



## Free to Attend

for all members of the WCM Community; faculty, staff and trainees welcome!



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PsyD**

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Psychiatry  
Weill Cornell Medical College, Cornell University



Tuesday June 3rd 2025 | 7pm-8pm



<https://weillcornell.zoom.us/j/92477153371>

Passcode: 728638



CONTINUING EDUCATION (Optional)

**1 CE is available for a \$20 fee**, available to **Psychologists, Social Workers and LMHC's** who sign in with their full name, attend the entire lecture and complete a survey which will be emailed following the completion of the workshop. *CME credits are NOT available for this event.*

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Content is appropriate for beginner, intermediate and advanced level practitioners.

Sponsored by the Weill Cornell Medicine  
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## Autism in Adulthood

### Abstract

Autism spectrum disorder (ASD) is often perceived as a childhood condition, but increasing recognition of autism in adulthood has highlighted critical gaps in diagnosis, mental health care, and treatment access. There are over 5 million autistic adults in this country. This talk explores the barriers to adult autism diagnosis, including factors such as gender and the impact of masking behaviors. Beyond diagnosis, adults with ASD frequently experience comorbid psychiatric conditions, such as anxiety, depression, and ADHD, which can complicate both diagnosis and treatment. This talk will discuss evidence-based approaches, including cognitive-behavioral therapy (CBT) modifications, workplace accommodations, and community-based supports. This presentation aims to promote an increase in awareness of the challenges faced by autistic adults and provide clinicians with tools to better support autistic patients.

### Biography

Michelle Gorenstein-Holtzman is a clinical psychologist at the Center for Autism and the Developing in Brain. She specializes in the diagnosis and treatment of adolescents and adults. Dr. Gorenstein has presented on this topic for both professionals and community organizations and has been featured on Fox 5 New York and Self Magazine.

### Learning Objectives

1. Describe the unique challenges associated with making a first-time autism diagnosis in adulthood.
2. Identify at least three common comorbid diagnoses in autistic adults.
3. Explain at least two modifications to psychotherapy that support an autism-affirming approach.
4. List at least three community-based resources available to support autistic adults.

### Suggested Reading

1. Huang, Y., Arnold, S. R., Foley, K., & Trollor, J. N. (2020). *Diagnosis of autism in adulthood: A scoping review*. *Autism*, 24(6), 1311–1327. <https://doi.org/10.1177/1362361320903128>
2. White, S. W., Siegle, G. J., Kana, R., & Rothman, E. F. (2023). Pathways to psychopathology among autistic adults. *Current Psychiatry Reports*, 25(8), 315–325. <https://doi.org/10.1007/s11920-023-01429-5>
3. Aragon-Guevara, D., Castle, G., Sheridan, E., & Vivanti, G. (2023b). The reach and accuracy of information on autism on TikTok. *Journal of Autism and Developmental Disorders*. <https://doi.org/10.1007/s10803-023-06084-6>