

Enhancing Autistic Girls & Women's Wellbeing with INVEST Counseling Framework

Presented by: Dori Zener, MSW RSW

Hosted by: FAU CARD

Training Description

Autistic women are at significant risk of developing mental health conditions - more than their male counterparts and the general population. Missed and late diagnosis, a lifetime of masking (trying to hide their autistic traits and fit into a world that wasn't designed for them), coupled with peer victimization and sensory overload leaves them ripe for depression, anxiety, trauma, and burnout. This INVEST training (Identify needs, Validate, Educate, Strengthen and Thrive) will teach clinicians a framework to help Autistic women identify meaningful therapeutic goals, understand their unique neurodivergent profile, approach themselves with acceptance and kindness, strengthen their ability to navigate social and sensory environments, advocate for their needs, and find safe, supportive, and authentic connections.

Training Objectives

- Understand the factors that impact mental health experiences for Autistic girls and women
- Learn INVEST (Identify needs, Validate, Educate, Strengthen and Thrive) a Neurodiversity-affirming counseling framework to help autistic girls and women thrive
- Build confidence in providing strengths-based person-centered counseling to Autistic preteen girls and women

About the Presenter

Dori Zener (she/her), MSW, RSW, is a registered social worker and the Director of Dori Zener & Associates, a neurodiversity-affirming mental health and peer support agency in Toronto, Canada. From her work as an Individual, Couple and Family Therapist she created INVEST, a person-centered strengths-based framework that supports the mental health of neurodiverse individuals across the lifespan. Dori has expertise in working with Autistic girls and women. She believes in the power of shared lived experience to enhance connection and foster hope and has championed the development of five Autistic-led peer support groups in her private practice. Dori is passionate about autism acceptance and endeavors to expand the understanding of autism through publications, training, research collaborations and professional consultation.

Registration Begins:

May 1, 2023

Registration End:

May 31, 2023

Where: Online, pre-recorded
webinar

Duration: About 60 minutes

Audience: Mental Health and
Behavioral Health Therapists &
providers, Educators, Clinicians,
Professionals

Limited to first 500 participants

Register to view online:

<https://wellbeingasd.eventbrite.com>

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

*You must fill out the form at this Certificate of
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during the training, once registered you will receive
a link to enter the code.*

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