



## Intro To Adapting Therapy For Autistic Clients

### Agenda

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