



Newsletter ASDWT

Oct. to Dec.2020

Message by Rukhsana Shah

Chairperson ASDWT

Hello every one!

Season's Greetings and a very happy New Year to all of you.

For most of us, the last quarter has been relatively better than the three preceding ones as we all have learnt new lessons about the value of life, hygiene, health and nature. It is also because of our abiding resilience in face of new challenges, especially of those parents, carers and teachers who are involved in looking after persons with disabilities.

Mental Health Day was observed on 10th October, and it was gratifying to see that many more people are now willing to talk



about mental health issues in Pakistan compared

to, say, 10 years ago. This much needed awareness has been created thanks to the efforts of our medical and mental health professionals.

Another good news is that the Government of Punjab is finalizing a new law on Right to Education for Children with Disabilities. We hope that this will be a comprehensive and all encompassing law to

ensure that children with mild to moderate disabilities are able to attend mainstream schools in the near future.

Of course, the task of training of teachers and modifying the curricula and examination systems is a gigantic one. We, among others, are ready to provide our services, but it will certainly be a great step in the right direction. About time too!



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SPECIAL EVENTS

World Mental Health Awareness Day was celebrated on October 10th, 2020, ASDWT dedicated the month to create awareness about the importance of Mental Health and shared recorded video messages by professionals and celebrities on its Facebook Page. Click on www.facebook.com/autisminpakistan to view the messages.



Dr. Salma Khalil Vice Chairperson
ASDWT, Karachi



Mr. Pervez Ahmed Seechar, Secretary
Department of Empowerment of Person
with Disabilities (DEPD), Sindh



Ms. Sheema Kirmani, Artist, Social
Activist and Founder of Tehrik-e-
Niswan, Pakistan



Mr. Ansar Burney, Human & Civil
Rights Activist and Founder of Ansar
Burney Trust



Dr Aniqah Sohail, Head Pediatric Department,
WAPDA Teaching Hospital, Lahore.



Dr. Kamila Iftikhar, Senior Developmental
Pediatrician, Children Hospital and Institute
of Child Health, Lahore.



Mr. Anees-ur-Rehman, Vice-chairman,
Special Olympics Pakistan



Dr. Irfana Shah, Chairperson Department
of Psychology, University of Sindh



Ms. Ayesha Abbasi Psychologist,
SAM Institute of Special Education
and Rehabilitation, Abbottabad



Dr. Faheem ud Din, Head Department of
Psychological Studies, University of Swat

Special Talks/Presentations on Mental Health

Conners' Rating scale for assessment of ADHD

A zoom session was held on **5th Oct, 2020** on **Conners' Rating Scale** used for the assessment of children with ADHD. The session was conducted by Ms. Farah Amanat of ASDWT, Lahore, and attended by 35 special educationists from Special Education Center, Chiniot.

A Talk on Child Mental Health



On 7th October, 2020 ASDWT Karachi invited Dr. Uzma Ali, Director Institute of Clinical Psychology, University of Karachi to lead a webinar on **Child Mental Health**. She explained different mental problems confronted by children, and also discussed the impact of parenting styles on the alleviation or exacerbation of the problems. The session was attended by 50 parents and was followed by a detailed question and answer session.

Therapeutic Value of Camel Milk for Autism

On 9th October, 2020 ASDWT Lahore held a webinar on **"Therapeutic Value of Camel Milk for Autism Spectrum Disorder"**. Resource Person was **Dr. Deeba Noreen**, Associate Professor, School of Life Sciences, FCC University Lahore. In her presentation she explained the therapeutic value of protective proteins, prebiotic, probiotics and nutrition in camel milk and how they had so far helped children with Autism. She also apprised about her research work on "Genetics of Autism Spectrum Disorders." ASD Welfare Trust assured her of support in collecting research data. More than 40 parents and professionals benefited from her presentation.



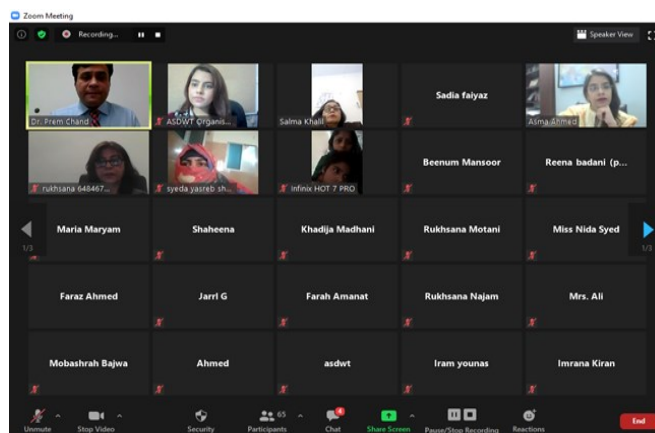
Overview of Child Mental Health

ASDWT Lahore arranged a webinar for parents, students and professionals on **14th October 2020** by **Dr. Nazish Imran**, Head of Department of Child and Family Psychiatry, Mayo Hospital Lahore. In her presentation Dr. Nazish discussed phobias, panic disorders, obsessions compulsions, epilepsy and other psychiatric problems in children. She also shared real life examples with participants. The session was quite interactive and lively. ASDWT is grateful to her for sharing her knowledge and expertise. Forty participants profited from her thought provoking presentation on a very relevant topic in the time of pandemic.



