



# Therapist's Guide to Conference

## Why should a therapist attend the conference?

The Minnesota annual autism conference is a great place for therapists to stay up to date on the latest best practices and research for autism. Not only will you walk away with practical strategies that will help you with everything from behaviors to social skills, you also will earn CE credits and connect with colleagues. If you don't find information on everything you're looking for at the conference, our AuSM Shop has a hand-selected collection of books and other resources about every age, topic, and concern related to autism. If you're looking for help with a particular topic, visit the bookstore and we will help you find the right resource. Use this guide to help you find the sessions and resources tailored for therapists at the event.

## Obtain CEUs

Continuing Education Units (CEUs) will be available from the Minnesota Board of Psychology, the Minnesota Board of Social Work, the Minnesota Board of Behavioral Health & Therapy, the Minnesota Board of School Administrators, and the Minnesota Board of Marriage and Family Therapy for conference sessions. Certificates will be available at the end of the conference at AuSM Headquarters. If you are applying for CEUs through a different board, a Certificate of Attendance will be available in your participant folder to submit to your board.

## Wednesday, April 26, 12:30-4:30 p.m. Foundational Conference Workshop

### Conference Keynote Presentations

- Thursday, April 27, 8-9:30 a.m.  
Understanding Emotions and Strategies to Develop Self-Regulation, presented by Kari Zweber Palmer (Social Thinking)
- Thursday, April 27, 1:15-2:45 p.m.  
A New Vision for Supporting Autistic and Neurodivergent Students, presented by Dr. Mona Delahooke
- Friday, April 28, 8-9:30 a.m.  
The Past, Present, and Future of Autism Politics, presented by Eric Garcia

### Conference Breakout Sessions

#### Thursday, April 27

##### 10-11 a.m.

- Strategies for Choosing the Right Goals and Following Through, presented by James Rechs
- Building Inclusion: A Movement Towards Communities as Purposeful Natural Supports, presented by Sonya Emerick and Paula Luxenberg
- Supporting Self-Advocacy for Teens and Young Adults with Disabilities, presented by Cole Sorensen

##### 11:15 a.m.-12:15 p.m.

- Neurodiversity in the Workplace: The Power of Unlocking Different Talents and Perspectives, presented by Aja Wolfe

## Conference Breakout Sessions (cont.)

Thursday, April 27

3-4 p.m.

- Trauma, Special Needs and Interventions, presented by Tamera Pulver
- Centering the Margins: Intersectionality, Power and Radical Solidarity, presented by Ashley Oolman
- Supporting Individuals with Profound Intellectual and Multiple Disabilities (PIMD), presented by Eric Ringgenberg

Friday, April 28

10-11 a.m.

- Regulation Stations, presented by Elizabeth Duffy and Michelle Pettit
- What is Disability Justice and Why Does It Matter?, presented by Jules Edwards, Brittanie Hernandez-Wilson, and Jillian Nelson
- Using DBT to Help Adolescents Manage Stress and Anxiety, presented by Ann Duevel

11:15 a.m.-12:15 p.m.

- Make it Make Sense: Practical Coping Techniques for Trauma, presented by Sara Lahti
- Developing Self-Regulation with Biofeedback and Self-Hypnosis presented by Dr. Andy Barnes

1:15-2:15 p.m.

- Updates to the DSM: How the DSM 5 TR Expands Recognition of Autism Characteristics in AFAB and Racially Diverse Individuals, presented by Beth Pitchford

2:30-3:30 p.m.

- When the Frontal Lobe Does Not Cooperate, presented by Sara Swan
- How Providers and Educators Can Work With Autistics To Build Accessible Services, presented by Rene Joy
- Supporting Autistic Youth: Insights from the Autism Mentorship Program, presented by Megan Perera, Emily Goldberg, AJ Hokland, and Cameron Hallonquist

### Virtual Sessions

- Intersections of Self: Autistic and LGBTQIA+ presented by Lydia Rhoads
- Neurodivergence, Sex, and Sensory Processing presented by Sarah Hernandez
- Bereavement As a Spectrum: Supporting Autistics Through Grief & Loss presented by Colleen E. McCluskey
- Building the Foundation: The Role of Regulation in Managing Mental Health and Independence presented by Michaela Faretta and Trish Layde

### What's Next

In addition to the annual state autism conference, AuSM offers resources and services throughout the year that can be beneficial to therapists working with clients on the spectrum. The AuSM Counseling and Consulting team is available to consult with therapists, group home staff, community organizations, employers, day training and habilitation groups, and other direct support professionals who work with individuals with autism to help with general training or to offer strategies related to a specific issue or topic. In addition, we have customized trainings available. Make sure you stay connected to AuSM with our twice monthly e-newsletter, AuSM Connections. To learn more about autism, join us for ASD Direct Support Certification, a 15-hour intensive course that gives practical solutions for working with people on the spectrum. .