

# **Playful ways to develop neurodivergent identity and increase family communication and connection**

## **Workshop**

Overview of the way in which autistic difference can impact family interactions and relationships. Definition of neurodivergent identity and consideration of what it means to have a positive autistic identity. Demonstration of playful activities (3-4 depending on time), including participant role play and discussion about how these activities may be utilised with families. Reflection and session closing.

## **Presenter: Dr Fiona Zandt**



Dr Fiona Zandt is a Clinical Psychologist and Registered Play Therapist who has worked with children and families for over 20 years. She has a highly regarded private practice in Melbourne, Australia, has worked at the Royal Children's Hospital for over 20 years and is currently working as a Clinical Educator within the Mental Health Service. Fiona loves to write and has published a number of best-selling books for therapists. Her latest book, *Creative Ways to Help Children Regulate and Manage Anger* was released in 2024. Fiona also works as a guest lecturer and co-founded Creative Child Therapy Workshops in 2014, offering workshops and online courses with her colleague Suzanne Barrett.

### **Presenters Professional Affiliations**

Clinical Psychologist and Registered Play Therapist  
Creative Child Therapy Workshops