

Mood Group for Teens with Autism

Clinicians at Vanderbilt University Medical Center are offering autism-adapted ***Cognitive Behavioral Therapy (CBT) groups*** for teens with autism experiencing anxiety and/or depression.



Eligible Youth:

- Have Autism Spectrum Disorder (ASD)
- Currently in middle school or high school

Intervention

- Youth: 12 group sessions (*Wednesdays 4:00-5:30pm*) at the VUMC Psychiatry Outpatient Clinic (*1500 21st Avenue South, Nashville*)
- Caregivers: 6 optional virtual sessions (*Mondays 10-11am*)
- Content: Autism-adapted Cognitive Behavioral Therapy (CBT)
 - Emotion Regulation
 - Friendship Skills
 - Coping Skills
 - Relaxation Practices
 - Optimistic Thinking
 - Boosting Self-Esteem
- Costs: Youth sessions are billed to commercial insurance. No charge for caregiver sessions. Additional details provided in the phonescreen.
- Research: Opportunities to participate in research are available (*up to \$90 compensation for optional research participation*).

For more information, contact:

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