

Outline

Resistance to Change in Adults with High-Functioning Autism

How is High Functioning Autism defined?
Executive functioning deficits and ways to measure
Matching developmental freedom and personal autonomy
Research on person-centered strategies with ASD patients
Feedback informed treatment and the Spirit of Motivational Interviewing

The Core Skills of MI:

Person-Centered Strategies and Skills to Stimulate Change

Improve rapport by recognizing autonomy
Review of OARS
Evoke confidence in clients to try social experiments
How to decrease sustain talk in clients who don't think they can change
Strategies to cultivate change talk for motivation

Black and White Thinking Patterns in Adults with HFA:

MI Solutions to Overcome One of the Biggest Treatment Roadblocks

HFA clients and difficulty recognizing emotion in themselves and others
Integrate somatic experience as a core organizer for emotional experience
Tools to develop a spectrum experience of emotions
How to address binary-based ruminations through building vocabulary

Exercises to help clients recognize polarized thoughts
CBT visualization adaptations to connect with concrete thinking patterns
Use discord to increase doubt in black and white thinking patterns

Depressive Symptoms in Adults with ASD:

Improve Treatment Response with MI Strategies

How symptoms in adults with ASD present
Features in adults with ASD that affect how they think
The relationship between pragmatic language skills, motivation and depressive symptoms
MI strategies to help clients identify reasons for change and build motivation for treatment
MI interventions for responding to change talk for depressive behaviors

Integrate MI into Anxiety Treatment: Techniques for Enhanced Engagement in Adult Clients with HFA

Adult presentations of anxiety and HFA
Building rapport with anxious HFA clients
Sustain talk and ruminations in HFA clients – examples
MI interventions that help clients work with and overcome sustain talk
Out of the woods exercise to keep the momentum of the conversation toward change
MI research and treatment risks and limitations

Objectives

1. Investigate research on the impact of using person-centered strategies with ASD patients.
2. Analyze how symptoms of anxiety and depression can present in adults with ASD.
3. Apply strategies to help clients with difficulties recognizing emotions develop a more complete spectrum of emotions.
4. Investigate the relationship between pragmatic language skills, motivation and depressive symptoms.
5. Employ MI exercises to help clients recognize polarized thoughts and increase doubt in black and white thinking patterns that can impede treatment.
6. Prepare treatment plans that include MI strategies to help clients identify reasons for change and build motivation for treatment.

Target Audience:

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



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Adults with High-Functioning Autism and Comorbid Mental Disorders

Motivational Interviewing Tools and Techniques to Enhance the Treatment of Anxiety and Depression

LIVE Interactive Webinar
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Adults with High-Functioning Autism and Comorbid Mental Disorders

Motivational Interviewing Tools and Techniques to Enhance the Treatment of Anxiety and Depression

The likelihood of clients with High-Functioning Autism showing up in both private and public practice caseloads is greater than ever before – are you prepared?

- Identify symptoms of anxiety and depression that can differ in adults with ASD
- Overcome black and white thinking patterns that can stall therapy
- Clinical insights on working with clients who have difficulty identifying emotions
- Enhance motivation for treatment and reduce resistance to change

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Adults with High-Functioning Autism and Comorbid Mental Disorders

Rates of Autism disorder diagnoses have exploded in the last 2 decades. Along with others on the spectrum, high-functioning individuals are at a vastly elevated risk for experiencing anxiety, depression and other mental health problems.

But when these clients come to your office, the lack of intrinsic motivation, difficulty identifying emotions, and resistance to change found in so many individuals on the spectrum can leave you feeling frustrated, ineffective and perpetually stuck at square one in therapy.

How can you ensure you're prepared to work with this growing population and overcome the treatment obstacles that can impede the therapy they desperately need!

Sean Inderbitzen, is an advanced practice social worker and MINT trainer who is also on the autism spectrum. Join him for a critical live one-day training on how you can use Motivational Interviewing to help clients with HFA more fully engage in treatment and find the drive they need to improve their lives!

Full of insights on how MI can be used most effectively from the perspective of both a clinician and a person with autism, Sean will show you:

- How to identify symptoms of anxiety and depression that can differ in adults with ASD
- Ways to overcome black and white thinking patterns that can stall therapy
- Strategies to address ruminations and build emotional vocabulary
- Techniques that help clients on the spectrum identify reasons for change and build motivation for treatment
- Exercises to keep the momentum of the conversation toward change in depression and anxiety treatment

Whether you already work with HFA clients, or want to ensure you're prepared to, this program will give you the tools you need to achieve more positive outcomes for HFA clients!

Register today!



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Meet Your Speaker

Sean Inderbitzen, APSW, MINT, is a therapist and member of the Motivational Interviewing Network of Trainers who uses Motivational Interviewing in his practice with adults with co-occurring mental health disorders and autism.

A regular lecturer for social workers and universities on the treatment autism and comorbid psychiatric conditions, Sean is on the autism spectrum himself, giving those he teaches the unique opportunity to learn how treatments can be used most effectively from the perspective of both a clinician and a person with autism.

Sean was appointed by the Governor of Wisconsin to the Statewide Independent Living Council of Wisconsin and is pursuing his doctorate at Tulane University School of Social Work. He earned his Master's degree in clinical social work from Case Western Reserve University and is a member of the National Association of Dual Diagnosis.

Speaker Disclosure:

Financial: Sean Inderbitzen is a therapist and member of the Motivational Interviewing Network of Trainers. He receives a speaking honorarium from PESI, Inc.
Non-financial: Sean Inderbitzen is an adult who is on the autism spectrum.

Live Webinar Schedule

(Times listed in Central)

- 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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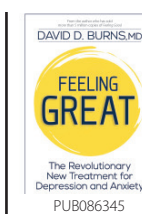
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Recommended Reading:



Autism and Independence
Assessments and Interventions to Prepare Teens for Adult Life
By Daniel C. Marston, Ph.D., ABPP
~~\$26.99~~ **\$19.99***



Feeling Great
The Revolutionary New Treatment for Depression and Anxiety
David D. Burns, M.D.
~~\$26.99~~ **\$19.99***

*Discount Included with purchase of the Webinar

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