

Caroline Hearst's Presentation at Autscape 2010

One of the traits the Autism Spectrum is a tendency to high anxiety levels. In my own case I noticed when looking at photos of myself that even as a teenager I looked highly anxious, however my anxiety was so continuous and chronic that I was unaware of it and even denied it when it was pointed out to me by others. In more recent years I have become more aware of the anxiety and its tendency to segue into depression. I have taken steps to alleviate it including practicing daily meditation and undergoing some CBT treatment with a psychologist. In this session I will speak about how meditation has helped me become aware of and move through the anxiety and also how I found CBT [cognitive-behavioral therapy]. I will offer a offer a short guided meditation and allow time for discussion about both meditation and CBT.