



Jessica Kingsley
Publishers

Laurie Leventhal-Belfer, PhD

college on the autism spectrum

A Parent's Guide to Students' Mental Health and Wellbeing

Foreword by Tony Attwood



College on the Autism Spectrum: A Parent's Guide to Students' Mental Health and Wellbeing

Laurie Leventhal-Belfer

Publication date: 03/19/2020

Paperback, 160PP, ISBN: 9781785925931, \$18.95

Pre order available at [amazon.com](https://www.amazon.com) and Barnes & Noble.

Description:

Providing expert yet accessible guidance to parents of young autistic people who are going to college, this book helps parents support their child from application to graduation.

Covering social issues, independent living, academic challenges, student services, and emotional wellbeing, this is the one-stop shop for advice on the transition to college or university. The book examines skills that students need to live and function at college and the skills parents need to let their teens navigate college without a parent as intermediary. It offers ways to combat common problems that affect the mental health of people on the spectrum, such as keeping up with homework, fast-paced classes, and complex social expectations.

This book is for any parent considering college as an option for their child, mental health professionals and school counselors, teachers looking to provide advice, and for students on the spectrum themselves. Parents of teens with a hidden disability such as a mental health or learning issue will find this book particularly helpful.

Biography:

Laurie Leventhal-Belfer is a psychologist based in Northern California who specializes in taking a developmental approach to psychopathology across the life span. She has worked with children, adolescents, and young adults with Anxiety, Depression, Stress, and Coping. She has also worked with individuals with Autism Spectrum Disorders and their families for 28 years and has published 2 books with JKP previously. Laurie is an Adjunct Lecturer in the Department of Psychiatry and Behavioral Sciences in the School of Medicine, Stanford University.

Reviews:

“Laurie has been working with high functioning children and adolescents on the autism spectrum and their families for 28 years and her experience and wisdom have contributed to writing a highly recommended guide for parents. The guide will encourage the mental health and wellbeing of the college student who has autism as well as their parents.”

- Tony Attwood, *Minds and Hearts Clinic, Brisbane*

“An indispensable guide for preparing children with autistic spectrum disorder going to college. Dr. Leventhal-Belfer's years of experience and close connections with patient families lead to clear and concise recommendations for parents.”

- Dr Michael F. Haberecht, *Staff Psychiatrist, Vaden Health Center, Stanford University*

“This book can truly serve as a lifesaving guide to parents of individuals with ASD who are getting ready to embark on the scary journey of sending their child to college. Frank advice, from parents, individuals with ASD and therapist is provided, offering easy strategies for greatest success.”

- Cheryl Klaiman, PhD., *Associate Professor and Director of Diagnostic Services, Marcus Autism Center and Emory University School of Medicine*

“An invaluable resource and must-read for parents who have a college-bound child with ASD. Dr. Laurie's knowledge of the college environment helped our son navigate through the complex process and get the help he needed to successfully graduate college.”

- JoAnn Mendonca, *Alumni parent of Dr. Laurie's Friends Program*

For inquiries about ARCs, gratis copies, and reviews, please contact carolyn.farnham@jcp.com