

Treating Anxiety Among Individuals with ASD

Presented by: Joshua Nadeau, Ph.D.

Hosted by: UF Health/Jacksonville CARD

About the Presenter

Joshua M. Nadeau, PhD, is a licensed clinical psychologist who directs the clinical treatment team at Rogers Behavioral Health in Tampa. In his research and practice, Dr. Nadeau focuses on the use of cognitive behavioral therapy for the treatment of obsessive compulsive and related disorders, as well as in the adaptation of evidence-based techniques to address the unique needs of youth and adults with autism spectrum disorder (ASD) and other neurodevelopmental disorders.

Dr. Nadeau received his doctorate in school psychology and completed his post-doctoral research fellowship in clinical psychology from USF. He has authored and co-authored numerous peer-reviewed articles and book chapters on treatment of obsessive-compulsive and related disorders among children, adolescents, and adults. Additionally, Dr. Nadeau is an active member of the International OCD Foundation, Association for Cognitive and Behavioral Therapies, and Anxiety and Depressive Association of America.

Training Description

Target Audience: (Teachers, caregivers, and other professionals who work with persons with ASD.)

Although the prevalence rates for ASD continue to increase, and risk for cooccurring mental health conditions is significantly higher for youth and adults with ASD, relatively little attention and focus is given on how best to address symptoms of anxiety among individuals with ASD. This presentation will briefly describe evidence-based treatment for anxious individuals, describe barriers to treatment that are unique to ASD, provide and describe specific individual, group and family-based modifications to treatment that address these barriers, and allow time for questions about these topics.

Training Objectives

Participants will be able to:

- Review strategies to put in place before the student(s) return to school, to help prepare them for a successful transition.
- Identify how to modify classroom environments and routines to help students with ASD and related disabilities successfully return to learning after an extended absence.
- Discuss methods of collaborating with team members to determine areas of concern, prevent miscommunication with families, and brainstorm strategies for troubleshooting issues, that may arise during the transition.

Date:

June 10, 2021

10:00 am – 12:00 pm

Location:

Online

Registration Deadline:

June 9th, 2021

Limited to first 300 participants

Register Online:

[Register here](#)

Registration is mandatory.

For more information contact:

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