

AUTISM AND TRAUMA: IDENTIFYING, ASSESSING, AND TREATING AUTISTIC YOUTH IN A DATA SCARCE SPACE

Presenter: Laura Olivos, PsyD

**Friday, May 7, 2027 ♦ 12:00pm – 2:00pm (ET)
Zoom Webinar**

Autism spectrum disorder has been widely studied over the last few decades, as increased awareness and inclusion efforts have been made by the Autistic community, families, and researchers. However, identifying, assessing, and treating traumatized Autistic individuals has proven difficult, with scarce data and research to aid clinicians in navigating these layered and complex cases. The need to examine the intersectionality of trauma and Autism is a crucial one, as Autistic people are more likely to experience higher rates of suicidality, victimization, and some co-occurring mental health conditions as compared to their allistic counterparts. Treating these individuals with care, competency, and dignity is imperative, and it starts with asking the right questions. Attendees will examine how to creatively adapt the evidence-based Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) protocol for traumatized autistic youth. Case examples will be reviewed in this context.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Laura Olivos, Psy.D. is a licensed clinical psychologist practicing throughout South Florida, providing services to children and families in her community. With over 15 years of clinical experience, Dr. Laura's training emphasizes the assessment and treatment of children with trauma, developmental disabilities, and family dysfunction. Above all, Dr. Laura considers herself an advocate for children and families and often collaborates with community resources and other medical and educational providers for optimal outcomes. In 2023, Dr. Olivos was honored by the University of Miami and Nova Southeastern University's Center for Autism and Related Disabilities (UM-NSU CARD) by being awarded the Outstanding Professional Award. In 2025, she was selected to train members of the Miami-Dade Sheriff's Office and the Florida Department of Law Enforcement's Crisis Intervention Training (CIT) for populations with intellectual and developmental disabilities. Dr. Laura has also volunteered her time to serve on several boards, including the Board of Advisors for Parents Magazine, and currently serves on the board of directors for Crystal Academy Premium Therapy School and The Social Cog, both nonprofit organizations serving Autistic individuals and their families in South Florida. In her free time, she enjoys traveling, doing service work in Peru, playing with her toddler, and writing her first children's book, which focuses on personalizing Autism diagnosis disclosure.

PROGRAM OBJECTIVES

By the end of this presentation, participants will be able to:

- Identify two ways in which Autism and trauma symptomatology intersect in children and adolescents
- Analyze clinical experience and clinical judgement and apply findings to develop evidence-based interventions that are tailored, individualized, and personalized for these complex cases

PROGRAM AGENDA

12:00pm – 12:10pm	Introduction
12:10pm – 12:20pm	Exploring the overlap of Autism and posttraumatic stress symptomatology in youth
12:20pm – 12:30pm	Identifying the systemic and diagnostic barriers to identifying posttraumatic stress in Autistic youth
12:30pm – 12:45pm	Examining the latest research on assessments and interventions in treating traumatized autistic youth
12:45pm – 1:15pm	Reviewing the implementation of a personalized Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) protocol for an Autistic child with a history of trauma
1:15pm – 1:45pm	Brief case examples
1:45pm – 2:00pm	Discussion and conclusion

For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

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All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

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NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

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