



## Parent Workshops and Customized Presentations

MGH Aspire now provides customized presentations and facilitated workshops to parents, SEPAC groups, community-based groups, and parent-teacher organizations throughout New England. Presentation topics include special education, autism spectrum disorder, neurodiversity, executive functioning, social communication, and stress management

Presentations and Workshops:

- **Neurodiversity** - What is it? - Breaking down how to understand your child's brain
- **Social Competency** - Assessing it, building it, practicing it
- **Stress Management** - Understanding what stress is and how it works (strategies specific to age groups)
- **Disclosure** - The process of helping your children understand who they are and any labels that may apply
- **Transition Planning** - It's never too early to start
- **Executive Functioning** - What it is and how to support it



**Elise Wulff, MEd, Program Manager, Child Services**, has more than a decade of experience working with the neurodiverse population, their families, and professionals in both the public and private sectors. Elise oversees MGH Aspire programming for individuals ages 5-14 and related services, designing and writing engaging curricula with activities that help to teach and build skills through preferred interests and play. In collaboration with MGH Aspire, Elise co-wrote and taught a multi-year tiered self-awareness curriculum based on MGH Aspire's model 'The Science of Me.' Elise also provides personalized parent coaching, school-based consultation, and professional development for providers. Elise received her undergraduate degree in psychology and theater arts from Emory University and her master's degree in special education from Lesley University.



**Leslie O'Brien, LICSW, Program Manager, MGH Aspire Works**, directs MGH Aspire Works and its employer training and consulting programs. In addition to individual consulting with supervisors and employees, MGH Aspire Works provides over 50 area employers with carefully matched neurodiverse interns and the mentoring that leads to success. Leslie facilitates corporate workshops such as neurodiverse hiring and interviewing practices, and feedback & performance evaluations for neurodiverse employees. In addition, O'Brien has over 10 years of clinical experience supporting children and adults to achieve educational and occupational success. She earned her Bachelor of Science in human development and Master of Social Work from Binghamton University.



**Brett Mulder, PsyD, Director of Teen and Adult Programs** at MGH Aspire and Clinical Instructor at Harvard Medical School, oversees year-round programming for teenagers and adults with high cognitive autism and related profiles. Dr. Mulder holds appointments as Psychologist in the Department of Psychiatry and as Assistant in Pediatrics in the Department of Pediatrics at Massachusetts General Hospital. Dr. Mulder is the principal investigator on longitudinal studies evaluating program outcomes for teen and adult programs at MGH Aspire. He provides consultation to school systems and conducts trainings and workshops throughout the year for employers, clinicians, and educators. At the Lurie Center of MGH, he sees children, teenagers and adults for individual psychotherapy.

**MGH Aspire** helps children, teens and adults with high cognitive spectrum disorder or a related profile achieve success. Participants receive direct instruction and in-the-moment social coaching to support skill building in the areas of self-awareness, social competence and stress management (MGH Aspire's "3S" model).