



DR THERESA KIDD
PSYCHOLOGY

Understanding Anxiety in Autism and Practical Strategies to Manage it

Training for Parents, Carers, Educators and Allied Health Professionals in Margaret River

Date: Saturday 7th September 2019
10:00am - 12:30pm
Optional breakout session from 1:00-2:00pm

Morning tea and light lunch included

Anxiety is recognised as one of the most commonly co-occurring diagnoses for individuals on the autism spectrum and it can have debilitating effects on social relationships, family functioning, education, and adult outcomes. Parents can feel isolated and they often experience high levels of stress when their child with autism has additional anxiety problems.

Understanding how autistic young people experience and express anxiety, and a framework for how their parents, teachers, and professionals can support them to manage anxiety symptoms, will be presented.

To secure your seats for this event goto:

<https://tinyurl.com/y3z8oo84>

Early bird tickets \$99

Where: Stay Margaret River
78 Wallcliffe Road
Margaret River, WA 6285



Dr Theresa Kidd I have worked in the mental health and disability sectors for over 30 years. I am passionate about increasing well-being and enhancing quality of life for autistic individuals and their families. I currently work as a clinical psychologist in private practice in Perth, Western Australia and as a Research Fellow at the Centre for Emotional Health at Macquarie University. My PhD research incorporated family-based Cognitive Behavioural Therapy (CBT) to reduce anxiety in adolescents with high functioning autism. During this time, I also co-developed a peer mentoring program at Curtin University to support university students with autism to succeed in tertiary education and beyond. I am committed to helping young people to work on their challenges, increase their strengths and to realise their life potential.

Dr Theresa Kidd Psychology
Email: info@theresakidd.com.au
Website: <https://www.theresakidd.com.au>