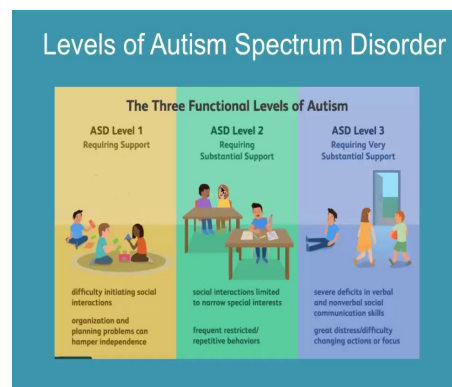
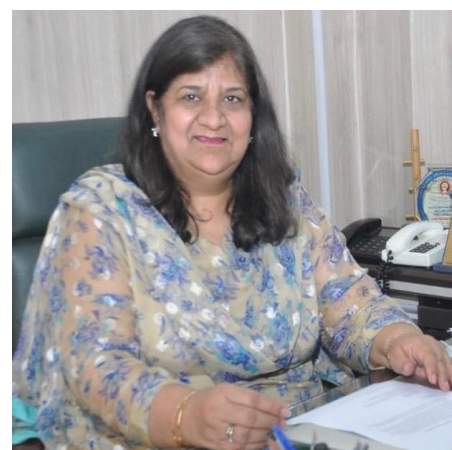
Webinar on Epilepsy

On 19th October, 2020 ASDWT Karachi invited Dr. Prem Chand, Head and Director of Pediatric Neurology, AKUH to conduct a Webinar on Epilepsy. It was a comprehensive session that covered all related facets of the illness and the types of seizures. More than 60 parents and professionals across Pakistan attended this session. Questions and Queries were address in detail. ASDWT is thankful to Dr. Prem Chand who shared his expertise and took out time despite his tight schedule.



Neurodevelopmental Disorders in Children

ASDWT Lahore organized a Webinar on **28th October 2020** on **“Neurodevelopmental Disorders in Children”**. Resource person was **Dr. Shazia Maqbool**, Head Department of Developmental and Behavioral Pediatrics, The Children Hospital and Institute of Child Health, Lahore. Her presentation focused on the initial signs and symptoms of neurodevelopmental disorders and their management techniques. She also shed light on the impact of exposure to excessive screen time during COVID-19 pandemic and its effects on the mental health of children. One hundred and thirty (130) people from all over Pakistan benefited from the discourse. ASDWT expresses special thanks for her time and giving an elaborate presentation on Neurodevelopmental Disorder in children.



Anxiety Disorder and Management

Ms. Farah Amanat from ASDWT, Lahore conducted a webinar on **12th November 2020** on **“Anxiety Disorder and Management Techniques”**. Apart from explaining the different types of anxiety disorders, she also talked about formal and informal assessment methods followed by detailed management strategies to be implement in daily life. 65 participants attended the session and made it interactive with a lots of questions and discussion



What is Separation Anxiety Disorder (SAD)

- SAD is an abnormal reactivity to real or imagined separation from attachment figures that significantly interferes with daily activities and developmental tasks (Ono & Saito, 2012).
- For diagnosis symptoms must be present during at least **four weeks**, and must start before the age of **18 month**.

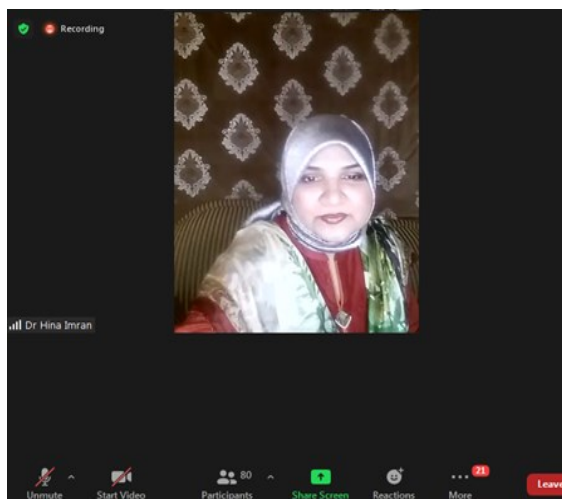


Family Therapy for Autism Spectrum Disorder

On 23rd November 2020 ADWT Lahore, organized a webinar on “*Family Therapy for Autism Spectrum Disorders.*” Resource person was **Ms. Rubina Mehmood**, former Principal Clinical Psychologist, Psychiatry Department, Mayo Hospital Lahore. She discussed the role of family support in progress of children with special needs. ASDWT offers special thanks for sharing her know-how and practical skills. The session generated a lot of interest and was attended by 80 participants.



