**Example Abstract: Clinical Round Table**

**Title:** Mechanisms of Change in CBT for ASD: knowledge and process based interventions

**Abstract Body:**

The primary goals of this clinical roundtable are to explicate principles and mechanisms of therapeutic change in utilizing Cognitive Behavioral Therapy (CBT) for individuals with an Autism Spectrum Disorder (ASD), and accordingly the implications for dissemination and use in clinical practice. While there is increasing empirical evidence that CBT benefits outcomes in ASD, knowing the reasons why is important.  Understanding this is key to promoting efficiencies and effectiveness in designing treatment plans, especially given the exploding prevalence of ASD and limited treatment resources presently existing.  This knowledge is also essential in regard to identifying what are truly active “ingredients” in engendering meaningful treatment progress, for whom, when, and under what specific conditions persons with ASD are good candidates for CBT. Individuals with ASD tend to think in unique ways that can lead to problems with the management, interpretation, and expression of information especially in the areas of social thinking, social interaction and communication, creative and flexible thinking, and emotional awareness and regulation. The panelists will turn to the evidence of how CBT interventions currently address core deficits and challenges of those with ASD and propose which interventions or intervention components (knowledge based, processes based, or in combination) are most effective, or responsible for change for specific target symptoms (e.g., rigid thinking/repetitive behaviors, theory of mind and social skills deficits, sensory-motor problems, self-regulation).  This widely experienced panel will reference the pertinent existing clinical and theoretical literature, highlighting areas where research into the mechanisms of CBT for ASD already exists, where it is lacking, and, pertaining to future directions which key studies and theoretical underpinnings of practice are suggested.

**Learning Objectives:**

1. Present current research base and clinical practice of treatments and intervention components that are effective for different symptoms of ASD.
2. Describe principles of therapeutic change in utilizing CBT for individuals with ASD and implications for dissemination
3. Discuss which components (knowledge based or processes based interventions) are most responsible for change for specific ASD symptoms