

The Westmead Feelings Program

The Westmead Feelings Program is an emotion-based learning program for children with autism.

What's involved in each session?

The Children's Hospital at Westmead has developed a 15-month intervention program (5 weeks per term for 3 terms plus a 6 month follow up session) teaching children with autism spectrum disorder about emotional understanding and social awareness. The program is available for two different ability levels. Level 1: Autism and mild ID or 5 to 7 year olds. Level 2: Autism without an ID Not just clinic-based, the Westmead Feelings Program develops parents' and teachers' emotion coaching skills, supporting children to understand emotions, solve problems and ultimately manage their feelings in everyday settings.

What is the cost?

Westmead Feelings Program includes 16 one hour weekly group therapy sessions plus pre and post program preparation, feedback and support. (24 hrs total) 10.5 hours parent training, Assistive Tech program kit \$131.85, 1:1 intake, assessment and reporting with facilitating therapist, including an NDIS Therapy Report (3 hrs total) Charged at the NDIS recommended Group Therapy and 1:1 Therapy rates: (NDIS recommended rate is subject to change)

What are the outcomes?



Understanding emotions

Introduction to primary emotions –happy, sad, worried and angry Children learn to rate intensities of their feelings and recognise their emotions through facial features and understand that different people can have different feelings.



Problem solving & perspective taking

Children learn how to solve problems, using structured visual tools Read emotional body signs in faces, bodies and voices, Perspective taking, and how different people can have different feelings in the same situation.



Managing emotions

Children learn a range of strategies for dealing with difficult or unpleasant emotions to feel more in control and accepting of their emotions, enabling them to react more appropriately and in more socially positive ways.

Let me show you how I feel

An intervention program that enables children with ASD to understand and manage their feelings and emotions.

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