

USING A NEURODIVERSITY-AFFIRMING APPROACH TO WORK WITH AUTISTIC YOUTH AND THEIR CAREGIVERS

Monthly on the Second and Fourth Thursday : 10:30am -11:30am



About the Event

This didactic focuses on the application of foundational principles of neurodiversity-affirming care to complex clinical presentations in youth and their caregivers. The session will address best-practice strategies for supporting emotional wellbeing in presentations involving anxiety, depression, trauma and challenging behavior, emphasizing behavior as communication and prioritizing autistic youths' safety, identity and autonomy. Participants will learn how to flexibly adapt evidence-based intervention strategies to align with each children's communication preferences, sensory profile and intrinsic motivators. Guidance will be provided on partnering effectively with caregivers, honoring their lived expertise, and promoting consistent support across home, school and clinical settings. Case examples will illustrate practical techniques including visual communication tools, energy accounting, interoceptive supports, and strengths-based goal tracking. Attendees will leave with concrete strategies that prioritize wellbeing outcomes and respect autistic identity while improving participation, regulation, and meaningful relationships.



RENAE BEAUMONT PHD

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Speaker Biography:

Dr Renae Beaumont is a clinical psychologist and researcher with over twenty years' experience working with autistic youth and their caregivers. She is the founder of the Secret Agent Society Program, which has helped over 30,000 neurodivergent children worldwide to learn how to regulate their emotions and build social connections with peers. Dr Beaumont is particularly passionate about using technology to address mental health concerns in young people. She is the VP of Personalized Health and Pediatric Innovation at SkyMedAI, a consulting firm that works with companies to build, evaluate and disseminate AI-informed health technologies.

Learning Objectives:

1. Identify and respond to autistic youth presentations involving anxiety, depression, trauma or challenging behavior using neurodiversity-affirming approaches.
2. Revise evidence-based intervention strategies to align with autistic communication styles, sensory profiles, and motivators.
3. Utilize culturally sensitive, lived-experience-honoring approaches to strengthen caregiver collaboration.

References:

1. Bampagiannis, P., & Baldimtsi, E. (2025). Interoception and emotional regulation in autistic children through an occupational therapy perspective: A literature review. *Brazilian Journal of Science*, 4(2), 1-14. <https://doi.org/10.14295/bjs.v4i2.699>
2. Cherewick, M., & Matergia, M. (2023). Neurodiversity in Practice: a Conceptual Model of Autistic Strengths and Potential Mechanisms of Change to Support Positive Mental Health and Wellbeing in Autistic Children and Adolescents. *Advances in Neurodevelopmental Disorders*, 8(3), 408-422. <https://doi.org/10.1007/s41252-023-00348-z>
3. Lerner, M. D., Gurba, A. N., & Gassner, D. L. (2023b). A framework for neurodiversity-affirming interventions for autistic individuals. *Journal of Consulting and Clinical Psychology*, 91(9), 503-504. <https://doi.org/10.1037/ccp0000839>



Thursday, January 8th, 2026
10:30am - 11:30am



Virtual Lecture:

[https://www.eeds.com/sign_in.aspx?
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1 CE credit hour is available free of charge to Weill Cornell Medicine Department of Psychiatry, full time and voluntary psychology, social work and LMHC faculty

Credits are available to those who sign into the lecture using the EEDS sign-in link provided, attend the entire lecture live, and complete the CE evaluation in the EEDS portal within 30 days, in accordance with NYSED and APA requirements.

Evaluation forms will be available in your EEDS account following the lecture if you have met the attendance requirement, and eligible participants will also receive the evaluation link by email.



Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



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