Navigating Anxiety in Autism: Practical Strategies for Emotional Regulation and Resilience

- Juliana Calta, MS, BCBA, LBA

Abstract:

This presentation examines the intersection of anxiety and autism, emphasizing practical, transdisciplinary strategies for managing anxiety in school settings. Drawing from Steve Ward's Calm Counts framework, we will **explore techniques to reinforce calm behaviors** and **systematically teach emotional regulation**. Incorporating insights from Dr. Pat Friman, the session will highlight

- behavioral approaches such as reframing anxious thoughts,
- addressing avoidance behaviors,
- and promoting resilience through gradual exposure.

Emphasizing **collaboration** among educators, therapists, and families, this presentation offers actionable tools to **create supportive learning environments** that help students with autism navigate anxiety and thrive both academically and socially.

About the Speaker:

Juliana Calta is a Licensed Behavior Analyst (BCBA, LBA) with over eight years of experience in Applied Behavior Analysis. Throughout her career, she has worked in several districts on Long Island, New York, focusing on students ages 5 to 21. Juliana collaborates closely with administrators, psychologists, teachers, service providers, and parents to meet the behavioral needs of her students. Additionally, she is passionate about teaching and supervising future QASP-S candidates, supporting and guiding all the students she works with.

Juliana Calta brings a touch of dedication and passion to the world of education and behavior analysis! 😊