

AACBT Qld Pub discussion

Yoga as an adjunct to CBT for Autism Spectrum Disorders



Learn how two experienced practitioners include mind-body skills with existing treatment protocols, and how those skills can potentially be beneficial for ASD.

GUEST SPEAKERS *Dr Michelle Garnett and Radhika Tanksale*

Forty years of research shows great promise for the use of yoga to increase both psychological and physical health across a range of conditions. Psychotherapy and yoga can be woven together and complement each other.

There is emerging evidence for the application of yoga for treatment of the dysregulation of emotions and attention that is common in ASD. The presenters have incorporated yoga into their treatment regime over a number of years, culminating in a PhD study by Radhika Tanksale into the "Incredible Explorers Program", for 8 to 12-year-olds with ASD.

Research experience and results of the pilot study will also be presented.

A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic related to cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.

Registration from 6:15pm for a 6:30pm start.

- **When** Tuesday 27 March 2018 @ 6:30-7:30pm
- **Where** Norman Hotel, 102 Ipswich Rd, Woolloongabba
(enter via Qualtrough St)
- **Tickets** AACBT Members **Free** / Non-Members \$10

Dr Garnett is a Founder and Director of "Minds & Hearts," a psychology clinic that provides services specifically for Asperger's Syndrome, Autism and related conditions. She has co-authored three books.

Radhika Tanksale has been practicing at Minds and Hearts Clinic, West End since September 2011, and has worked with children on the Autism Spectrum for almost 11 years. The Incredible Explorers Program based on yoga techniques and philosophy is developed by her.

Book now at <https://www.aacbt.org.au/events/>



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