

A Lifespan Approach to Intervention for High-functioning Children and Adults with an Autism Spectrum Disorder/Asperger's Disorder

A Two Day Clinical Training Institute (CTI) with The Friends Program Staff

June 10 — 11, 2016

Day 1: The Friends Program: A Therapeutic Program for High-functioning Children/Adolescents who have an Autism Spectrum Disorder (ASD)/Asperger's Disorder, Anxiety and Attention Issues and their Parents

Day 2: Understanding and Helping Adults on or with Characteristics of the Autism Spectrum Disorder (ASD)/Asperger's Disorder and their Partners

Participants may enroll in one or both days.

6 CEUs will be awarded for each day of the institute.

Goals and Objectives

During this Clinical Training Institute the participants will learn:

Day 1

- How The Friends Program is implemented
- The key role that SPECS plays in The Friends Program's treatment goals and intervention plans
- The ways in which the program adjusts to fit the changing social-emotional needs of the clients
- The role of parents in The Friends Program
- How to address challenges that can arise from a child's or parent's discomfort with participating in the program

Day 2

- The importance of understanding Autism Spectrum Disorders/Asperger's Disorder in adults
- The difficulties that adults with HFA/Asperger's Disorder encounter in their relationships with friends, spouses, partners, and their children
- The strengths and challenges that adults with HFA/Asperger's Disorder encounter in their relationships at work
- The challenges of working with adult clients with HFA/Asperger's Disorder
- Approaches to intervention with adults on the Autism Spectrum with HFA/Asperger's Disorder: Individual therapy, group therapy, family therapy, partner support for adults, medication and behavioral therapy
- The similarities between intervention with adults and with children

Instructors

Laurie Leventhal-Belfer, PhD is a licensed clinical psychologist who specializes in taking a developmental perspective in understanding and helping children who are grappling with anxiety, medical and mental health issues, challenges adapting to school and making friends. She is the founder and director of The Friends Program, a group program for high functioning children with ASD and their parents. Her work with parents led to a special interest in adults on the Spectrum. Dr. Laurie has taught courses on this topic for Stanford Adult Psychiatry Residents, conducts professional training courses on this topic and sees high functioning adults individually and with their partner in her private practice. She is an Adjunct Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine. (Days 1 and 2)

Alice Locke-Chezar, LMFT, ATR is a licensed marriage and family therapist and registered art therapist. Along with working with Dr. Laurie in The Friends Program, Alice has a private practice, Palo Alto Parenting Solutions, which helps children, teens and their parents who are having difficulty with behavior, emotions and socializing. Ms. Locke-Chezar also enjoys working with adults in transition including high school to college, college to work, and stresses in the work place, separation and divorce. Her past work in the high tech industry helps inform her ability to help with the stress that individuals and families may confront. (Day 1 only)

Luisa Montaini-Klov Dahl, PhD has been a licensed clinical psychologist in the Palo Alto area for over twenty years. She is an adjunct clinical supervisor at the Children's Health Council and previously worked for over a decade with The Friends Group Program. In her private practice, she is privileged to work with children and adolescents. As an officer in the Army Reserves Medical Service Corps, she serves our troops and their children. (Day 1 only)

Continuing Education Credits

6 CEUs will be awarded to attendees for each day of the Institute.

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Social Workers: Commonwealth Educational Seminars, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. ASWB approval period: October 15, 2015 through October 15, 2018. CES maintains responsibility for the program. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 6.0 clinical continuing education clock hours.

Psychologists: Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. CES maintains responsibility for this program. Psychologists receive 6.0 hours of continuing education credit upon completing this program.

Marriage and Family Therapists: Continuing education credit for Marriage & Family Therapists is awarded in the following states: AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IN, IA, KS, ME, MD, MO, MT, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, VT, VA, WA, WI and WY. CES maintains responsibility for this program. Marriage and Family therapists completing this program will receive 6.0 CE hours of credit.

Daily Schedule

Day 1 — June 10, 2016

The Friends Program: A Therapeutic Program for High-functioning Children/Adolescents who have an Autism Spectrum Disorder (ASD)/Asperger's Disorder, Anxiety and Attention Issues and their Parents

9:30 – 10am: Check-in and Coffee

10am –12:30pm: The Motivation for Developing The Friends Program

- Asperger's Disorder & DSM-V Autism Spectrum Disorder
- The Friends Program
 - Our Philosophy
 - The Nuts and Bolts
 - The Clinical Population
 - The Group Goals
 - For the Children
 - For the Parents
 - Intake criteria
 - The SPECS
 - The Daily Schedule
 - The Importance of Being Flexible
 - Monthly Themes and Ongoing Goals



12:30pm –1:30pm: Lunch Break (On your own)