Emotional Regulation of children with Special needs



On 3rd December, 2020, ASDWT Karachi organized online workshop on Emotional regulation of Children with Special Needs. Resource person Dr. Hina Imran (Associate Professor & Rehabilitation In-charge, Institute of Clinical Psychology) conducted the session. A total number of 87 participants attended and benefited from her knowledge and experience.

Federal Urdu University

On 8th December, 2020 ASDWT Karachi held an online session for Students of the Department of Psychology, **Federal Urdu University of Arts, Science & Technology (FUUAST)**. Presentation was made by Ms. Faiza Ilyas, (Clinical Psychologist) on the topic of “Learning Disabilities and Strategies”. It was an interactive session and 76 students of the Department participated.



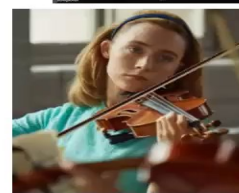
Anxiety Disorder, Assessment and Management including Stressors in COVID-19



On the special request of parents and teachers, ASDWT Lahore, held a webinar on **10th December 2020**, on “*Anxiety Disorder, Assessment and Management including Stressors in COVID 19*” by Farah Amanat. During her presentation she talked about anxiety in general and the one caused by the current pandemic. 68 people benefited from her talk and got to learn about Cognitive Behaviour Therapy as well as some useful exercises to do at home.

Self Soothing Activities

- A catharsis is an emotional release.
- Short term solution
- Catharsis helps to gain new insights.
- Common practices:



Childhood Assessment

On 23rd December, 2020 ASDWT Karachi conducted a workshop on “Childhood Assessment”. The session was conducted by Ms. Asma Ahmed, Senior Clinical Psychologist. It was a very interactive session attended by 70 professionals from Government and Private organizations.



Parent Support Groups (PSG)

PSG Karachi

On 16th October, ASDWT Karachi conducted a Parent Support Group on *Social Communication Skills Part One* for Karachi Parents' Group. Part two was held on 17th November, 2020 while Part Three was held on 18th December, 2020 jointly conducted by Ms. Asma Ahmed of ASDWT, Karachi, and Ms. Tehmina Syed, Speech and Language Therapist, Institute of Clinical Psychologist, University of Karachi. 94 parents attended the three sessions and benefitted from the workshops.

PSG Hyderabad & Quetta

On 22nd October, 2020 ASDWT Karachi conducted a workshop on *Behavior Management* part 1 for the parents of Hyderabad & Quetta. Part II was held on 27th November, 2020 while Part III was held on 31st December, 2020. In all about 80 parents attended the three sessions. Behavior Analysis and management strategies were discussed in detail along with practice activities.

PSG KPK

On 29th December, 2020 Team ASDWT launched a new support group for parents of KPK. It was introductory session which was attended by parents from Peshawar, Abbottabad, Islamabad and Swat. All 28 new parents introduced themselves. Team ASDWT Karachi conducted session on the topic of "Learning prerequisites". It was quiet interactive session and parents provided positive feedback.

Desert Hawk School Hyderabad

ASDWT Karachi organized training for Professionals of Desert Hawk School Hyderabad on Behavior Management and Modification Techniques. It was three days extensive training conducted on 6th & 27th November and 11th December in which the topic of behavior analysis and management was covered in detail. The sessions were quite interactive in which 70 students attended and each one was followed by quiz and activity.

Seminars

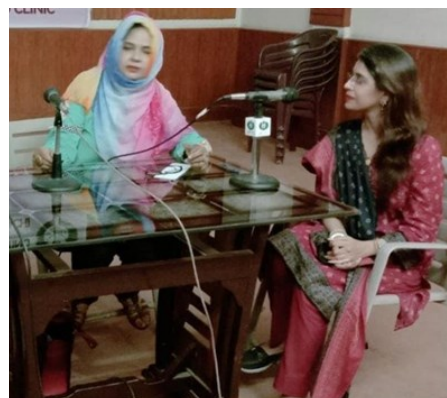
University of Karachi

ASDWT Karachi in collaboration with the Department of Psychology, University of Karachi organized one-day session on 18th November, 2020 on *“Understanding Autism Spectrum Disorder: Role & Scope of Psychologist.”* The session was conducted by Ms. Asma Ahmed, Senior Clinical Psychologist, ASDWT Karachi and was attended by 83 students on the campus and many more on Zoom as well.



Raising Awareness through Media

Ms. Asma Ahmed and Ms. Faiza Ilyas (Clinical Psychologists, ASDWT Karachi) were invited by Radio Pakistan Karachi on 10th October, 2020 to a discussion on World Mental Health Day.



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