

Supporting the Mental Health of Female Adolescents & Adults with ASD in the Clinical Setting: Perspectives from a Clinician & a Young Woman on the Spectrum

Presented by: Cheryl Checkers, M.S., LMHC and Katie Santoro

Hosted by: FAU CARD

About the Presenter

Cheryl Checkers, MS, LMHC, NCC, CCMHC is a Licensed Mental Health Counselor, National Certified Counselor and National Certified Clinical Mental Health Counselor in private practice where she specializes in the treatment of adolescents and adults with ASD and comorbid mental health diagnoses, parent education and support and professional consultation. In addition, Cheryl is a clinical consultant for Florida Atlantic University Center for Autism and Related Disabilities. She holds advanced certifications as a Clinical Anxiety Treatment Professional and Clinical Trauma Professional and has over 20 years of experience working with adolescents and adults with ASD and mental health diagnoses.

Katie Santoro is a Miami Herald Silver Knight Award winner in the Drama category. An arts advocate for over a decade, Katie recently became an autism advocate after a late diagnosis at age 24. Katie participated in Job Seekers and the SALT program at UM/CARD. She hopes the future will be a world where clinicians have more accurate testing tools and knowledge to accurately identify women on the spectrum. Katie is the Board Chair of the Unicorn Children's Foundation, and serves on the Boards of Els Center of Excellence, and UM CARD. She has traveled to five continents with the life goal of visiting all seven. Katie is a graduate of University of Illinois and currently works full-time at Cardinal Health.

Training Description

Target Audience: (Mental/Behavioral Health Therapists & Providers, Educators, Clinicians, Professionals)

This presentation discusses how to adapt clinical practice to address the needs of adolescents and women with autism spectrum disorder. Misdiagnosis and common mental health conditions experienced due to late identification of ASD will be discussed. Participants will learn clinical techniques to support females on the spectrum, including supportive counseling strategies to foster acceptance and growth, and tools girls and women can use to protect themselves from autistic burnout.

Training Objectives

Participants will be able to:

- Recognize the unique profile of ASD in girls & women.
- Understand the mental health challenges experienced by girls & women with ASD.
- Identify the components that foster self-acceptance in the counseling setting.
- Understand how to administer specific counseling techniques to help girls & women with ASD thrive.

Date:

February 1-28, 2023

Registration Begins:

February 1, 2023

Location:

Online, pre-recorded, 60-minute
webinar

Registration Deadline:

February 28, 2023

Limited to first 500 participants

Register [here](#)

Registration is mandatory. Once registered, you will receive a link to view the presentation online.

For more information contact:

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