In Conversation with Dr. Connie Kasari

In a recent interview with Dr. Kasari, she shared her insights on various autism-related topics. Dr. Kasari is a renowned child psychologist and the founding director of the UCLA Center for Autism Research and Treatment (CART).

In these challenging times, Dr. Kasari emphasizes the importance of maintaining routines and consistency. She highlights the unique needs of children and adolescents with autism, particularly the need for structured environments.

Dr. Kasari also discusses the role of caregivers and the importance of self-care. She stresses the necessity of taking time for oneself to avoid burnout, which is crucial for maintaining emotional well-being.

In conversation, Dr. Kasari talks about the impact of the COVID-19 pandemic on individuals with autism. She shares strategies for managing stress and how to support practitioners and the wider community.

Dr. Kasari encourages the community to stay informed and engaged, as well as to provide support and understanding to those living with autism.

A MESSAGE FROM OUR DIRECTOR

David Geffen School of Medicine at UCLA
Senior Associate Dean and Associate Vice Chancellor, Precision for Autism Research and Treatment (CART)

It has been an extraordinary time for us all, and our thoughts and prayers are with everyone affected by the COVID-19 pandemic. As we continue to navigate through this unprecedented crisis, we are reminded of the importance of community and the strength we find in each other.

At UCLA CART, we are committed to advancing our research and treatment programs, despite the challenges presented by the pandemic. Our team has worked tirelessly to ensure that our programs remain safe and accessible to those in need.

We have developed new protocols and procedures to allow for continued care and research, including remote sessions and virtual meetings. These efforts have allowed us to maintain our commitment to our patients and the wider community.

As always, we would love to hear from you – please contact us with any questions or concerns. Your input is valued and appreciated.

We look forward to continued progress in the field of autism research and treatment, and to the day when we can work together to find solutions and support those affected.

My best wishes to you and your families during what has been a challenging time. As always, we are here for you.