



## Intro To Adapting Therapy For Autistic Clients

### Agenda

Time	Session Content	Duration
<b>0:00 -</b>	<b>Introduction &amp; Objectives</b>	10 mins
<b>0:10</b>	Overview of course goals, learning outcomes, instructor intro, optional intros for participants.	
<b>0:10 -</b>	<b>Module 1: What is Autism and Why Autism?</b>	30 mins
<b>0:40</b>	Define Autism, discuss autistic traits and clinical considerations, review common challenges Autistic people face in allistic-centered therapy	
<b>0:40 -</b>	<b>Module 2: Clinical considerations (terms, autism misinformation, review possible accommodations for sensory, relational, and communication needs)</b>	30 mins
<b>1:10</b>	Explore autistic masking, internalized ableism, alexithymia, rejection sensitive dysphoria, trauma, and their impact on mental health. A review of accommodations.	
<b>1:10 -</b>	<b>Break</b>	10 mins
<b>1:20</b>	10-minute break	
<b>1:20 -</b>	<b>Module 3: Ways to adapt psychotherapy For Autistic Clients</b>	40 mins
<b>2:00</b>	Discuss strategies for adapting somatic, cognitive, and person-centered/psychodynamic therapies for Autistic clients	
<b>2:00 -</b>	<b>Module 4: Case studies (2)</b>	30 mins
<b>2:30</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.	
<b>2:40 -</b>	<b>Q&amp;A</b>	20 mins
<b>3:00</b>	Q&A session for course clarification and sharing of experiences.	
<b>3:00 -</b>	<b>Conclusion &amp; Evaluation</b>	10 mins
<b>3:10</b>	Recap key points, discuss takeaways, resources, and provide instructions for course evaluations.	