The complexity of the unique learning characteristics of individuals with ASD presents a challenge to professionals when applying traditional therapeutic techniques such as cognitive behavior treatment (CBT). Despite these challenges, there is a growing body of evidence to support the use of CBT for individuals on the autism spectrum, particularly when individual learning differences are considered, and strategies are tailored accordingly.

In this workshop, participants will gain a better understanding of the specific learning style of individuals with autism, leading to better treatment. A framework for developing CBT interventions for complex cases of individuals on the autism spectrum with average to above-average intelligence using cognitive behavior therapy will be introduced. This workshop will cover the use of CBT for school-age children, adolescents, and adults on the autism spectrum.

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

COMPLEX CASES IN ASD



Complex Cases in Autism Spectrum Disorder: Diagnosis and Treatment

OBJECTIVES

At the conclusion of this training, participants will be able to:

- Identify factors that make ASD more complex with regard to diagnosis and treatment
- List strategies for determining differential diagnosis in complex cases
- Learn a framework for developing individualized interventions to address complex cases in ASD

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

This presentation provides an overview of factors making diagnosis and treatment of ASD more complex, including differential diagnosis, considerations for treatment, and best practices.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

DIAGNOSING AUTISM USING CARS2

Diagnosing Autism: Using CARS-2 to Diagnose ASD
(A Three-Part Workshop)



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Use the CARS Second Edition-High Functioning (CARS2-HF)
- Use the CARS Second Edition- Standard version (CARS2-ST)
- Use assessment techniques and differential diagnosis of ASD versus other psychiatric disorders

TARGET AUDIENCE

This series is intended for psychologists and other professionals who are involved with the diagnosis and assessment of individuals with an autism spectrum disorder.

DESCRIPTION

This three-part virtual series of workshops is for professionals involved with diagnosis and assessment of persons perceived to have autism. The workshop will use a case-oriented style, covering how to use the CARS-2 assessment instruments in the diagnosis of autism. It is applicable in the use of these instruments in telehealth. The first two sessions will include case studies where the participants will practice scoring using the CARS-2 High Functioning Version and then the CARS-2 Standard Version. The third session in the series will review the factors that help with differential diagnoses.

AVAILABLE DURATIONS

2.0 to 10.0 contact hours depending on the number of sessions offered

- Part 1: Childhood Autism Rating Scale, Second Edition (CARS-2) – High Functioning Version - 4.0 contact hours
- Part 2: Childhood Autism Rating Scale, Second Edition (CARS-2) - Standard Version - 4.0 contact hours
- Part 3: Differential Diagnosis and Co-Morbidity - 2.0 contact hours

AVAILABLE FORMATS

Virtual

DIFFERENTIAL DIAGNOSIS AND COMORBIDITY

Differential Diagnosis and Comorbidity in ASD



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Recognize the similarities and differences between the diagnostic features of autism spectrum disorder and other developmental and mental health disorders
- List the most frequent mental health diagnoses that co-occur with autism spectrum disorders
- Describe the reason it is important to be aware of both the primary diagnosis and any secondary diagnoses

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

This presentation will discuss differential diagnosis and comorbidity in individuals with an autism spectrum disorder (ASD).

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

ETHICS AND ASD

Ethical Issues in the Diagnosis and Treatment of Individuals with ASD



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Recognize potential ethical concerns in clinical work with children and adults with autism and their families
- Discuss strategies for respecting the rights of both the autistic individual and their families
- Illustrate the ethical challenges through case vignettes and small group discussion

TARGET AUDIENCE

This course is designed for professionals who are involved in the diagnosis and treatment of autistic individuals and their families.

DESCRIPTION

This workshop will focus on a discussion of ethical issues in the diagnosis and treatment of autistic individuals. As professionals involved in the diagnosis and treatment of individuals with autism with or without intellectual disabilities, we strive to respect the individual and their families' rights including the right to confidentiality, informed consent, self-determination, and autonomy in decision-making.

AVAILABLE DURATIONS

2.0 - 3.0 contact hours

AVAILABLE FORMATS

In-person | Virtual

EVIDENCE-BASED PRACTICES IN HOME

Transferring Evidence-Based Practices into the Home



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Participants will be able to review the unique learning styles of individuals with ASD
- Participants will be able to discuss how to use Structured TEACCHing to meet the learning and behavioral needs of an individual with ASD in the home
- Participants will be able to demonstrate the importance of collaborating with families of individuals with ASD

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults

DESCRIPTION

Transferring Evidence-Based Practices into the home workshop is a 2-3 hour training that will provide participants with an overview of the learning styles of individuals with autism spectrum disorder (ASD). In addition, this training focuses on the implementation of Structured TEACCHing components in order to meet the learning and behavioral needs of an individual with ASD in the home. Participants will be given an overview of antecedent-based approaches to promote engagement and to capitalize on an individual's strengths and interests. This training will also provide a discussion around the importance of collaboration with families of individuals with ASD.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Virtual

GRIEF AND ASD

Grief and Autism Spectrum Disorders



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Participants will be able to identify concerns and issues related to dealing with grief, loss, and death for individuals with ASD.
- The participants will review understanding grief, loss, and death through the lens of autism.
- Participants will be able to describe strategies and activities for supporting autistic individuals to effectively cope with grief, loss, and death.