1:30pm –3:00pm: How the Groups Change to Meet the Children's Issues

- The Preschool Group
- The School Age Group
- The Pre-Teen Group
- The Teenage Girls Group

3:00pm–3:15pm: Bathroom/Snack Break

3:15pm – 4:45pm: Case Studies and Clinical Issues

- Diverse Population Being Referred Due to DSM-V
- Challenges Presented by the Children and /or their Parents
- Challenges and Advantages of the DSM-V
- The Parents' Journey

4:45pm – 5:15pm: Question and Answer Period



Day 2 — June 11, 2016

Understanding and Helping Adults on or with Characteristics of the Autism Spectrum Disorder/Asperger's Disorder and their Partners

9:30 – 10am: Check-in and Coffee

10am –12:30pm: An Overview of Asperger's Disorder and DSM-V ASD in Adults

- What Led to My Interest in Expanding Intervention to Include Adults
- SPECS and How It Looks in Adult Clients
- Theory of Mind
- Social Relationships
 - The Couple
 - The Family
 - Parenthood
 - Fathers



12:30pm –1:30pm: Lunch Break (on your own)

1:30pm –3:00pm: Is Asperger's/HFA a Disability?

- The Benefits and Challenges of Being on the Spectrum
- The Risk Factors Experienced by Adolescents and Young Adults
- The Challenges at the Workplace
- Adults' Struggle to Accept the Diagnoses

3:00pm–3:15pm: Bathroom/Snack Break

3:15pm – 4:45pm: Case Studies and Clinical Issues

- The Challenge of Living Independently at College and Beyond
- Years of Couples Therapy Before Realizing that You are Married to a Man on the Spectrum
- Unwilling to Explore Changes in One's Lifestyle
- Support Group for Women Who are Married to Men on or with Characteristics of HFA or Asperger's Disorder



4:45pm – 5:15pm: Question and Answer Period

Registration Details

- The location of the Institute is: 4275 Los Palos Avenue, Palo Alto, CA 94306
- Registration is limited to 7 participants per day to maximize individual participation and attention.
- At least \$150 payment due at time of registration to hold your place.
- Registration Form and full payment is due at least three (3) weeks prior to the beginning of the institute or until maximum enrollment is reached.
- Due to the limited number of participants in the CTI, cancellation refunds are limited to 50% of the participant's registration fee for cancellation requests received by May 13, 2016. No refunds are available for cancellation requests received after this time.
- A \$50 administrative fee will be charged for any returned checks due to insufficient funds.
- Lunch is on your own. You are welcome to bring a bag lunch and relax in the backyard at the Institute location.

Cost

- **Early Registration:** \$250 per day or \$485 for both days (if payment in full is postmarked or received by May 15, 2016)
- **General Registration:** \$275 per day or \$525 for both days.

For Additional Information

- Contact Dr. Leventhal-Belfer at Dr.Laurielb@gmail.com or 650.322.4431.

Registration Form

A Lifespan Approach to Intervention for High-functioning Children and Adults with an Autism Spectrum Disorder (ASD)/Asperger's Disorder

A Two Day Clinical Training Institute (CTI) with The Friends Program Staff

June 10, 2016 — June 11, 2016

Title: _____ Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone: _____ Email Address: _____

Age Group Focus (Day 1 only):

Pre-K to 1st Grade _____ 2nd – 4th Grade _____ 5th – 7th Grade _____ Middle School Girls _____ (check all that apply)

Day 1: June 10, 2016: The Friends Program: A Therapeutic Program for High-functioning Children/Adolescents who have an Autism Spectrum Disorder (ASD)/Asperger's Disorder, Anxiety and Attention Issues and their Parents

Day 2: June 11, 2016: Understanding and Helping Adults on or with Characteristics of the Autism Spectrum Disorder (ASD)/Asperger's Disorder and their Partners

Registration Options (circle those that apply)	Day 1	Day 2	Both Days
Early Registration (postmarked by May 15, 2016)	\$250	\$250	\$485
General Registration	\$275	\$275	\$525

- At least \$150 payment is due at the time of registration to hold your place.
- Registration Form and full payment is due at least three (3) weeks prior to the beginning of the Institute or until maximum enrollment is reached.
- Registration is limited to 7 participants per day to maximize individual participation and attention.
- **Cancellation Policy:** Due to the limited number of participants in the CTI, cancellation refunds are limited to 50% of the participant's registration fee for cancellation requests received by May 13, 2016. No refunds are available for cancellation requests received after this time.

Please make check payable to "Laurie Leventhal-Belfer, PhD" and send it to Dr. Leventhal-Belfer at:

Dr. Laurie Leventhal-Belfer
4275 Los Palos Avenue
Palo Alto, CA 94306

For additional information, contact Dr. Leventhal-Belfer at Dr.Laurielb@gmail.com or 650.322.4431.