The Lurie Center for Autism is offering a unique group training for parents of Lurie Center patients. Led by Jill Pineda, PhD, parents will learn desensitization techniques, a gradual approach used to reduce anxiety. Sessions will include information about desensitization for shots/medical procedures, behavioral strategies parents can utilize at home to prepare for a shot, and helpful visual supports. These strategies can be useful for any age or profile, but may be especially beneficial for children who have difficulty tolerating procedures or shots. Each group will meet virtually over three sessions. Participation in this group includes one individual parent session to discuss personalized recommendations tailored to their unique child. This group is ideal for parents of individuals with DD/IDD who feel their child has historically exhibited anxiety, sensitivity and fear around shots, needles and medical procedures.

**Session Dates:** February, April, June, August, October, and December

**Time:** Tuesdays, 12:00 p.m. - 1:00 p.m.

**Group Participants:** Parents of Lurie Center patients aged 3 years and older

**Location:** Group sessions and individual consultations will take place virtually via Zoom

**Referral:** Participants may join group via referral from clinician or family support

**Cost:** Insurance billable

Does Your Child Have Trouble Tolerating Needles or Other Medical Procedures?