



**Cameray**  
Child & Family Services

# WORKING WITH CHILDREN & YOUTH ON THE AUTISM SPECTRUM: BUILDING YOUR TOOLBOX

Friday, November 4, 2022 - 9am – 4pm

Featuring **Dr. David Worling, Dr. Miriam Elfert &  
Kelly MacGregor**



This fast-paced one-day workshop features experts in the field of supporting children and youth on the Autism spectrum. It is appropriate for child and family therapists, psychologists, school counsellors, mental health clinicians, social workers, members of school-based teams, youth and family workers and community service providers. It is designed to provide specific tools to professionals who work with children and youth.



## MORNING:

**Autism Spectrum Disorders and Co-occurring Mental Health Conditions**

*Dr. David Worling, Registered Psychologist, Ph.D.*

## AFTERNOON:

**The Psychological Experiences of Parents of Children with Autism: Clinical Considerations for Understanding and Supporting Parents**

*Dr. Miriam Elfert, M.Ed., Ph.D., BCBA*

**Youth who have Autism and Self-harming Behaviours: Some Background and Treatment Ideas**

*Kelly MacGregor, R.C.C.*

## EARLY BIRD RATE:

**\$185**

(Until September 30, 2022)

## REGULAR RATE:

**\$200**

(After September 30, 2022)

## STUDENT RATE:

**\$165**

(5 seats available)

## LOCATION:

Italian Cultural Centre  
3075 Slocan Street,  
Vancouver, BC

**LUNCH INCLUDED  
FREE PARKING**

## FOR MORE INFO:

Contact Roxane Veltkamp,  
Executive Administrator  
604-436-9449 ext. 276  
admin@cameray.ca

This workshop is a fundraiser  
for Cameray Child and Family  
Services



## **WORKSHOP DESCRIPTIONS**

### **Autism Spectrum Disorders and Co-occurring Mental Health Conditions (Dr. David Worling)**

This presentation will address the often co-occurring mental health conditions that accompany autism. Individuals with autism are at risk for developing and/or being misdiagnosed as having a variety of mental health challenges that include anxiety, AD/HD, OCD, depression, personality disorders, and schizophrenia spectrum disorders. Clinical presentations of these co-occurring conditions will be outlined in addition to covering how they may present in individuals with autism. Treatment options/suggestions will also be discussed.

Learning Objectives:

- 1) Identify the significant mental health comorbidity commonly associated with ASD
- 2) Separate out co-occurring mental health symptoms from core diagnostic ASD features
- 3) Identify targeted treatments relevant to co-occurring conditions in association with ASD

### **The Psychological Experiences of Parents of Children with Autism: Clinical Considerations for Understanding and Supporting Parents Outcomes (Dr. Miriam Elfert)**

This presentation will examine the research on, and clinical observations of the psychological experiences of mothers and fathers of children with autism, including parents' stress, coping, depression, and marital satisfaction. Different interventions designed to help parents cope with parenting a child with autism will be summarized, with a particular focus on parent support groups. A support group for fathers of children with autism will be described, including weekly discussion topics, support group protocol, and participants' perceptions of the group's utility and value, as well as clinical considerations for designing and delivering support groups.

### **Youth who have Autism and Self-harming Behaviours: Some Background and Treatment (Kelly MacGregor, R.C.C.)**

Self-harm often begins in adolescence and may be a means to manage overwhelming or distressing feelings. Rough prevalence estimates of self-harming behaviour in youth are that 18% of youth engage in some form of self-harm. For youth with autism, as much as 20% of them self-harm. This presentation will provide some background on self-harm, as well as identify treatment strategies and adaptations.





## **SPEAKER BIOGRAPHIES**

### **Dr. David Worling, Registered Psychologist**

#### **Director, Westcoast Child Development Group & Spectrum Works Consulting Group**

Dr. Worling holds a Ph.D. from the University of Toronto and has worked extensively with individuals on the Autism Spectrum for the past 25 years in Toronto and Vancouver. He founded the Westcoast Child Development Group in 2003. Dr. Worling holds academic affiliations with the Psychology Clinic at SFU and is a Sessional Instructor, teaching a course on Autism, with the Psychology Department at UBC. David is trained as a Qualified Specialist affiliated with the British Columbia Autism Assessment Network and provides workshops, training, and presentations regarding ASD and mental health. Dr. Worling acts as a consultant to a number of groups including the Online Mental Health & Autism Project Advisory Committee and the Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA). He is a co-investigator on ongoing Autism research in adults with the Centre for Autism Research, Department of Psychiatry at the University of British Columbia. In response to his maturing clinical population, he began advocating for employment issues, mental health, and Autism and has developed a number of unique intervention protocols and founded the Spectrum Works Consulting Group in 2015.

### **Dr. Miriam Elfert, M.Ed., Ph.D., BCBA**

Dr. Miriam Elfert is a clinical manager at the Reach Child and Youth Development Society, where she provides training and clinical support to various programs such as the Positive Behaviour Support program. As well, she works as a consultant and manager of the Reach Applied Behaviour Analysis program together with a multidisciplinary team providing early intervention services to children with autism and their families. Dr. Elfert also teaches undergraduate courses on autism and Applied Behaviour Analysis at Capilano University. She has an M.Ed. in counselling psychology and an M.A. and Ph.D. in special education. Dr. Elfert has extensive experience in the field of special needs, which includes working as a behaviour interventionist, special education assistant, behaviour consultant, counsellor, and consultant to the Ministry of Children and Family Development regarding provincial autism policy and operations. She has worked with individuals with autism and other special needs, as well as with their families in home, school, and community settings since 1996.

### **Kelly MacGregor, R.C.C.**

Kelly MacGregor is a Registered Clinical Counsellor and Behaviour Consultant who has worked with people with intellectual disabilities and autism since 1990. She is drawn to Positive Psychology and tends to use Solution Focused questioning as a means to help clients identify where they wish to go and how they wish to get there. Kelly has Master's degrees in Special Education and Counselling Psychology.





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## REGISTRATION FORM

**Friday, November 4, 2022 - 9am – 4pm**

Registration begins at 8:15am

**Hosted at the Italian Cultural Centre, 3075 Slocan Street, Vancouver, BC**

### Four Ways to Register:

- (1) **ONLINE**                    [CLICK HERE](#)
- (2) **By Mail:**                Cameray Child & Family Services  
#102 - 5623 Imperial St., Burnaby, BC, V5J 1G1, Attention: Roxane Veltkamp
- (3) **By Email:**              admin@cameray.ca
- (4) **By Phone:**             604-436-9449 Ext. 276

### Two Ways to Pay:

- (1) **By Credit Card:** Complete card information online, below or over the phone
- (2) **By Cheque:** Payable to Cameray Child and Family Services

**WORKSHOP RATES:**    \$185 Early Bird (until September 30<sup>th</sup>, 2022)  
   \$200 (after September 30<sup>th</sup>, 2022)  
   \$165 Student Rate (5 seats available)

**REGISTRATION DEADLINE:**  
October 27<sup>th</sup>  
2022

### Contact Information:

Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Email: (for presenter handouts) \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Dietary Concerns: \_\_\_\_\_

### Billing Information:

Name attached to the credit card: \_\_\_\_\_

Address attached to the credit card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date (Month and Year): \_\_\_\_\_ CVD: \_\_\_\_\_

\*Cancellations: Training fees are refundable, subject to a \$25 administration fee, provided we receive notification at least 7 calendar days before the training date.