



CBID



Cognitive Behavioral Intervention for Driving

A cognitive behavioral intervention for teens and adults with ASD/ADHD/Anxiety/PTSD etc. to reduce driving-related apprehension or anxiety by teaching executive functioning and emotional regulation skills specific to driving and exposure to driving using a driving simulator.

9 weekly 1.5 hr. sessions

- Group class with course workbook
(Only \$65 per session plus 1x course material fee!)

PLUS

- 5 Individualized **driving simulator practice**
(Driving Simulator only \$40 per session!)

CURRICULUM

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

Contact

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SAN DIEGO STATE
UNIVERSITY

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