



Sarita Freedman, Ph.D.

Sarita Freedman, Ph.D. is a licensed psychologist (PSY14985) in Southern California. She is the author of *Developing College Skills in Students with Autism & Asperger's Syndrome* (2010, JKP). She specializes in working with individuals of all ages with autism spectrum disorders, and their families, and has done so for over 30 years. Her expertise is in diagnosis; treatment planning; interfacing with school districts, advocates, and other agencies; and providing family support. She also provides marriage counseling to couples where one of the individuals has ASD, and to siblings of individuals with ASD. Dr. Freedman trains and supervises other professionals interested in working in the field of ASD. She is currently developing and implementing one of the first university-based training programs for future mental health professionals (Marriage & Family Therapy trainees) at the California State University Northridge. With incident rates of ASD being as high as they are (1 in 59, according to the CDC), it is imperative that more mental health clinicians understand the intricacies of ASD, and develop specific skill sets to work with individuals on the autism spectrum. She utilizes an eclectic approach to making treatment decisions, selecting from a variety of intervention methods that are most appropriate for the individual's needs.

Workshop Objectives

1. In addition to parents, list three other family members affected by having a child with ASD in the family.
2. List four parenting challenges of parents of a child with ASD.
3. Provide three reasons why a child benefits when parents disclose the diagnosis to the child.