



Cognitive Behavioral Intervention for Driving

A cognitive behavioral intervention for teens and adults with Autism Spectrum Disorders, ADHD, Anxiety or related conditions to reduce driving-related anxiety by teaching executive functioning and emotional regulation skills.

8 weekly 1.5 hr. sessions

- Group setting

PLUS

- Individualized driving simulator

** Individuals must be of driving age of 15 ½ or older to participate*

Contact

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CURRICULUM

- Contextual Awareness
- Attention Shifting
- Multiple Processing
- Self-Awareness
- Cognitive Restructuring
- Compress and Cope Strategies
- Self-talk
- Goal Setting and Exposure Practices

Total Program Costs is \$650.00



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