

Do You Have a Child with Autism Who Struggles with Anxiety?

Facing Your Fears: Group Program for Managing Anxiety in Children with Autism Spectrum Disorders



Program Eligibility Requirements

- Children/Adolescents ages 8-14 with an ASD diagnosis
- Children must have average intellectual ability and be able to read at a second-grade level
- Children must display symptoms of anxiety that interfere with their daily functioning
- At least one caregiver must participate in all sessions
- Parents and children must commit to 14 weeks of participation starting in **March 2020**
- Parents and children will need to participate in a phone screening
- Participants must be willing to complete pre/post assessments

The Center for Autism and Related Disabilities at the University at Albany is now offering a group implemented program for children to help manage their anxiety.

The Facing Your Fears intervention (Reaven, Blakely-Smith, Nichols, & Hepburn, 2011) is being offered at no cost through the Center for Autism and Related Disabilities at the University at Albany. This program uses a cognitive-behavioral approach for reducing anxiety symptoms in children with autism spectrum disorder. The program includes large-group instruction for part of the session and also separate parent and child groups. The groups focus on identifying worries, developing coping strategies and practicing “facing your fears” with guidance and support from facilitators. Participants are asked to complete assessments in order for us to evaluate the effectiveness of this group-based intervention.

For more information

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