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

Dealing with grief, loss, and death can be confusing and challenging for anyone. In addition, it is a struggle in our society to discuss death and dying. While individuals with ASD are just as likely to experience these situations, their feelings, thoughts, and perceptions about these experiences may differ from individuals with more typical development. Autistic individuals will most likely need extra support to understand, and to successfully cope with their transition through periods of grief, loss, and death. This presentation will focus on issues related to dealing with grief, loss, and death for individuals with autism and their families, and strategies for supporting them. Specifically discussed will be activities professionals, and support staff can use to help these individuals and their families understand death and dying, and more effectively cope with these experiences.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

POSITIVE BEHAVIOR SUPPORTS

Positive Behavior Supports for Individuals with ASD and IDD



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Identify the learning styles of individuals with ASD/IDD and how these learning styles affect behavior
- Discuss how to distinguish between antecedent and consequence-based approaches to behavior management
- Implement Structured TEACCHing strategies and other current practices to address behavioral issues
- Apply behavioral assessment (goals/strategies) and implement problem-solving methods to reduce behavioral difficulties.

TARGET AUDIENCE

This course is designed for IDD direct support professionals, lead staff, qualified professionals, psychologists, and MCO staff, i.e., care coordinators.

DESCRIPTION

This training will focus on implementing behavioral supports for individuals with autism spectrum disorders and Intellectual Developmental Disabilities. Participants will learn how to utilize the strengths of individuals with ASD and IDD to increase their understanding of and communication with these individuals. Strategies for teaching and supporting individuals with ASD/IDD will be explored.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

ROMANTIC RELATIONSHIPS AND SEXUALITY

Helping Adults with Autism Understand and Develop Romantic Relationships



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Name the types of needs that are addressed through an intimate relationship with another person
- List at least three challenges that interfere with an individual with ASD developing a romantic relationship
- Describe three strategies for teaching an adult with autism about sexuality and romance

TARGET AUDIENCE

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Case Managers
- Allied Health Staff
- Social workers
- Therapists and Clinicians working with children, adolescents, and adults
- Individuals working with the IDD population
- All interested mental health professionals

DESCRIPTION

This program will focus on helping adults with ASD as they navigate romantic relationships, sexuality, and intimacy.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

SOCIAL COMMUNICATION

Improving Social Communication Skills in Young Children with Autism Spectrum Disorder



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Discuss typical social communication development with that of a child with autism spectrum disorder
- Review the forms and functions of social communication
- Apply learned strategies to treatment sessions.

TARGET AUDIENCE

This course is designed for providers who work with children birth - 5 who have a diagnosis of ASD including Psychologists, Therapists, Social Workers, professionals who are involved with treatment or case management for individuals with ASD and/or IDD. Speech-Language Pathologists, Comprehensive Behavior Rating Scales (CBRS) Providers, Occupational Therapists, and all interested others are encouraged to register.

DESCRIPTION

Professionals are often challenged by how to engage a child with limited social communication skills. This program will review typical social communication development versus that in a child with autism spectrum disorder. Goal development and treatment strategies will be discussed. Videos and case studies will be used throughout the workshop.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar

STRATEGIES FOR A MEDICAL SETTING

Autism Spectrum Disorders in Primary Care: Screening, Identification, and Helpful Tools for your Practice



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Review practical screening tools that can be implemented in primary care settings and referral next steps for children who receive a positive screen
- Discuss differential diagnoses commonly seen in patients with an autism spectrum disorder
- Identify non-pharmacologic intervention strategies that can be used in primary care settings to manage patient symptoms and behaviors

TARGET AUDIENCE

- Medical Providers
- Pediatricians
- Family Medicine Physicians
- Physician Assistants
- Nurse Practitioners
- Primary Care Nurses

DESCRIPTION

Autism affects 1 out of every 39 children in the state of North Carolina. Referrals to specialty clinics often involve travel and long waitlists for families. This presentation focuses on screening, assessment, and management of autism spectrum disorders within the primary care setting. Participants will gain increased knowledge and confidence in their ability to effectively screen for autism spectrum disorders and provide appropriate referrals and follow up for families. This presentation will also provide an overview of practical, evidence-based strategies that can be utilized in primary care settings to help best meet the learning style needs of individuals with ASD and reduce anxiety and behaviors.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours

AVAILABLE FORMATS

In-person | Virtual

SUICIDE AND ASD

Suicide Prevention for People on the Autism Spectrum Disorder



OBJECTIVES

At the conclusion of this training, participants will be able to:

- Describe possible risk factors for suicidal thoughts and behaviors in people on the autism spectrum.
- Discuss at least two challenges clinicians face regarding assessing suicide risk in autistic people.
- Identify at least five critical considerations for suicide warning signs when working with people on the autism spectrum.
- Identify crisis supports and resources for this population.

TARGET AUDIENCE

- Social Workers
- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Therapists and Clinicians working with adolescents and adults
- All interested mental health professionals

DESCRIPTION

Suicide is a leading cause of premature death in autistic people. Autistic individuals are significantly more likely to think about and attempt suicide than the general population. However, most mental health professionals do not feel confident about identifying warning signs of suicide and intervening with autistic clients who are in crisis. The goal of this program is to improve attendees' knowledge, skills, and self-efficacy related to supporting autistic individuals who are at risk for suicide.

AVAILABLE DURATIONS

- 1.0 - 2.0 contact hours
- 3.0 - 4.0 contact hours
- 5.0 - 6.0 contact hours

AVAILABLE FORMATS

In-person | Hybrid | Virtual | Webinar