



Intro To Adapting Therapy For Autistic Clients

Agenda

Time	Session Content	Duration
0:00 - 0:05	Introduction & Objectives Overview of course goals, learning outcomes, instructor intro	5 mins
0:05 - 0:40	Module 1: What is Autism and Why Autism? Define Autism, discuss autistic traits and clinical considerations, review common challenges Autistic people face in allistic-centered therapy	35 mins
0:40 - 1:20	Module 2: Clinical considerations (terms, autism misinformation, review possible accommodations for sensory, relational, and communication needs) Explore autistic masking, internalized ableism, alexithymia, rejection sensitive dysphoria, trauma, and their impact on mental health. A review of accommodations.	40 mins
1:20 - 1:55	Module 3: Ways to adapt psychotherapy For Autistic Clients Discuss strategies for adapting somatic, cognitive, and person-centered/psychodynamic therapies for Autistic clients	35 mins
1:55 - 2:35	Module 4: Case studies (2) Review two case studies and discuss as a group how to address the particular needs via accommodations and adapting psychotherapy for the Autistic clients.	40 mins
2:35 - 2:55	Q&A Q&A session for course clarification and sharing of experiences.	20 mins
2:55 - 3:00	Conclusion & Evaluation Recap key points, discuss takeaways, resources, and provide instructions for course evaluations.	5 mins