



# Counseling at UWAC

The **UW Autism Center** is excited to offer **mental health therapy** for children ages birth-12 with a licensed mental health counselor. This service can support issues related to:

- Behavior
- Sleep (behavioral only, not physiological/medical)
- Family relationships
- Social challenges (i.e., friendships)
- Anxiety
- Depression
- Emotion regulation
- And more!



Sarah Hoff, MA, LMHC

## ***Clients MUST have an autism diagnosis***

### ***WHAT***

Ongoing 50-minute mental health counseling sessions

### ***WHEN and WHERE***

Once per week in-person at UWAC (IHDD building, 1701 NE Columbia Rd, Seattle WA 98195) or virtually via Zoom

### ***COST***

Billed to your insurance as individual therapy services.

Counseling modalities may include:

- Cognitive-behavioral therapy
- Creative therapy (elements of play & art therapy)
- Relationship-focused techniques
- Mindfulness training
- Somatic/body-focused therapy techniques

**Note: this is not a trauma treatment therapy option.**

To be added to the waitlist, contact the patient navigator at [uwacpsy@uw.edu](mailto:uwacpsy@uw.edu) or register for services on our website at <https://depts.washington.edu/uwautism/>



Email us at  
[uwautism@uw.edu](mailto:uwautism@uw.edu)

Visit us at  
[www.uwautism.org](http://www.uwautism.org)



Call us at  
1-877-408-UWAC